

The International Continence Society (ICS), through its Physiotherapy Committee (Dr Helena Frawley, Assoc Prof Chantale Dumoulin, Dr Doreen McClurg), together with an expert panel, is investigating adherence strategies for pelvic floor muscle exercise training. Adherence to pelvic floor muscle training is a crucial part of an effective intervention.

A conference was held in Glasgow on August 26 – 27, where health professionals discussed this topic. We seek input from members of the public to give their opinion on this important topic as well, so that our knowledge and future directions represent all people involved in this issue.

Comments are sought from members of the public (patients / carers / consumers) who have an interest in incontinence, pelvic organ prolapse or pelvic-perineal pain, or who have experience with any of these conditions in a personal or support capacity. We seek responses and comments to the following questions:

- (1) what do you think are the barriers to adherence to pelvic floor muscle exercises?
- (2) what do you think are the facilitators or strategies to improve exercise adherence?
- (3) what ideas for future research into this area do you have?

You may submit your responses via this link:

<http://www.surveymonkey.com/s/PFMPhysiotherapyGeneralPublic>

The survey will close on 30<sup>th</sup> November. Therefore we encourage you to submit your comments as soon as possible. It will only take a few minutes, and your contribution would be extremely valuable.

Thank you in advance!



**ICS Physiotherapy Seminar**  
State of the Science  
Friday August 26th and Saturday August 27th  
Glasgow, UK

**PELVIC FLOOR  
MUSCLE EXERCISES  
STICK WITH THEM  
TO GO HIGHER!**

**ICS** International Continence Society

*Take part in our pelvic floor muscle training survey...*

The advertisement features a woman in an orange shirt performing a pelvic floor exercise on a specialized piece of equipment. The ICS logo is a stylized blue and white emblem with the text 'International Continence Society' around it.