

## **Acharya 2019 Abstract**

### **Pelvic Floor Muscle Training**

#### **Objective**

The objectives of this study were to develop a pelvic floor muscle training (PFMT) programme among pregnant Nepalese women and to assess the feasibility of the programme. PFMT is internationally recommended for prevention and treatment of urinary incontinence (UI) and pelvic organ prolapse (POP). The aim of PFMT is to strengthen the PFM and lift the position of the levator plate muscle, thereby closing the openings of the urethra, vagina, and rectum

#### **Results**

Half of the women adhered to 50–100% of PFMT daily at home. The supervised PFMT using Kegel exercises and the educational material motivated the women to perform daily PFMT. In conclusion, the PFMT programme was acceptable to participants PFMT, is cost effective, has no adverse effects, and can be performed at home.

#### **Clinicians and Participants**

The study's primary researchers were Ranjeeta Shijagurumayum Acharya and Bimika Khadgi, both from Kathmandu University School of Medical Sciences, Nepal; Anne Therese Tvetter and Margreth Grotle, both from Department of Physiotherapy, Faculty of Health Sciences, Oslo Metropolitan University, Norway.

Among 253 women included in the study, 144 (57%) attended four or more supervised PFMT visits.

#### **Methods**

The PFMT programme consisted of participants attending a minimum of four supervised PFMT follow-up visits after inclusion to the programme and performing PFMT daily at home. The **NeuroTrac MyoPlus Pro**, used in conjunction with the Periform vaginal probe, was utilised for the electromyography (EMG) biofeedback, and was used to teach the women how to contract and relax their PFM. Biofeedback is widely used and found effective in teaching how to do correct PFM contractions.

The abstract (<https://doi.org/10.1007/s00192-019-04053-1>) was accepted July 10 2019 by The International Urogynecological Association.