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PFMT Positions For Pelvic Floor Muscles

Objective

This study aimed to determine the appropriate pelvic floor muscle training (PFMT) positions according to the functional status of the pelvic floor muscle (PFM) in women with pelvic floor dysfunction.

Results

The study concluded that the positions in which the PFM relaxes and contracts the most may vary according to the functional status of the PFM. Therefore, different PFM training positions may be preferred according to the functional status of the PFM in women with pelvic floor dysfunction.

Participants and Clinicians

Seventy-six women diagnosed with pelvic floor dysfunction were included in the study.

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Methods

After a digital palpation, participants were divided into four groups according to the functional status of PFM: normal, overactive, underactive, and nonfunctional. Participants' PFM and abdominal muscle functions were assessed with superficial electromyography using the NeuroTrac MyoPlus 4 Pro using a cylindrical endovaginal probe (Verity Medical), in three positions: modified butterfly pose, position 1 (P1); modified child pose, position 2 (P2); and modified deep squat with block pose position 3 (P3). Friedman's analysis of variance and the Kruskal–Wallis test were used in the assessments.

The abstract of the study can be found at

https://journals.lww.com/njcp/pages/results.aspx?txtKeywords=10.4103%2fnjcp.njcp_53_23.