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PFMT And Muscle Fatigue In Urinary Incontinence

Objective

The researchers investigated if multiple-component intensive pelvic floor muscle training (MCI-PFMT) protocol decreased muscle fatigue and symptoms in women with urinary incontinence (UI).

Results

In the post-treatment evaluation, symptoms were decreased in both groups, with a significant decrease in the MCI-PFMT group. However, the MCI-PFMT protocol may lead to pelvic floor and abdominal muscle fatigue, but it may also be effective at decreasing symptoms in women with urinary incontinence.

The researchers concluded that it seems that the MCI-PFMT protocol can cause less fatigue and increase neuroplasticity. Perineal fatigue can play a role in the pathophysiology of female stress UI.

Participants and Clinicians

The randomized controlled trial included 49 female patients with mixed urinary incontinence.

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Methods

A MCI-PFMT protocol was developed as a neurophysiological-based rehabilitation model to improve neuroplasticity. Participants were divided into the MCI-PFMT group and the control group. The MCI-PFMT group performed supervised intensive pelvic floor muscle training, while the control group received bladder training and standard pelvic floor muscle training as a home program. Both training sessions were conducted over five days for a single week.

Participants' symptoms were evaluated with questionnaires, bladder diary, and pad tests. A **superficial electromyography (EMG)** device, the **NeuroTrac MyoPlus 4 Pro** (Verity Medical), was used to evaluate the electromyographic activity of the PFM and

abdominal muscles, as well ultrasonography, and the PERFECT scale was used to evaluate pelvic floor and abdominal muscle functions.

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