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## Are PFM Relaxation Positions Efficient?

### Objective

This study aimed to investigate the effect of different relaxation positions on pelvic floor muscle (PFM) and abdominal muscle functions in women with urinary incontinence (UI).

### Results

The most efficient position for PFM relaxation was the modified butterfly pose (P1), followed by modified deep squat with block (P3), and modified child pose (P2), respectively. The order was also the same for abdominal muscles. The rectus abdominis (RA) was the most affected muscle during PFM relaxation. The extent of relaxation of RA muscle increased as the extent of PFM relaxation increased. No difference was found between different types of UI during the same position in terms of PFM relaxation extents.

The study concluded that efficient PFM relaxation is maintained during positions recommended in physiotherapy clinics. The extent of PFM and abdominal muscle relaxation varies according to the positions.

### Participants and Clinicians

Sixty-seven women diagnosed with UI were enrolled in the study. The type, frequency, and amount of UI were assessed with the International Incontinence Questionnaire-Short Form and bladder diary.

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### Methods

**Superficial electromyography (sEMG)** was used to assess PFM and abdominal muscle functions during three relaxation positions: modified butterfly pose (P1), modified child pose (P2), and modified deep squat with block (P3). **Electromyographic** activities of PFM and abdominal muscles were assessed using a superficial EMG device **NeuroTrac MyoPlus PRO 4** (Verity Medical). A cylinder endovaginal probe with two metal sensors (Verity Medical) was used to record the EMG activity.

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