

Pelvic Floor Muscle Training On Postpartum Stress Urinary Incontinence (SUI)

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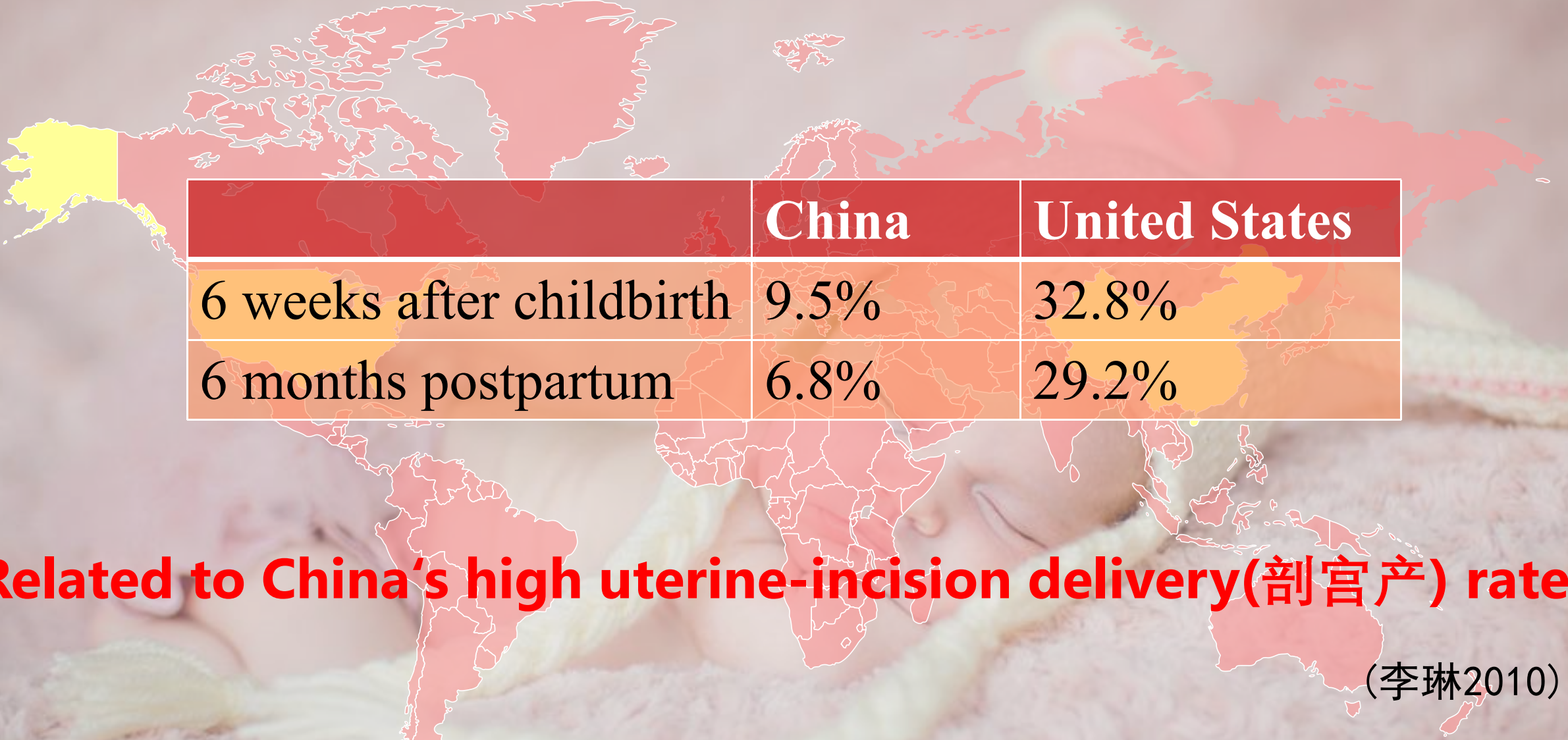
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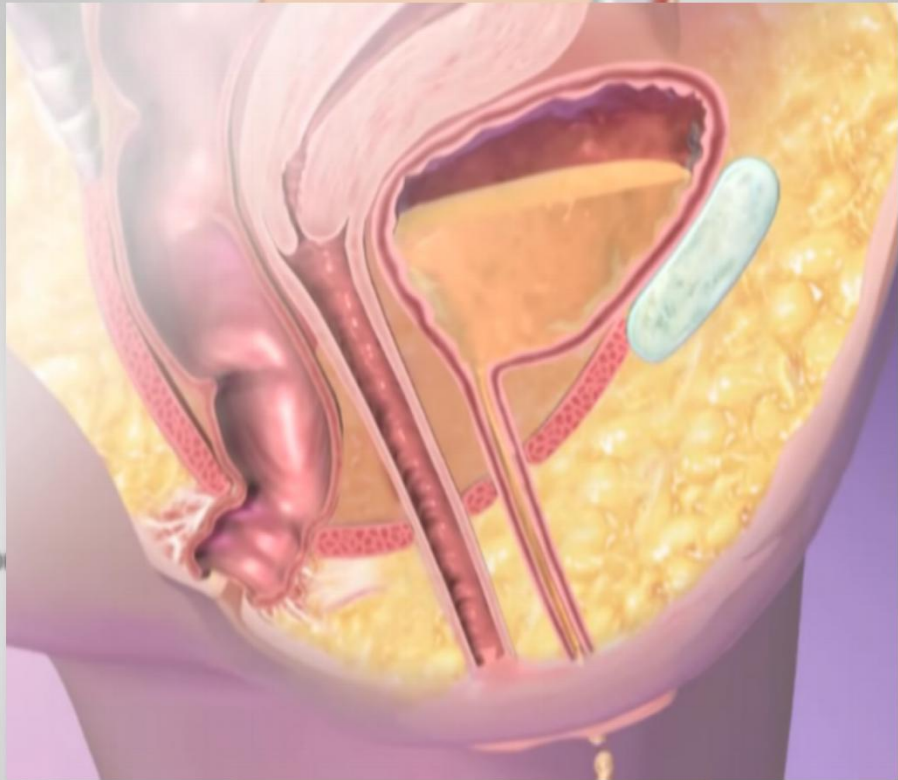
Part 1
ONE



	China	United States
6 weeks after childbirth	9.5%	32.8%
6 months postpartum	6.8%	29.2%

Related to China's high uterine-incision delivery(剖宫产) rate

(李琳2010)



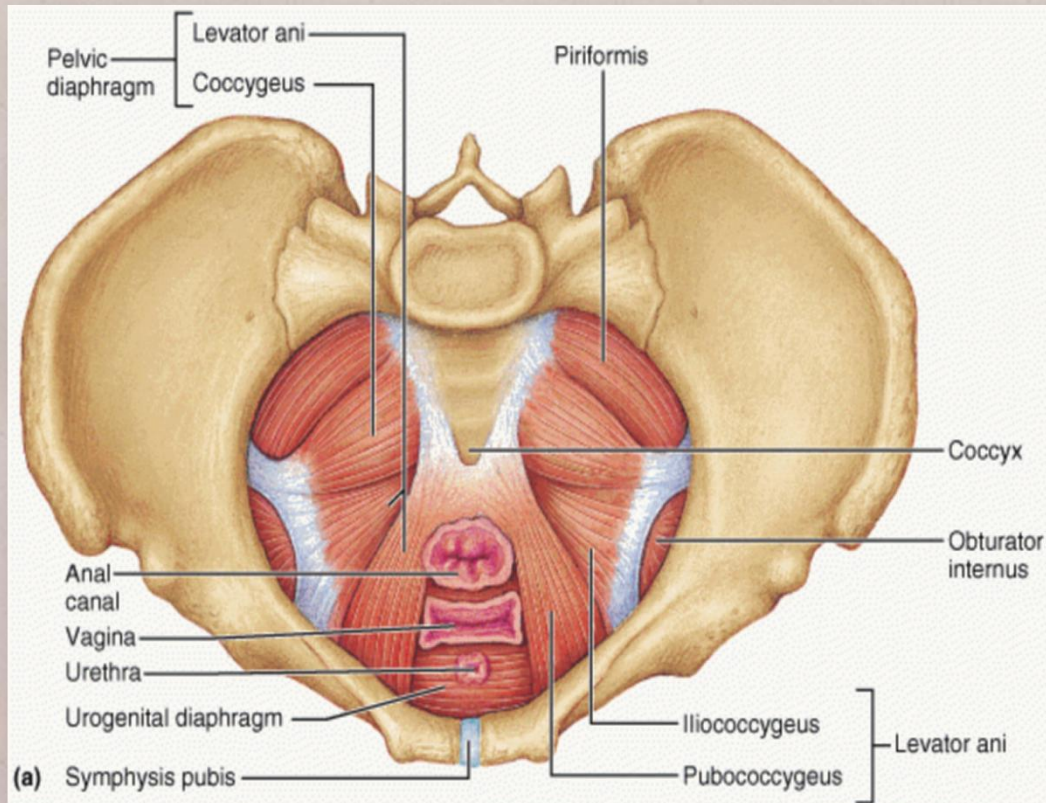
Connecting with
pubis and coccyx



Providing support
with bladder, vagina
and rectum

Source: <https://www.google.com>

2017-4-7



Source: <https://www.google.com>

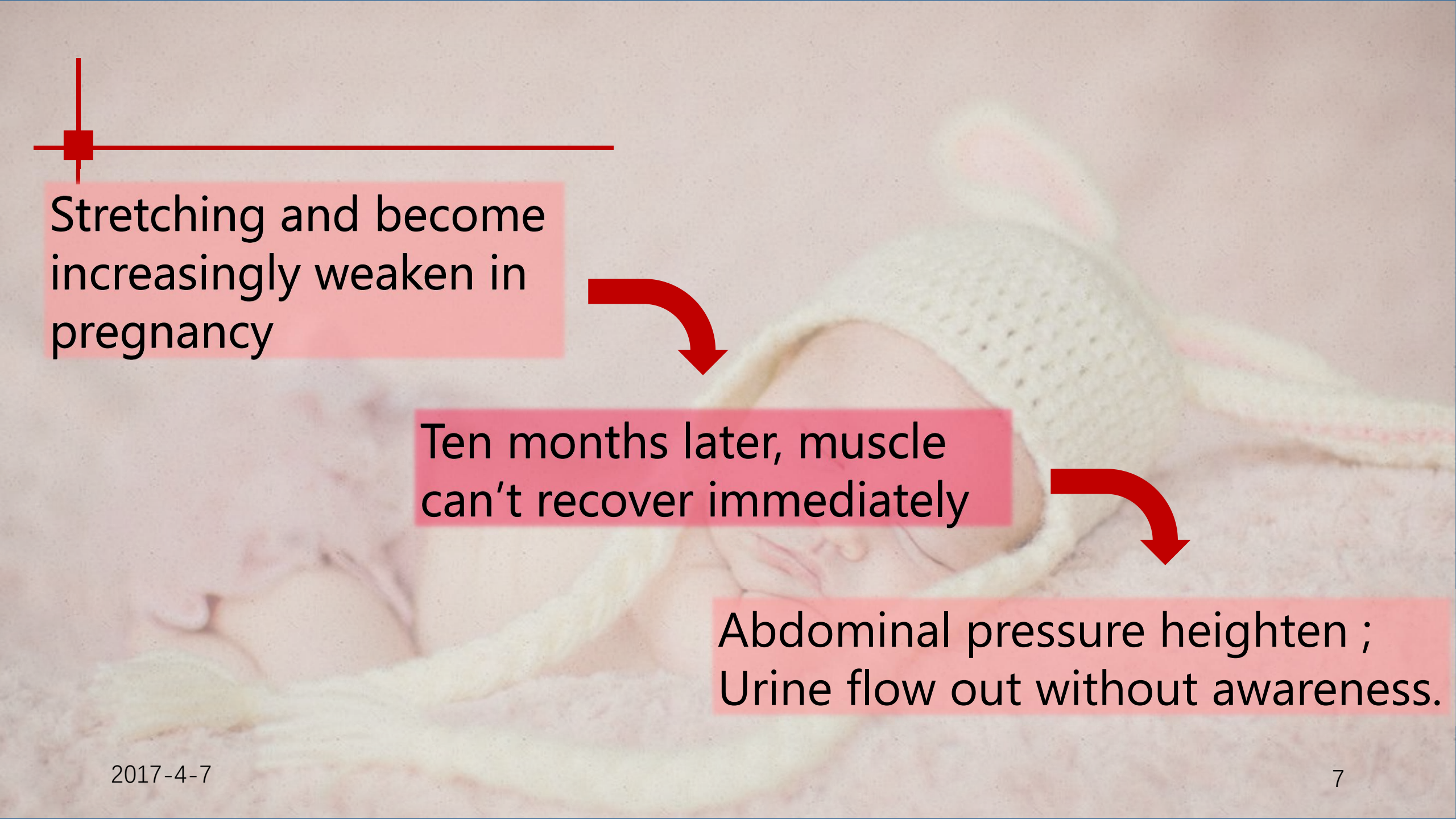
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With muscle contracting, the pathways of these organs are blocked



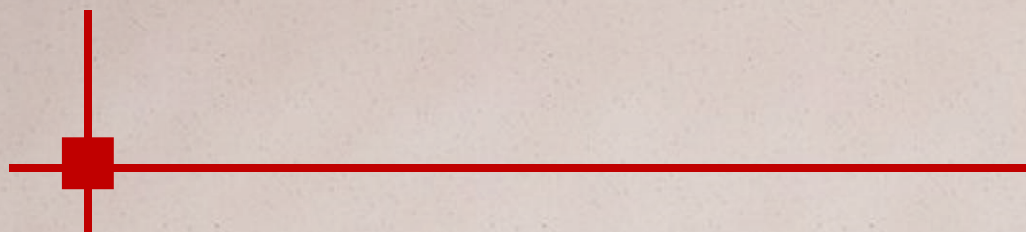
Helping maintain intra-abdominal pressure



Stretching and become increasingly weakened in pregnancy

Ten months later, muscle can't recover immediately

Abdominal pressure heighten ;
Urine flow out without awareness.



Researchers	Results
Rivalta et al.	1.Improved contraction 2.Scored top marks in pubococcygeus muscle.
Ferreira et al.	Amount of urine loss :45.5% Frequency of episodes of loss :14.3%.
Konstantinidou et al.	100% improvement in the experimental group 20% improvement in the control group.

(Yueh-Chi Tsai 2009)

**Proving that pelvic floor muscle training
(PFMT)has clinical efficiency**



Part 2

Two



Functional assessment

Brink scale

Structure assessment

Perineal pelvic floor
three-dimensional
ultrasound (经会阴盆
底三维超声)

(周卫阳 2013)



Patient

1. Which muscle should be contracted
2. The correct feeling

**Physical
Therapist**

1. Palpating the muscle of the crissum or in the vagina
2. SEMG



Do correctly on the first attempt(>80%)

Squeeze the muscles in the vagina
Hold like you are holding urine

(Female Pelvic Med Reconstr Surg 2013)



strengthen the sense of proprioception with
bodily contact



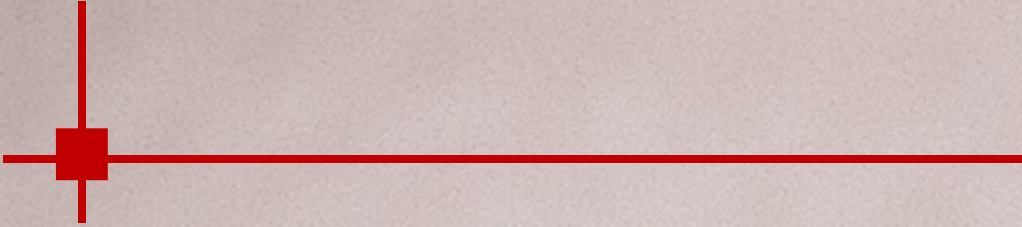
Part 3
Three



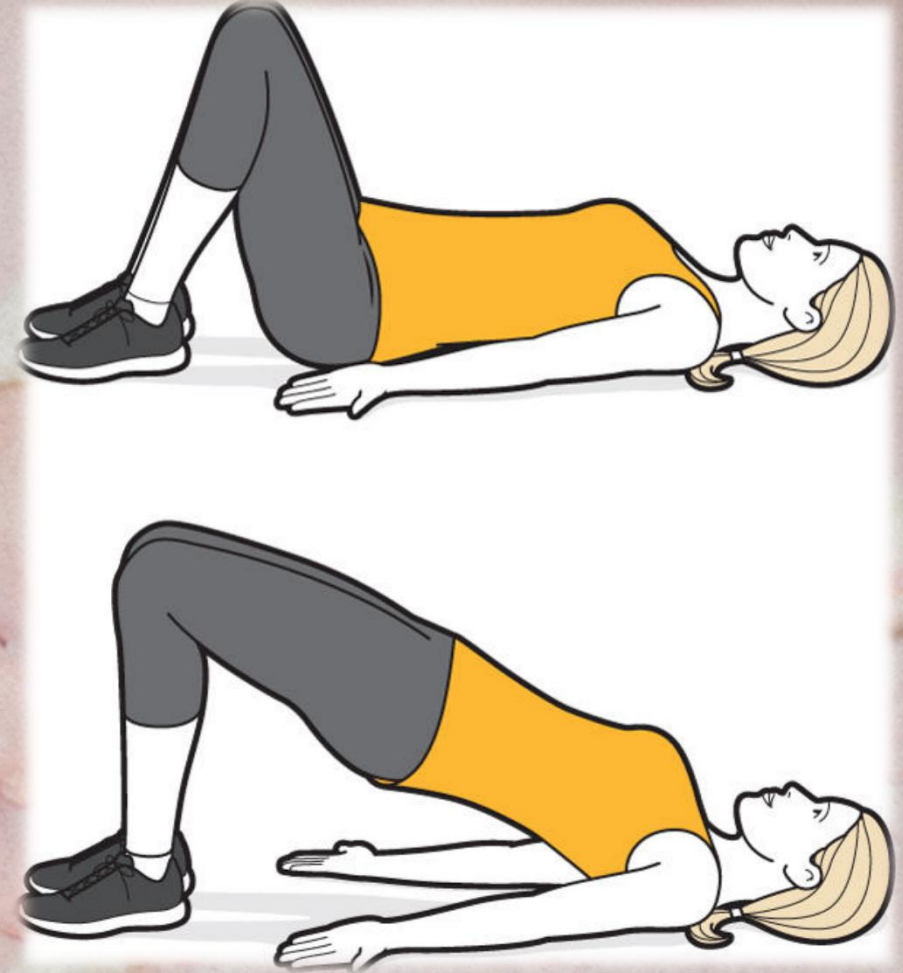
Source :<https://www.google.com>

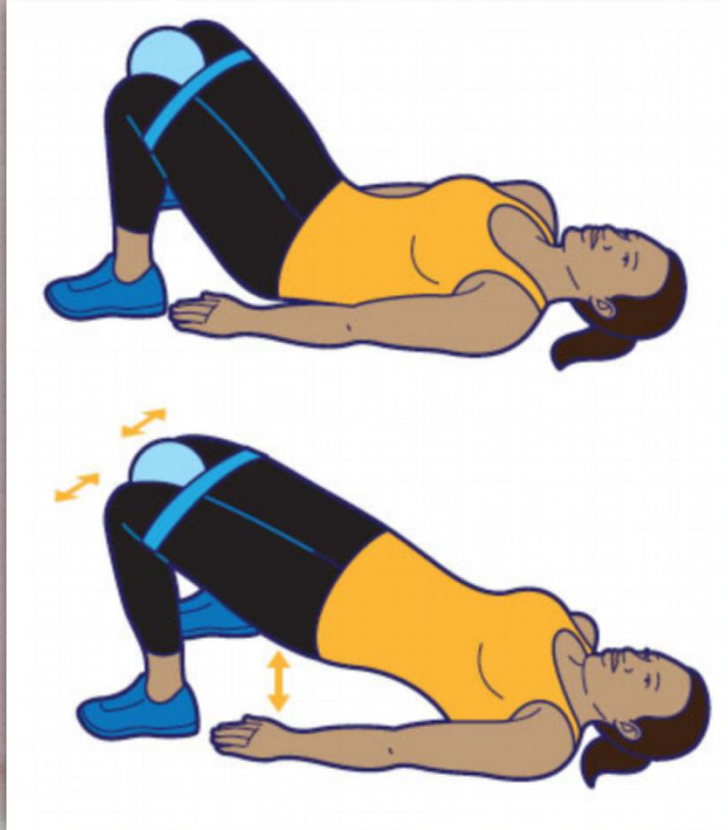
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- ★ Start with a big deep diaphragmatic breath
- ★ A jelly bean(软质糖果) right at the bottom of your pelvic floor
- ★ Exhale to pick up your jelly bean
Inhale, let the jelly bean go

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- ★ Relax your abdominal, buttock, thigh muscles
 - ★ Take a core breath
 - ★ Inhale to expand, exhale to roll up, inhale to roll down

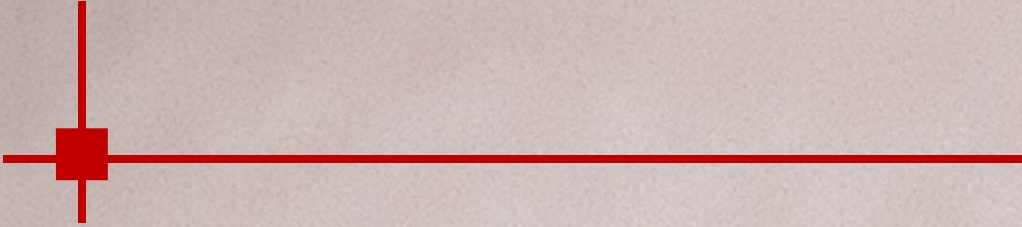
(Aduldiapers.2016,8)





Source :<https://www.google.com>

- ★ Use a exercise ball and Thera-band
- ★ Exhale to lift your hips into a bridge position
- ★ In against the ball, out against the Thera-band

- 
- ★ Obtain the equilibrium
 - ★ Relax the abdominals and start with the core breath
 - ★ Exhale pick up the jeally bean and lift your bum

(Dr Liji Thomas, MD)



Source : <http://www.news-medical.net/health/Kegel-Pelvic-Floor-Exercise.aspx>



Choice of the PFMT:
based on the assessment



Supervision:
combination of group and individual supervision is better

(Hay- Smith 2011)



Biofeedback :
controversial

A systematic review
and meta-analysis:
Not more effective

(Fátima Faní Fitz 2012)

Another Systematic
Review:
May provide benefit

(Henderson 2013)

Suggestion :

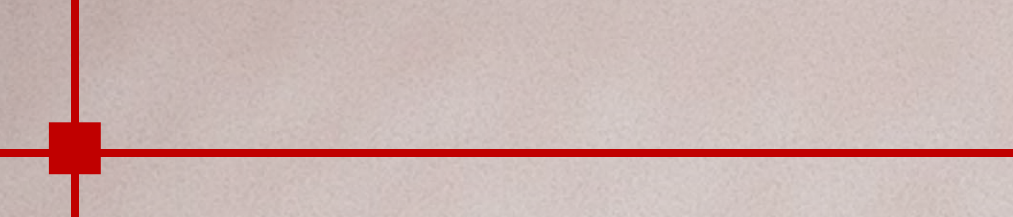
Depends on the patient's compliance and motivation



1. Researches have proved PFMT has clinical efficiency against SUI

2. Introduction and bodily contact help to teach

3. Taking core breath is very important during the exercise



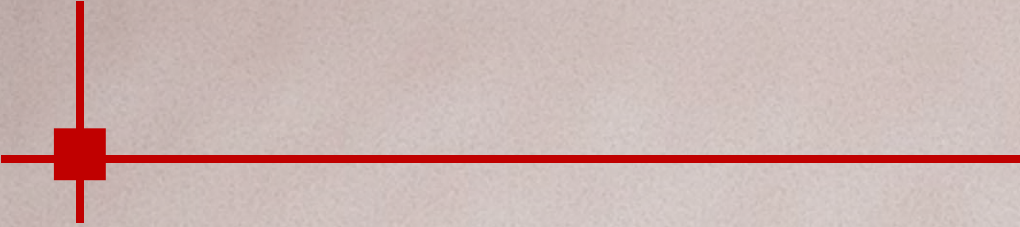
【1】李琳：中国初产妇女尿失禁发生相关因素的流行病学调查研究——多中心前瞻性队列研究. 北京协和医院, 2010 (05)

【2】Yueh-Chi Tsai : The effectiveness of pelvic floor exercises, digital vaginal palpation and interpersonal support on stress urinary incontinence: An experimental study
International Journal of Nursing Studies 46 (2009) 1181–1186

【3】苏园园，韩燕华，李丹彦：女性盆底功能及盆底肌功能评估方法[J]中国实用妇科与产科杂志 2015年4月 第31卷 第4期 310–313

【4】周卫阳 李环 李芬等：Brink量表评估压力性尿失禁女性盆底肌张力的临床应用价值[J]当代医学 2013 年2 月第19 卷第6 期总第305 期

【5】[Henderson JW](#), [Wang S](#), [Egger MJ](#) : Can women correctly contract their pelvic floor muscles without formal instruction?[J] [Female Pelvic Med Reconstr Surg](#). 2013 Jan-Feb;19 (1):8-12.



【6】 Fitness Fix: Strengthening Your Pelvic-Floor Muscles THE NO-GIMMICKS, NO-HYPE HEALTH & FITNESS MAGAZINE

【7】 Dr Liji Thomas, MD .Kegel / Pelvic Floor Exercise. *News Medical life Science*2016,11

【8】 Exercises for Treating Urinary Incontinence . *Adultdiapers*.2016,8

【9】 [Henderson JW](#), [Wang S](#), [Egger MJ](#) : **Can women correctly contract their pelvic floor muscles without formal instruction?**[J] [Female Pelvic Med Reconstr Surg](#). 2013 Jan-Feb;19(1):8-12.

【10】 Fátima Faní Fitz ; Ana Paula Magalhães Resende :Biofeedback for the treatment of female pelvic floor muscle dysfunction: a systematic review and meta-analysis [J] The International Urogynecological Association 2012);



THANKS