

Assessment of muscle strength and perinatal and maternal effects resulting from the strengthening exercises of the pelvic floor in pregnancy

ACTRN12609001083280

Status	RECRUITING
Sponsor	Foundation of Research State of Sao Paulo
Enrollment	60 participants

Plain Language Summary

This study is looking at whether doing pelvic floor muscle exercises during pregnancy helps reduce leaking urine (urinary incontinence), improves labour and delivery outcomes, and benefits overall pelvic health for women and their babies. Researchers will track muscle strength before and after delivery and compare women who exercise with those who don't.

You may be eligible if:

- You are a woman aged 18 to 40 years
- You are pregnant and less than 20 weeks along
- This is your first pregnancy (nulliparous)
- You have a single, normally located pregnancy
- You have low-risk pregnancy (or gestational diabetes is allowed)
- You do not currently exercise regularly (more than twice per week for over 30 minutes)

You may NOT be eligible if:

- You already exercise regularly (more than twice a week for more than 30 minutes)
- You have a condition that prevents or limits exercise during pregnancy
- You are allergic to latex (used in the examination device)

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- Will be included in the study low risk pregnant women with gestational diabetes and pregnant women under 20 weeks of gestational age using the following criteria: nulliparity, older than 18 years of age, pregnancy topical single fetus, no own disease or concomitant with pregnancy against -recommend exercise or limit the physical exercise

Exclusion (1)

- Be excluded from the study women who perform regular exercise considering the following criteria: frequency of twice a week lasted more than thirty minutes. Will be excluded also those who do not submit proper adherence to the regime of physical activity or to planned visits, the development of diseases that contraindicate or limit the exercise, intolerance and perineometer use of allergy to latex condoms.

Locations (1 total)

Sao Paulo/Ribeirao Preto, Brazil

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12609001083280>

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