

The effect of chiropractic care on synchronised pelvic floor muscle contraction

ACTRN12614000795695

Status	RECRUITING
Sponsor	New Zealand College of Chiropractic
Enrollment	15 participants

Plain Language Summary

This study investigates whether chiropractic spinal adjustments can improve pelvic floor muscle function in women who have non-synchronized (uncoordinated) pelvic floor contractions. Pelvic floor muscles are important for bladder control and during childbirth.

You may be eligible if:

- You are a woman between 18 and 55 years old
- You have been found to have non-synchronized pelvic floor muscle contractions by ultrasound or EMG testing
- Your body mass index (BMI) is less than 25
- You have normal sensation in the perineal area

You may NOT be eligible if:

- You have a history of pelvic floor dysfunction, stress incontinence, pelvic organ prolapse, or avulsions
- You have a current vaginal, urethral, or bladder infection
- You have had significant back pain in the last 3 months
- You have a known neurological disease
- You take antidepressants, painkillers, or sedative medication
- You have had a recent injury or have conditions that contraindicate chiropractic adjustments
- You have previously had a bad reaction to spinal adjustments

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

Key Eligibility Criteria

Inclusion (5)

- Women aged 18-55 with non-synchronised pelvic floor muscle contractions, as observed during ultrasound examination,
- A body mass index of less than 25 kg/m² to achieve reliable EMG recordings
- Normal perineal sensibility
- Detectable non-synchronised pelvic floor muscle contractions, as observed during electromyography (EMG) examination.
- (Participants in this trial will be included whether they are pregnant or not)

Exclusion (7)

- Any history of pelvic floor dysfunction, stress incontinence, pelvic organ prolapse, pelvic floor muscle avulsions, etc.
- Women with vaginal, urethral or bladder infection,
- Significant back pain in the last 3 months
- Known neurological diseases
- If currently taking antidepressant, analgesic or sedative medication.

... and 2 more (see full listing online)

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12614000795695>

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Auckland, New Zealand

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