

Effects of Pelvic Exercises on Birth and Incontinence

NCT07268014

Status	RECRUITING
Phase	Not Applicable
Sponsor	Selcuk University
Enrollment	151 participants

Key Eligibility Criteria

Inclusion (7)

- Registered in the hospital's prenatal school and actively participating in the 3-day training sessions,
- Aged between 18 and 35 years,
- Between 28 and 30 weeks of gestation,
- Having a singleton and low-risk pregnancy,
- Primiparous (expecting their first birth),
- ... and 2 more (see full listing online)

Exclusion (10)

- Those who have previously given birth vaginally or by cesarean section (multiparous women),
- Those with multiple pregnancies,
- Those who conceived through assisted reproductive techniques,
- Those diagnosed with serious obstetric or medical complications during pregnancy (e.g., preeclampsia, gestational diabetes, risk of preterm birth),
- Those with chronic constipation or cough,
- ... and 5 more (see full listing online)

Locations (1 total)

Seyhan Çankaya, Konya, Turkey (Türkiye)