



## Evaluation of pelvic floor muscle strength in women practicing physical activity

*Brenda Hemanuella Arêas Figueiredo Pacheco<sup>1</sup>, Luiza da Silva Machado<sup>1</sup>, Iasmin Faquer Soares<sup>2</sup>, Taiane Andrade Faustino Baptista<sup>2</sup>, Mairkon Almeida Soares<sup>3</sup>*

*(1) Provic Scientific Initiation Student - Physiotherapy Course; (2) Physiotherapy students - Neuromusculoskeletal Physiotherapy Laboratory - LAFINME; (3) Advisor Researcher - Neuromusculoskeletal Physiotherapy Laboratory - LAFINME - Physiotherapy Course - Higher Education Institutes of CENSA - ISECENSA, Rua Salvador Correa, 139, Centro, Campos dos Goytacazes, RJ, Brazil*

The pelvic floor has the function of allowing the best functioning of the sphincters to contain urine and feces. Changes in the pelvic musculature can result in urinary incontinence, pelvic organ prolapse and anorectal dysfunction, which may include sexual dysfunction. The objective of this work is to evaluate the muscular strength of the pelvic floor among women practicing physical activity, relating the presence or not of complaints of sexual and / or voiding dysfunctions. A cross-sectional observational study will be carried out, from October to December 2020, with 40 female patients, aged between 20 and 35 years old, practicing physical activity, with or without complaints of sexual and / or voiding dysfunctions. Sedentary patients who have never had sexual intercourse or who undergo treatment with urogynecological physiotherapy will be excluded from the study, as well as those who do not sign the Informed Consent Form. The patients will be divided into 4 groups and evaluated through anamnesis, ICIQ-SF and ICIQ-VS questionnaire, biofeedback and Perfect scheme. Through the proposed method of evaluation, he hopes to observe good pelvic muscle strength without voiding and sexual complaints in light and moderate activities. In intense activities, loss of sphincter function is expected with voiding and even sexual complaints. It is believed that the questionnaire, biofeedback and Perfect scheme approach can show the volunteers' muscle activity and uropelvic function.

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