

ABSTRACT

The main objective of this bachelor thesis is to analyze the muscular strength and endurance of the pelvic floor muscles using Rehaspring concept in a physiotherapists who graduated a certified course dealing with the evaluation of pelvic floor muscle functions per vaginam. We evaluate the strength and endurance of the pelvic floor muscles in the a standing posture.

Methods:

This study was conducted on female physiotherapeutists who participated in the certified course „Physiotherapy in pelvic floor dysfunction and incontinence" led by PhDr. Ingrid Palašćáková Špringrová, PhD. The only entry criterion was a university degree in physiotherapy. 54 probands were examined. The average age of the whole group was 35.8704 ± 8.066 . In total, there were 21 nulliparous participants, 11 participants with one child, 15 participants with two children and 7 participants with 3 or more children. Data were obtained from anamnestic data, ICIQ-SF questionnaire and per vaginam examination using the PERF-SMR scale. Microsoft Excel and R-project software were used for statistical processing.

Results:

With the signifikance level of 0,05 we found that the average strenght of pelvic floor muscles in participants was $3,593 \pm 1,055$. We assumed that a one third of the participants will have pelvic floor muscle strenght of 3. 47 out of 54 participants (87,037%) had muscle strenght 3 or higher. Furthermore we found that there is a direct link between the strenght and the endurance of pelvic floor muscles. The higher the endurance the higher the measured strenght. Using Spearman´s correlation coefficient we proved low to medium dependance between the measured values for ICIQ-SF and endurance of the pelvic floor in standing posture. The value of the correlation index is equal to -0,2607 therefore we can state that the higher is the value of ICIQ-SF the lower is the endurance of the pelvic floor muscles.

Conclusion:

The results support the idea of a dysfunction of pelvic floor evaluated by PERF-SMR scale and ICIQ-SF scale. We found correlation between strenght and endurance of pelvic floor muscles.

Key words: pelvic floor – urinary incontinence – physiotherapy – Rehaspring concept – ICIQ-SF – PERFECT scale