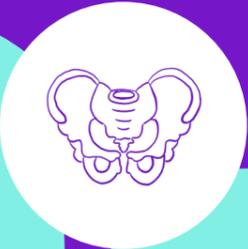


PREVALENCE OF THE PELVIC FLOOR DYSFUNCTIONS IN STRENGTH ATHLETES: A CROSS-SECTIONAL STUDY

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2 AIM

Although studies on UI in athletes from various disciplines exist in literature, no information is available regarding **women practicing bodybuilding**



This study aims to compare the **incidence of UI among female athletes involved in bodybuilding (BB)** with those engaged in other weightlifting disciplines, such as weightlifting (WL) and powerlifting (PL)

1 INTRODUCTION

Urinary incontinence (UI) is a **significant pathological condition** that predominantly affects **women** (the gender difference is primarily due to the anatomical characteristics of the female pelvic floor)

two possible causes of UI in strength athletes (still no unanimous consensus on which of the two is the primary cause):

alteration in muscular tone

repeated stress on the pelvic floor muscles

3

MATERIALS AND METHODS

A 44-items **questionnaire (ICIQ-UI-SF)** to assess the prevalence of SUI symptoms in relation to:

training habits

risk factors

446 anonymous responses via web link (Microsoft Form), analysed using the Statistical Package for Social Sciences

4 RESULTS

SUI is common among competitive athletes:

- **46.4% PL**
- **27.5% BB**
- **26.1% WL**



Athletes with more years of practice **did not show a difference** in UI prevalence compared to those with few years of practice.

No statistically significant difference was found in the incidence of UI between **athletes who had previously practiced other sports** and those who had not.

5 CONCLUSIONS

- UI is a **widespread condition among strength athletes**, particularly in PL (despite the duration of their competitive practice and prior experience in other sports).
- The percentage of BB athletes suffering from SUI is **consistent with other studies** in literature on different types of training.

Assessment and education by the pelvic floor professionals can **prevent and improve** the condition of athletes who suffer from UI, as well as providing clinical improvement and further incidence for this study.

