

ATHLETIC INCONTINENCE IN WOMEN PRACTICING CROSSFIT

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Introduction

During high-impact and high-intensity sports, the complaint of urine loss is recurrent. Women who perform this type of activity are more likely to urinary loss compared to sedentary women in the same age group.

For the condition in which the woman loses urine only during physical exercise, the term “Athletic Incontinence” (AI) has been used. Even though it is not official, the terminology (terminology) brings into focus the symptoms presented only during the practice of physical exercise, without loss of urine at other times or activities .

Crossfit® is a model of physical activity characterized as high-impact. Thus, it is necessary to analyze the prevalence of urinary incontinence in the lives of women’s that practice Crossfit® in order to relate the prevalence of athletic incontinence with the practice of high-impact exercises.

Results

1119 women participated in the survey, Thus, she was questioned about the loss of urine before practicing these high-impact exercises, and the results showed a prevalence of 63.4% (n=709) of women who did not lose urine before practicing CrossFit® and who did not lose urine in any other situation, only during the practice of the exercise .

Having become pregnant and performing pelvic floor exercise were configured as protective variables for athletic incontinence, considering that both presented odds lower than one, 0.618 and 0.654 respectively .

Table 02 - Predictive variables of athletic incontinence, 2021.

	Wald	df	Sig.	Exp(B)	95% C.I. for EXP(B)	
					Inferior Limit	Upper Limit
Age	.972		0.324	0.991	0.972	1.009
Weight	1.862	1	0.172	0.984	0.961	1.007
Body massa index	11.272	1	0.001	1.130	1.052	1.214
Number of births	11.406	1	0.001	1.367	1.140	1.639
vaginal deliveries	1.596	1	0.208	1.151	0.954	1.369
Crossfit Practice time	.072	1	0.788	1.001	0.996	1.005
Constant	-2.555	1	0.000	0.078	-	-

Aim

To analyze the occurrence of athletic incontinence in women’s practice Crossfit® .

However, the results indicate that for each birth a woman's chance of having athletic incontinence increases by 1.3, and each point increase in Body Mass Index increases the chance of having athletic incontinence by 1.13 times.

Method

Cross-sectional study;

The sample consisted of 1119 women;

Data analysis with a quantitative approach;

Descriptive and inferential analyzes were performed.

Concluding Message

The study showed high rates of Athletic Incontinence (63.4%), with an important association between the number of deliveries and the body mass index.

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