APPENDIX 1 – Pelvic floor muscle training protocols

| Study ID | VPFMC taught/confirmed | Description | Total VPFMC per day | Duration of programme | Supervision |
| --- | --- | --- | --- | --- | --- |
| [Aksac 2003](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Aksac-2003)18 | **Taught by:** therapist  **Confirmed by**: vaginal palpation, while keeping abdominal and buttock muscles relaxed | **Number of VPFMC per set:** 10  **Duration of hold:** 5 seconds  **Duration of rest:** 10 seconds  **Number sets per day:** 3  **Body position(s):** not reported  **Type(s) of contraction:** sustained  **Other exercise(s):** contractions progressed at 2 weeks to 10 seconds hold and 20 seconds rest, home treatment  **Adherence strategy(s):** not reported  **Adherence measures:** not reported | 30 | 8 weeks | Weekly clinic visits |
| [Asklund 2016](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Asklund-2016)19 | **Taught by:** smartphone app  **Confirmed by:** basic contraction for the patient to identify the correct pelvic floor muscle contraction (not face-to-face) | **Number of VPFMC per set:** progressive (from 8 to 62)  **Duration of hold**: 2-59  **Duration of rest:** 2-59  **Number sets per day:** 3  **Body position(s):** standing, lifting, walking  **Type(s) of contraction:** exercises to find the right muscle + strength, endurance, quick contraction and knack  **Other exercise(s)**: information about SUI, PFMT exercises at different difficulty levels (6 basic and 6 advanced) with graphic support; life style recommendations  **Adherence strategy(s):** possibility to set three reminders/day in the app; each exercise description included graphics showing the duration and intensity of each contraction/relaxation  **Adherence measures:** statistics table for exercise diary in the app; those who used this function (n = 52/61) registered a mean of 141 exercises/person during the study, which would correspond to a mean of 1.6 exercises/day during a 90-day period | Progressive (from 24 to 186) | 3 months | No face-to-face contact with the participants during the study |
| [Bertotto 2017](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Bertotto-2017)30 | **Taught by:** physical therapist  **Confirmed by:** digital palpation | **Number of VPFMC per set:** 24-30  **Duration of hold:** 6-10  **Duration of rest**: 4-10  **Number sets per day:** 1-3  **Body position(s):** supine lying, sitting and standing  **Type(s) of contraction:** sustained, phasic lasting 2 sec, phasic lasting 3-5 sec, guided imagery training  **Other exercise(s):** none  **Adherence strategy(s):** none  **Adherence measures:** none | Progressive from 24 to 70 | 4 weeks | 20 minutes, twice weekly clinic visits |
| [Beuttenmuller 2010](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Beuttenmuller-2010)41 | **Taught by:** physical therapist  **Confirmed by:** not reported, but assessed by the evaluator prior to treatment | **Number of VPFMC per set:** 8  **Duration of hold:** **5 seconds**  **Duration of rest:** not reported  **Number sets per day:** not reported  **Body position(s):** supine with knee bent, sitting on a chair or gym ball, on all fours, and standing  **Type(s) of contraction:** submaximal, maximal/long and short contractions  **Other exercise(s):** proprioceptive exercises such as sitting and hopping around a ball, movements that raise the pelvis (e.g., anteversion, retroversion, lateralization and circumduction)  **Adherence strategy(s):** not reported  **Adherence measures:** not reported | Not reported | 6 weeks | 20-minut twice-weekly clinic visits  \* except during menstruation or due to other complications |
| [Bidmead 2002](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Bidmead-2002)43 | **Taught by:** physical therapist  **Confirmed by:** not reported | **Number of VPFMC per set:** not reported  **Duration of hold:** not reported  **Duration of rest:** not reported  **Number sets per day**: not reported  **Body position:** not reported  **Type(s) of contraction**: not reported  **Other treatment(s):** not reported  **Adherence strategy(s):** none reported  **Adherence measure:** exercise diary; compliance with PFM exercises was generally good with three quarters of subject performing the exercises more than 3 times per week | Not reported | 14 weeks | Five clinic visits over fourteen week period (weeks 1, 3, 6, 10 and 14) |
| [Burgio 1998](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Burgio-1998)44 | **Taught by:** nurse practitioner  **Confirmed by**: ano-rectal biofeedback while keeping abdominal muscles relaxed | **Number of VPFMC per set:** 15  **Duration of hold:** based on each patient’s ability and gradually increased across multiple sessions to a maximum of 10 seconds  **Duration of rest:** based on each patient’s ability  **Number sets per day:** 3  **Body position(s):** supine, sitting, standing  **Type(s) of contraction:** not reported  **Other treatment(s):** Knack and interrupting or slowing urine stream once per day  **Adherence strategy(s):** not reported  **Adherence measures:** not reported | 45 | 8 weeks | 4 clinic visits at 2-week intervals |
| [Burns 1993](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Burns-1993)45 | **Taught by:** nurse trained in biofeedback techniques  **Confirmed by:** biofeedback to teach the subject to relax and contract the pelvic muscles | **Number of VPFMC per set:** 10 quick and 10 sustained (x 2 sets)  **Duration of hold:** 10 contractions held for 3 seconds and 10 contractions held for 10 seconds  **Duration of rest:** not reported  **Number sets per day:** 4  **Body position(s):** not reported  **Type(s) of contraction:** fast, sustained  **Other treatment(s):** videotape describing exercise protocol for home exercises  Intervention progressed 20 per set to a daily maximum of 200  **Adherence strategy(s):** weekly and post treatment 3-and 6-month telephone reminder calls for the appointments; weekly home exercise reminder cards mailed between visits  **Adherence measures:** exercise diary; results not reported | Progressive from 80 to 200 | 8 weeks | Weekly clinic visits |
| [Bø 1999](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-B_x00f8_-1999)46 | **Taught by:** physical therapist  **Confirmed by:** vaginal palpation | **Number of VPFMC per set:** 8-12 high-intensity (close to maximal) with 3-4 fast contractions added at the end of each hold; if ability to hold the contraction improved the duty cycle was progressed each month  **Duration of hold:** 6-8 seconds for the high intensity contractions  **Duration of rest:** 6 seconds  **Number sets per day:** 3  **Body position(s):** supine, kneeling, sitting, standing; all with legs apart. Subject used preferred position.  **Type(s) of contraction:** sustained high-intensity contractions and quick contractions  **Other treatment(s):** verbal information on the PFM and lower urinary tract anatomy and physiology and on continence mechanisms Body awareness, breathing, relaxation exercises and strength training exercises ¬for the back, abdominal and thigh muscles  **Adherence strategy(s):** audiotape with verbal guidance for home training  **Adherence measures:** exercise diary; mean (SE) adherence with treatment was 93% (1.5%) for PFMT | 36 | 6 months | 45-minute weekly exercise class monthly clinic visit with physical therapist |
| Carneiro 201047 | **Taught by:** physical therapist  **Confirmed by:** vaginal palpation | **Number of VPFMC per set:** 8-12 (5 sets total)  **Duration of hold:** 6-10 seconds  **Duration of rest:** not reported  **Number sets per day:** 5  **Body position(s):** sitting, standing  **Type(s) of contraction:** sustained  **Other treatment(s):** verbal information about PFM function and visualization of pelvic floor components using anatomical figures, 5 minutes of proprioceptive exercises sitting on a 75-cm diameter therapeutic ball  **Adherence strategy(s):** not reported  **Adherence measures:** not reported | Progressive from 40 to 60 | 8 weeks | 30-minutes twice-weekly clinic visits |
| [Castro 2008](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Castro-2008)48 | **Taught by:** physical therapist  **Confirmed by:** vaginal palpation | **Number of VPFMC and duration of hold and rest:** - 5 contractions held 10 seconds with 10-second recovery -10 contractions held 5 seconds with 5-second recovery -20 contractions held 2 seconds with 2-second recovery -20 contractions held 1 second with 1-second recovery -5 contractions with cough  **Number sets per day:** once, 3 times per week  **Body position(s):** not reported  **Type(s) of contraction:** sustained and quick contractions  **Other treatment(s):** verbal information on the PFM and lower urinary tract anatomy and physiology and on continence mechanisms Warm-up exercises for the joints and stretching exercises targeting the hip, adductor, hamstring and paravertebral muscles  **Adherence strategy(s):** not reported  **Adherence measures:** exercise diary updated by the physical therapist during each clinic visit; mean compliance of 92% in the PFMT group | 60 | 6 months | 3 group sessions per week |
| [Celiker Tosun 2015](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Celiker-Tosun-2015)20 | **Taught by:** physical therapist  **Confirmed by:** by digital palpation | **Number of VPFMC per set:** 12  **Duration of hold:** according to Laycock PERFECT scheme  **Duration of rest:** according to Laycock PERFECT scheme  **Number sets per day:** 3  **Body position(s):** not reported  **Type(s) of contraction:** progressive training with fast, slow and sustained contractions + knack  **Other treatment(s):** none  **Adherence strategy(s):** training diary (participants required to keep a training diary to maintain their motivation)  **Adherence measures:** not reported | 36 | 12 weeks + additional program for those who didn't reach the PFM strength goal (grade 5 on Oxford scale)) | 30min. 3x/w for the first 2 weeks followed by weekly visits |
| [Diokno 2010](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Diokno-2010)21 | **Taught by:** urology nurse  **Confirmed by:** not reported | **Number of VPFMC per set:** 25 (5 short and 20 long contractions) and, when needed, the Knack (sneezing)  **Duration of hold:** long contractions held up to 6 seconds  **Duration of rest:** not reported  **Number sets per day:** 2  **Body position(s):** not reported  **Type(s) of contraction:** short and long contractions  **Other treatment(s):** 2-hour Microsoft PowerPoint presentation, BMP lecture with printed handouts on the lower urinary tract anatomy, the mechanism of urinary bladder function and UI + audiotape for daily use Bladder training tips and Knack, if needed  **Adherence strategy(s):** 2-4 week follow-up, including a vaginal examination if needed, measurement of PFM strength and an ability test  **Adherence measures:** not reported | 50 | 6-8 weeks | 1 teaching session + 1 follow-up session after 2 to 4 weeks with a vaginal exam if needed and a written test on new knowledge acquired |
| [Ferreira 2014](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Ferreira-2014)22 | **Taught by:** not reported  **Confirmed by:** unclear | **Number of VPFMC per set:** 30 sustained contractions + 4\*30 fast contractions  **Duration of hold:** not reported  **Duration of rest:** not reported  **Number sets per day:** 1  **Body position(s):** not reported  **Type(s) of contraction:** sustained, fast  **Other treatment(s):** none  **Adherence strategy(s):** none  **Adherence measures:** not reported | 150 | 3 months | Weekly visits |
| [Firra 2013](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Firra-2013)23 | **Taught by:** physical therapist  **Confirmed by:** digital examination | **Number of VPFMC per set:** progressive up to 23 contractions  **Duration of hold:** 10s for sustained contraction, 2-3s for short contractions  **Duration of rest:** 20s for sustained contraction, 6s for short contractions  **Number sets per day:** 5  **Body position(s):** for all exercises position progressed from hook lying to sitting, standing squatting as able  **Type(s) of contraction:** sustained, maximal (short contractions) and submaximal (controlled)  **Other treatment(s):** none  **Adherence strategy(s):** not reported  **Adherence measures:** not reported | Up to 115 | 8 weeks | 16 sessions (2 per week) |
| [Henalla 1989](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Henalla-1989)24 | **Taught by:** physical therapist  **Confirmed by:** vaginal palpation | **Number of VPFMC per set:** 5  **Duration of hold:** 5 seconds  **Duration of rest:** not reported  **Number sets per day:** 1 set per hour during the day  **Body position(s):** not reported  **Type(s) of contraction:** not reported  **Other treatment(s):** not reported  **Adherence strategy(s):** not reported  **Adherence measure:** not reported | ~80 | 12 weeks | Weekly clinic visit |
| [Henalla 1990](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Henalla-1990)25 | **Taught by:** physical therapist  **Confirmed by:** not reported | **Number of VPFMC per set:** not reported  **Duration of hold:** not reported  **Duration of rest:** not reported  **Number sets per day:** not reported  **Body position(s):** not reported  **Type(s) of contraction:** not reported  **Other treatment(s):** not reported  **Adherence strategy(s):** not reported  **Adherence measures:** not reported | Not reported | 6 weeks | Not reported |
| [Hofbauer 1990](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Hofbauer-1990)26 | **Taught by:** physical therapist  **Confirmed by:** not reported | **Number of VPFMC per set:** not reported  **Duration of hold:** not reported  **Duration of rest:** not reported  **Number sets per day:** not reported  **Body position(s):** not reported  **Type(s) of contraction:** not reported  **Other treatment(s):** abdominal wall and adductor exercises and home training  **Adherence strategy(s):** not reported  **Adherence measures:** not reported | Not clear | 6 months | 20-minute twice-weekly clinic visits |
| [Kargar Jahromi 2013](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Kargar-Jahromi-2013)27 | **Taught by:** not clear  **Confirmed by:** not clear how/if it was confirmed | **Number of VPFMC per set:** 8-12 sustained + 4 rapid contractions in each position  **Duration of hold:** 6-8 sec  **Duration of rest:** 6 sec  **Number sets per day:** 3  **Body position(s):** lying, sitting, standing  **Type(s) of contraction:** sustained maximal and fast contractions  **Other treatment(s):** education, body awareness and breathing  **Adherence strategy(s):** none  **Adherence measures:** not reported | 36 high intensity (close to maximum) contractions + 12 rapid contractions | 8 weeks | Training in groups once a week for 45 minute |
| [Kim 2007](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Kim-2007)28 | **Taught by:** nurse  **Confirmed by:** subjects were trained to exert force only on the PFM but did not give detail on how it was done | **During the 12 weeks intervention**  **Number of VPFMC per set:** 10 (x 2 sets)  **Duration of hold:** 10 contractions held 3 seconds and 10 additional contractions held 6-8 seconds  **Duration of rest:** 10 seconds  **Number sets per day:** twice per week  **Body position(s):** sitting, supine and standing positions with the legs apart  **Type(s) of contraction:** fast and sustained contractions  **Other treatment(s):** body awareness, breathing, and relaxation exercises. Strength training for the thigh, abdominal, and back muscles (i.e.: bending the knees, tilting the pelvis backward and forward, lifting the buttocks on the back with the knees bent, raising one leg while lying on the back)  Exercises using two types of training balls¬  **Adherence strategy(s):** home training reinforced through a pamphlet illustrating PFM and strengthening exercises and a record-keeping sheet  **Adherence measures:** attendance rate to exercise sessions and exercise diary for the follow-up. Attendance ranged from 71.9% to 93.8%, with a mean of 82.4%. Exercise frequency during follow-up was every day in 30.3% of the subjects, two to three times per week in 45.5%, and once or less per week in 24.2%  **During one-year follow up** **Number of VPFMC per set:** 13 **Sets per day:** 2 to 3 sets at least twice a week | ~30 | 12 weeks | Exercise class, twice a week |
| [Kim 2011](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Kim-2011)29 | **Taught by:** nurse  **Confirmed by:** subjects were trained to exert force on just the PFMs, but details on how this was done were lacking | **Number of VPFMC per set:** 10 fast and 10 sustained contractions  **Duration of hold:** 3 seconds for fast contractions, 6 to 8 seconds for sustained contractions  **Duration of rest:** 5 seconds for fast contractions, 10 seconds for sustained contractions  **Number sets per day:** 3  **Body position(s):** PFM contractions, without excessively straining the abdomen, performed in supine, sitting, and standing positions with legs apart  **Type(s) of contraction:** fast and sustained contractions  **Other treatment(s):** warm-up and stretching exercises 10 to 15 minutes; thigh and abdominal muscle strength training exercises between PFM training, and weight bearing and ball exercises + Home exercises 2 to 3 sets (PFM +13 other exercises) at least 3 times a week (duration: approximately 30 minutes)  **Adherence strategy(s):** not reported  **Adherence measures:** not reported | 60 | 12 weeks | 1-hour, twice-weekly group sessions |
| [Kim 2011a](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Kim-2011a)31 | **Taught by:** nurse  **Confirmed by:** subjects were trained to exert force on just the PFMs, but details on how this was done were lacking | **Number of VPFMC per set:** 10 fast and 10 sustained contractions  **Duration of hold:** 3 seconds for fast contractions, 6 to 8 seconds for sustained contractions  **Duration of rest:** 5 seconds for fast contractions, 10 seconds for sustained contractions  **Number sets per day:** 3  **Body position(s):** PFM contraction without excessively straining the abdomen, performed in supine, sitting, and standing positions with legs apart  **Type(s) of contraction:** fast and sustained contractions  **Other treatment (s):** warm-up and stretching exercise for 10 to 15 minutes. Strength training of the thigh and abdominal muscles, back, legs, trunk and use of an exercise ball.  **Adherence strategy(s):** not reported  **Adherence measures:** attendance to exercise session and exercise diary for the follow-up. The attendance rate ranged from 63.5% to 81.1%, with a mean of 70.3%. The exercise frequency during the follow-up was reported to be every day in 35.7% of the subjects, two to three times a week in 42.9%, and once or less per week in 21.4%. The mean exercise time was 29.3 min, and the mean number of contractions of the PFM was 52 times/day  **Follow-up:** after the 12 weeks intervention, participants attended a 1-hour exercise classes once a month for 7 months and continued a home-based program (2-3 sets of PFM plus 13 other exercises taught during the intervention) | 60 | 12 weeks | 1-hour, twice- weekly group sessions |
| [Lagro-Janssen 199132](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Lagro_x002d_Janssen-1991a) | **Taught by:** general practitioner  **Confirmed by:** vaginal palpation | **Number of VPFMC per set:** 10  **Duration of hold:** 6 seconds  **Duration of rest:** not reported  **Number sets per day:** 5 to 10  **Body position(s):** not reported  **Type(s) of contraction:** not reported  **Other treatment(s):** verbal information on PFMs  **Adherence strategy(s):** not reported  **Adherence measures:** patient were asked how many exercises per day they completed and how well they complied with the exercise programme (exercise diary) | 50 to 100 | 12 weeks | No supervision, the participants received written instructions for home practice |
| [Leong 2015](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Leong-2015)33 | **Taught by:** physical therapist  **Confirmed by:** vaginal digital palpation | **Number of VPFMC per set:** 5-30 submaximal and 5-10 rapid (progressive)  **Duration of hold:** 5-10 seconds (progressive)  **Duration of rest:** 10 seconds  **Number sets per day:** 3  **Body position(s):** lying, sitting, standing  Type(s) of contraction: slow submaximal (5-10s), maximal -fast (10x), Knack  **Other treatment(s):** bladder training: strategies to increase the time interval between voids by a combination of progressive void schedules, urge suppression, distraction, self-monitoring, and reinforcement.  **Adherence strategy(s):** none  **Adherence measures:** proportion of sessions attended (attendance rate), frequency of home exercises executed (exercise diary); mean attendance and exercise compliance rates in the intervention group were 97.7% ± 5.0% and 99.4% ± 1.9%, respectively | 15-90 submaximal contractions +15-30 fast contractions | 12 weeks | 8 physical therapy sessions, 30 minutes 1x/w for the first 4 weeks 1x/2w for the 5-12 weeks |
| [Mclean 2013](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-McLean-2013)34 | **Taught by:** physical therapist  **Confirmed by:** vaginal digital palpation | **Number of VPFMC per set:** 10 + specific exercises focused on holding or relaxing after the contraction  **Duration of hold:** ramp up over 2-4s, hold 1-2s  **Duration of rest:** not specified  **Number sets per day:** 3 sets  **Body position(s):** not reported  **Type(s) of contraction:** maximal voluntary contraction, Knack  **Other treatment(s):** none reported  **Adherence strategy(s):** non reported  **Adherence measures:** non reported | 30 | 12 weeks | Weekly sessions of 30 minutes |
| [Miller 1998](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Miller-1998)35 | **Taught by:** nurse  **Confirmed by:** vaginal palpation | **Number of VPFMC per set:** not reported  **Duration of hold:** not reported  **Duration of rest:** not reported  **Number sets per day:** not reported  **Body position(s):** not reported  **Type(s) of contraction:** coordination  **Other treatment(s):** verbal information on PFM physiology and functional properties; participants were taught to practice the Knack  **Adherence strategy(s):** not reported  **Adherence measures:** not reported | Not reported | One week | No supervision |
| [Pereira 2011](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Pereira-2011)36 | **Taught by:** physical therapist  **Confirmed by:** vaginal palpation and instructed not to use compensatory muscles | **For Group and individual PFMT intervention**  **Number of VPFMC per set:** on average, 100 contractions were performed,  **Duration of hold:** 5-10 seconds  **Duration of rest:** 10-20 seconds  **Number sets per day:** not reported  **Body position(s):** supine, sitting and standing positions  **Type(s) of contraction:** phasic and tonic contractions  **Other treatment(s):** verbal information on the PFM anatomy and continence mechanisms; the degree of difficulty progressed according to the positions adopted, the number of repetitions, and the time of sustained contractions  **Adherence strategy(s):** not reported  **Adherence measures:** not reported | 100 | 6 weeks | Two 1-hour weekly sessions in clinic |
| [Sar 2009](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Sar-2009)37 | **Taught by**: nurse  **Confirmed by:** vaginal palpation | **Number of VPFMC per set:** 30  **Duration of hold:** 1-10 seconds  **Duration of rest:** same as contraction time  **Number sets per day:** 3  **Body position(s):** supine, sitting and standing  **Type(s) of contraction:** quick flicks (1-2 second contractions), sustained progressive (5-10 seconds) contractions  **Other treatment(s):** verbal information on the PFM and lower urinary tract anatomy and physiology and on continence mechanisms; Knack  **Adherence strategy(s):** weekly telephone call to encourage exercises practice and answer questions  **Adherence measures:** not reported | 90 | 6 weeks | Weekly telephone call by the nurse |
| [Solberg 2016](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Solberg-2016)38 | **Taught by:** physical therapist  **Confirmed by:** vaginal digital palpation | **Number of VPFMC per set:** not reported  **Duration of hold:** not reported  **Duration of rest:** not reported  **Number sets per day:** 10 minutes  **Body position(s):** not reported  **Type(s) of contraction:** not reported  **Other treatment(s):** general exercises  **Adherence strategy(s):** not reported  **Adherence measures:** attendance rate and exercise diary; six women who completed PFMT, four attended 12 sessions of PFMT, one attended 11, and one attended 10 sessions; all completed the training diary of 10 min PFMT at home every day | 10 minutes | 12 weeks | 12 weekly sessions of 25 min of PFMT +20 min of general exercise |
| [Sran 2016](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Sran-2016)39 | **Taught by:** physical therapist  **Confirmed by:** vaginal digital palpation | **Number of VPFMC per set:** variable and progressive  **Duration of hold:** according to Laycock's perfect scheme  **Duration of rest:** same as above  **Number sets per day:** 1  **Body position(s):** lying to standing  **Type(s) of contraction:** progressive · fast MVC · slow MVC · Knack (static dynamic) · PFM+TA lying and standing · urge suppression techniques · crown (100-50-70-100) · PFM walking, lunging, squatting  **Other treatment(s):** EMG biofeedback to monitor PFM EMG activity  **Adherence strategy(s):** none reported  **Adherence measures:** number of session attended (attendance rate), number of PFME done at home (exercise diary); 58% (14/24) attended all 12 sessions and 33% (8/24) 10 or 11 sessions; 33% (8/24) completed 100% of the home exercises, 33% (8/24) 70% to 99%, and one participant 50%; 21% (5/24) of the participants did not complete, either partially or at all, their exercise diary, although most of them reported doing the exercises some of the time | 10,10-s MVC holds and 30 fast contractions in each position | 12 weeks | 1h/week x 1 week + 30 min/week x 11 weeks |
| [Wells 1999](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Wells-1999)40 | **Taught by:** nursepractitioner  **Confirmed by:** able to contract PFM was confirmed through a physical examination | **Number of VPFMC per set:** 80  **Duration of hold:** 10 seconds  **Duration of rest:** 10 seconds  **Number sets per day:** 1 set during the day  **Body position(s):** not reported  **Type(s) of contraction:** sustained  **Other treatment(s)**: not reported  **Adherence strategy(s):** not reported  **Adherence measures:** training diary, results not reported | 80 | 5 months | Monthly visits for observation, coaching and encouragement |
| [Yoon 2003](file:///C:\Users\drolets\Desktop\appendix.xlsx#RANGE!STD-Yoon-2003)42 | **Taught by:** nurse  **Confirmed by:** weekly surface electromyography biofeedback | **Number of VPFMC per set:** 30 strength and endurance VPFMC per day (unclear if this is 30 for both combined or 30 per type of exercise; i.e., 60), approximately 15 to 20 minutes per day  **Duration of hold:** not reported  **Duration of rest:** not reported  **Number sets per day:** not reported  **Body position(s):** not reported  **Type(s) of contraction:** strength (burst of intense activity lasting a few seconds) and endurance (6-second hold progressed by 1-second per week to 12 seconds)  **Other treatment(s):** not reported  **Adherence strategy(s):** not reported  **Adherence measures:** not reported | Not clear if 30 or 60 | 8 weeks | Weekly clinic visit with nurse |