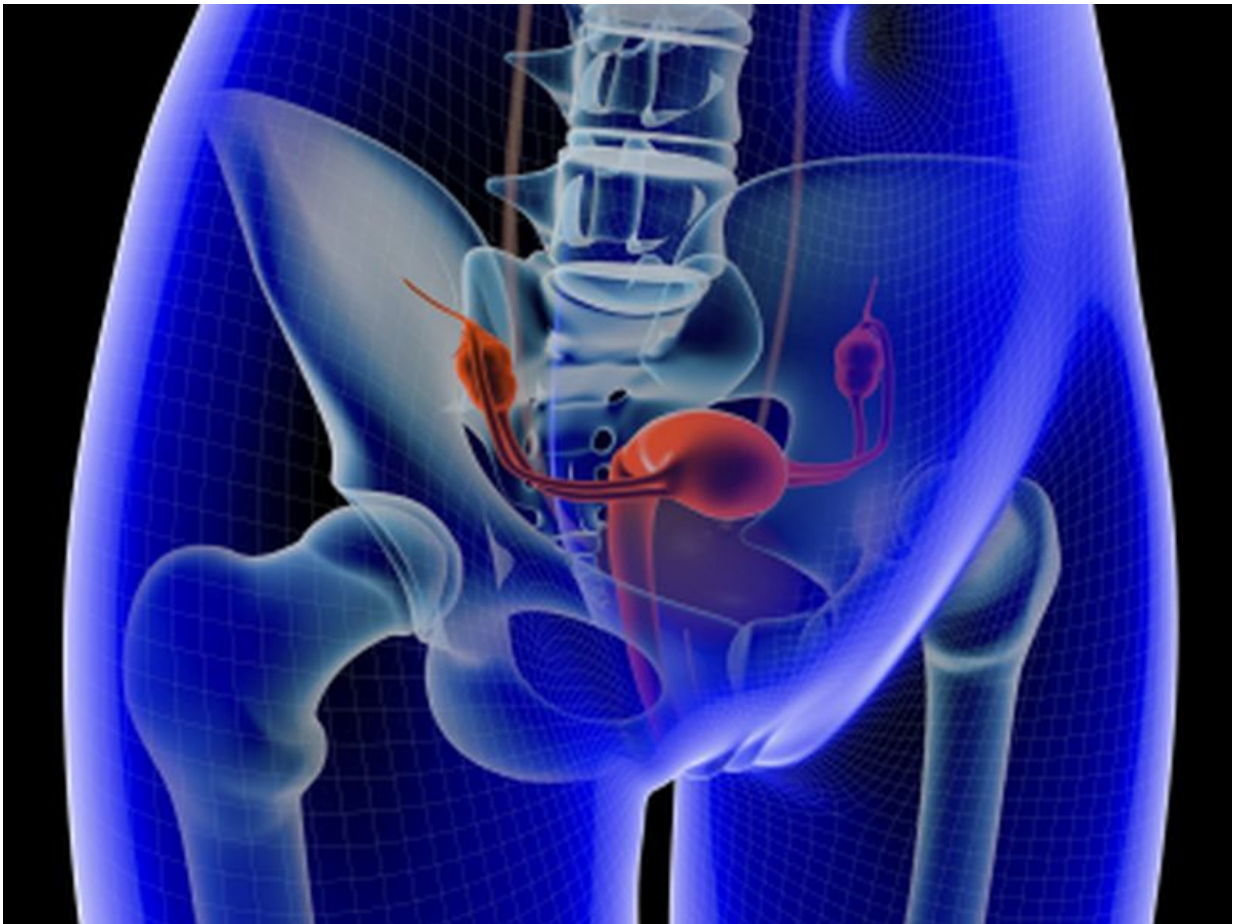


Potential mechanism ID'd for impact of parity on pelvic floor

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(HealthDay)—Parity is associated with increased fiber length in the

more proximal coccygeus and iliococcygeus pelvic floor muscles, according to a study published in the September issue of the *American Journal of Obstetrics and Gynecology*.

Marianna Alperin, M.D., from the University of California in San Diego, and colleagues examined the impact of vaginal deliveries and aging on human cadaveric pelvic floor [muscle architecture](#). They obtained coccygeus, iliococcygeus, and pubovisceralis from younger and older donors, who were vaginally parous and vaginally nulliparous, all of whom had no history of [pelvic floor disorders](#). Validated methods were used to assess architectural parameters.

The researchers found that the key impact of parity was increased fiber length in the more proximal coccygeus and iliococcygeus (P = 0.03 and 0.04, respectively). Across all pelvic floor muscles, aging changes manifested as decreased physiologic cross-sectional area (P

"Increased fiber length in more proximal [pelvic floor muscles](#) likely represents an adaptive response to the chronically increased load placed on these muscles by the displaced apical structures, presumably as a consequence of vaginal delivery," the authors write.

More information: [Abstract](#)
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