

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

September 14 2016



(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 <u>muscle architecture</u>. 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 <u>pelvic floor disorders</u>. 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 <u>pelvic floor muscles</u> 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

Full Text (subscription or payment may be required)

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Citation: Potential mechanism ID'd for impact of parity on pelvic floor (2016, September 14) retrieved 5 May 2024 from https://medicalxpress.com/news/2016-09-potential-mechanism-idd-impact-parity.html

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