



The effects of pelvic floor muscle training using a magnetic resonance image-based video clip in postpartum women

Research background

Few women understand the training because the pelvic floor muscles cannot be seen.



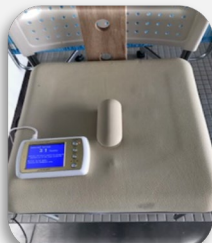
Study Step 1 Creation

Create videos for pelvic floor muscle exercises to visualize the movement of the pelvic floor muscle using MRI.



Study Step 2 Effect confirmation

Assess the effectiveness of the videos in 74 postpartum women.



HnJ-500: Furun Medical



Evaluation of the pelvic floor muscles.



The newly developed training video was useful for increasing pelvic floor muscle strength and promoting training exercises. Instruction materials will be prepared to promote women's understanding.