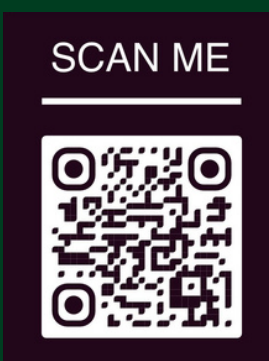


Level of Awareness of Female Saudi Athletes on the Importance of Pelvic Floor Muscle Exercises as a Preventive Measure in Pelvic Floor Dysfunction: A Cross-Sectional Survey



Background

Pelvic floor dysfunction (PFD) affects a significant proportion of women in Saudi Arabia, with studies showing that more than half experience at least one form of pelvic floor dysfunction . Common symptoms include urinary incontinence , as well as pelvic organ prolapse. Recent research shows that PFD affects many athletes and can cause serious health problems and challenges in daily life.

This study aims to assess the knowledge of Saudi female athletes about pelvic floor dysfunction, pelvic floor anatomy, and the importance of pelvic floor exercise.



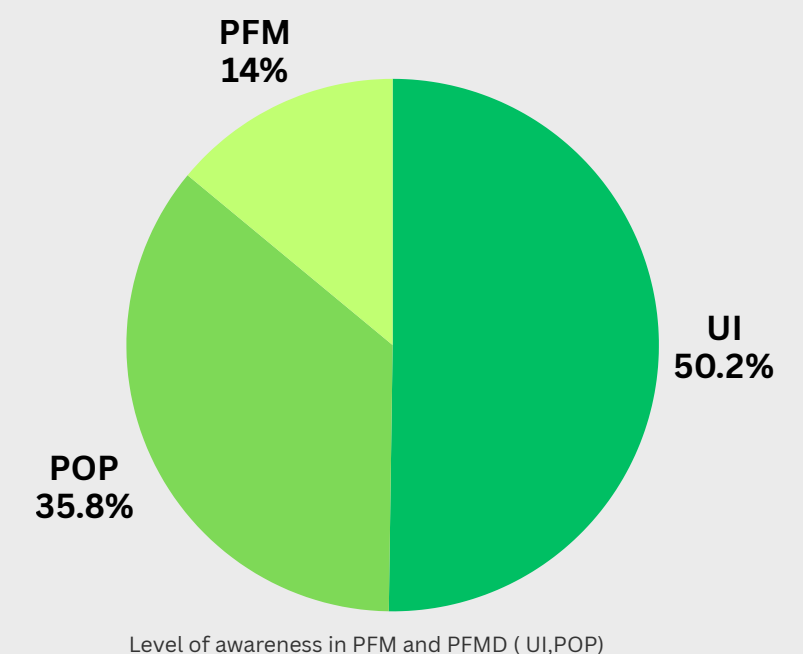
Saudi female athletes at risk of PFDs

Methods

A cross-sectional survey was conducted from September to December 2024 with 76 adult Saudi women. An Arabic questionnaire assessed pelvic floor dysfunction (PFD) knowledge using the PIKQ-UI scale, PIKQ-POP scale, and a PFM knowledge questionnaire. Data were analyzed with descriptive statistics (mean±SD, frequency%) and inferential tests (t-test, ANOVA) using SPSS v28.

Results

Saudi female athletes demonstrated limited knowledge about pelvic floor muscles (PFMs) and their dysfunction. The awareness of urinary incontinence (UI) was relatively high , whereas understanding of pelvic organ prolapse (POP) was low. Overall, knowledge of PFMs was the lowest among the assessed domains. The chart bellow shows the percentage of the level of awareness in PFM and PFMDs among Saudi female athletes.



Implications

Limited knowledge of pelvic floor dysfunction among female Saudi athletes highlights the need for targeted education on pelvic floor muscle exercises. Improving awareness can help prevent and manage PFD, enhance athletic performance, and promote overall quality of life.