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# **PREDICTORS OF PELVIC FLOOR MUSCLE DYSFUNCTION AND REHABILITATION FEATURES.**

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Pelvic organ prolapse is a common disease worldwide, which, despite the fact that it does not threaten the patient's life, has a significant negative impact on the quality of life. Modern studies declare the risk of surgical intervention in women under 80 years of age for this pathology to be 12.6%. Therefore, with increasing life expectancy, the number of women who will need medical care for pelvic organ prolapse will increase in the near future.

**Objective:** to determine predictors of pelvic floor muscle dysfunction and create appropriate strategies for the prevention of this pathology.

**Material and methods** The study of the pathophysiology of pelvic organ prolapse demonstrated the role of genetic determinants of the development of the disease, namely polymorphisms of steroid hormone genes and genes of structural proteins of connective tissue. In general, all predictors of pelvic floor muscle dysfunction can be divided into several categories. First, there are age and hormonal factors, with age the elasticity of tissues decreases, which makes the pelvic floor muscles more vulnerable. Changes in hormone levels, especially estrogen during menopause, also play a significant role. Pregnancy creates additional stress on the pelvic floor, and childbirth, especially vaginal, can lead to its injury and stretching. Chronic cough (with asthma, chronic bronchitis), constipation, obesity and other conditions that lead to increased intra-abdominal pressure, increase the load on the pelvic floor muscles. Lifestyle and physical factors: low physical activity leads to

muscle weakness, including the pelvic floor muscles, weightlifting, intense running training can negatively affect the pelvic floor, smoking negatively affects tissue elasticity, which can increase the risk of pelvic floor muscle dysfunction.

Physical activity is one of the components of human life, participates in many physiological processes of the body, its absence, as well as significant loads on the body, can contribute to the development of various pathological disorders. It has been proven that moderate physical activity contributes to the maintenance of muscle contractility, accelerated renewal of the component of connective tissue - collagen. Pelvic floor physiotherapy is a functional retraining program to improve pelvic floor muscle strength, endurance, power and relaxation in patients with pelvic floor dysfunction. Pelvic floor physiotherapy has reliable evidence support and obvious benefit as a first-line treatment for most pelvic floor disorders.

Conclusions: Pelvic floor muscle dysfunction is a common problem that can significantly affect the quality of life. Understanding its predictors and developing effective prevention strategies are key to maintaining health.

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