

Table IV: The women’s responses on urinary incontinence and knowledge of the pelvic floor muscles

| | Female athletes (n=18) | | Untrained women (n=16) | |
|--|---------------------------|------|---------------------------|------|
| | Freq. | % | Freq. | % |
| Experienced urinary incontinence | 11 | 61.1 | 2 | 12.5 |
| Did not experience urinary incontinence | 7 | 38.9 | 14 | 87.5 |
| Knowledge of pelvic floor muscles (PFM) | | | | |
| Think little of PFM, know little about them | 4 | 22.2 | 9 | 56.2 |
| Think occasionally about PFM; exercise them \leq x2 per month | 7 | 38.9 | 4 | 25 |
| Think regularly about PFM; exercise them \geq x2 per month | 6 | 33.3 | 3 | 18.8 |
| Very aware of PFM; exercise them every week | 1 | 5.6 | 0 | 0 |
| Occurrence of urinary incontinence | | | | |
| Do not recall | 0 | 0 | 0 | 0 |
| During light daily activities | 1 | 5.6 | 0 | 0 |
| On the way to the restroom | 0 | 0 | 2 | 12.5 |
| By coughing or sneezing | 4 | 22.2 | 0 | 0 |
| During medium training intensity | 0 | 0 | 0 | 0 |
| During high training intensity | 11 | 61.1 | 0 | 0 |
| Frequency of urinary incontinence | | | | |
| About once a week or less | 11 | 61.1 | 1 | 6.3 |
| Two to three times a week | 0 | 0 | 1 | 6.3 |
| About once per day | 0 | 0 | 0 | 0 |
| Always | 0 | 0 | 0 | 0 |
| Quantity, urinary incontinence | | | | |
| Little quantity | 11 | 61.1 | 2 | 12.5 |
| Medium quantity | 0 | 0 | 0 | 0 |
| Large quantity | 0 | 0 | 0 | 0 |
| How much does urinary incontinence disturb your daily life on a scale of 1–10 | | | | |
| 0 | 4 | 22.2 | 0 | 0 |
| 1 | 3 | 16.7 | 2 | 12.5 |
| 2 | 0 | 0 | 0 | 0 |
| 3 | 2 | 11.1 | 0 | 0 |
| 4 | 0 | 0 | 0 | 0 |
| 5 | 2 | 11.1 | 0 | 0 |
| 6+ | 0 | 0 | 0 | 0 |