

Changes in bioelectrical activity of pelvic floor muscles and foot arches under the influence of Structural Integration.

The project is aimed at women who meet the following requirements (inclusion criteria):

- are 20-30 years of age
- have no contraindications for the performance of the Structural Integration session (i.e. pregnancy, connective tissue diseases, cancer)
- have no contraindications for the use of intravaginal electrode (menstruation, inflammation of the reproductive tract, allergy to nickel)
- have signed the Informed Consent Form to participate in the study

Exclusion criteria for the project participants:

- feeling unwell during the therapy
- pregnancy, connective tissue diseases, cancer
- previous childbirth
- allergy to nickel (use of an intravaginal electrode during electromyographic measurement)
- virginity (use of an intravaginal electrode during electromyographic measurement)

Structural Integration is a method of working with the body that involves myofascial manipulation, motor re-education and improved body awareness. It consists of 10 targeted sessions for a given area of the body. The researchers assume that the Structural Integration sessions, given their overall impact on the body, will affect the parameters of recorded bioelectrical activity of pelvic floor muscles, the foot arches and the elasticity of the myofascial tissue in the selected areas of the body. The study involves 20 healthy women 20-30 years of age, each of whom will have 10 (one-hour) therapeutic sessions performed by a certified Structural Integration therapist. The measurements will be taken before and a week after the therapy.

Participation in the study is voluntary

For more detailed information, please contact the project manager – D. Grzegorz Jędrzejewski (grze.jedrzejewski@gmail.com)