

Appendix Table F127. Continence and improvement in incontinence after complex group and individual pelvic floor muscle training programs, individual RCTs

Outcome	Reference	Active	Control	Randomized active/control	Active events/rate	Control events/rate	Relative risk (95% CI)	Absolute risk differences (95% CI)	Number needed to treat (95% CI)	Attributable events/1000 treated (95% CI)
Continence	Pages, 2001 ⁵⁸⁵ 40/0	Specific physical therapy program: group therapy 5 times/week and home pelvic floor exercise with 50 contractions for 10 minutes 2 times/day; recommendation of weight loss and aerobic sports.	Biofeedback training daily 90-minutes in group and individually for 15 minutes, 5 times/week Intra vaginal pressure sensor and visual biofeedback in computer monitor	27/13	6/22	4/28	0.72 (0.25; 2.12)	-0.09 (-0.38; 0.21)		
Continence	Janssen, 2001 ⁵⁴⁴ 530/0	Individual pelvic floor exercises 5 times/day and bladder training with delay voiding, training with 11 30-minute sessions.	Group pelvic floor exercises 5 times/day and bladder training with delay voiding, training with 9 2-hour sessions	126/404	25/20	53/13	1.51 (0.98; 2.33)	0.07 (-0.01; 0.14)		
				126/404	28/22	57/14	1.58 (1.05; 2.36)	0.08 (0.00; 0.16)	12 (6; 1003)	81 (1; 161)
Improvement in incontinence	Janssen, 2001 ⁵⁴⁴ 530/0	Individual pelvic floor exercises 5 times/day and bladder training with delay voiding, training with 11 30-minute sessions.	Group pelvic floor exercises 5 times/day and bladder training with delay voiding, training with 9 2-hour sessions at 3 months	126/404	118/94	347/86	1.09 (1.03; 1.16)	0.08 (0.02; 0.13)	13 (8; 43)	78 (23; 132)
			at 9 months	126/404	107/85	315/78	1.09 (1.00; 1.19)	0.07 (0.00; 0.14)		

Appendix Table F127. Continence and improvement in incontinence after complex group and individual pelvic floor muscle training programs, individual RCTs (continued)

Outcome	Reference	Active	Control	Randomized active/control	Active events/rate	Control events/rate	Relative risk (95% CI)	Absolute risk differences (95% CI)	Number needed to treat (95% CI)	Attributable events/1000 treated (95% CI)
Improvement in incontinence	Pages, 2001 ⁵⁸⁵ 40/0	Specific physical therapy program: group therapy 5 times/week and home pelvic floor exercise with 50 contractions for 10 minutes 2 times/day; recommendation of weight loss and aerobic sports.	Biofeedback training daily 90-minutes in group and individually for 15 minutes, 5 times/week Intra vaginal pressure sensor and visual biofeedback in computer monitor	27/13	20/74	9/68	1.07 (0.70; 1.64)	0.05 (-0.25; 0.35)		