

Appendix Table F134. Comparative effectiveness of circular muscle exercises (Paula method) vs. PFMT (individual RCT)

Reference sample/men	Outcome	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)
Liebergall-Wischnitzer, 2009 ⁵⁵⁹ 241/0	Improved (pad test <1g)	117/123	76/65	62/50	1.30 (1.04; 1.62)	0.15 (0.03; 0.27)	7 (4; 38)	150 (26; 273)
Liebergall-Wischnitzer, 2009 ⁵⁵⁹ 241/0	Percent cured	117/123	60/51	42/34	1.50 (1.11; 2.03)	0.17 (0.05; 0.29)	6 (3; 21)	171 (48; 295)
Liebergall-Wischnitzer, 2009 ⁵⁵⁹ 241/0	No feelings of bladder fullness	117/123	77/66	64/52	1.26 (1.02; 1.57)	0.14 (0.01; 0.26)	7 (4; 69)	138 (15; 261)