

**Appendix Table F139. Continence after PFMT with personal reminders and self-help guides or different positions during exercise (individual RCTs)**

Reference sample/men	Active	Control	Randomized active/control	Active events/rate	Control events/rate	Relative risk (95% CI)	Absolute risk differences (95% CI)
Alewijnse, 2003 <sup>479</sup> 103/0	Pelvic floor muscle exercise with reminder and Self-Help Guide	Bladder training and pelvic floor muscle exercise	52/51	17/33	21/41	0.79 (0.48; 1.32)	-0.08 (-0.27; 0.10)
Borello-France, 2006 <sup>497</sup> 44/0	Pelvic-floor muscle exercises with EMG biofeedback in the supine position only using max 30-60 repetitions of 3-12 second contractions twice daily	Pelvic-floor muscle exercises with EMG biofeedback in both supine and upright positions, 1 set (3- and 12-second contractions) in each position with max of 20 repetitions (2 sets of 10) of the 3-12 second contractions twice daily	22/22	13/59	13/59	1.00 (0.61; 1.64)	0.00 (-0.29; 0.29)