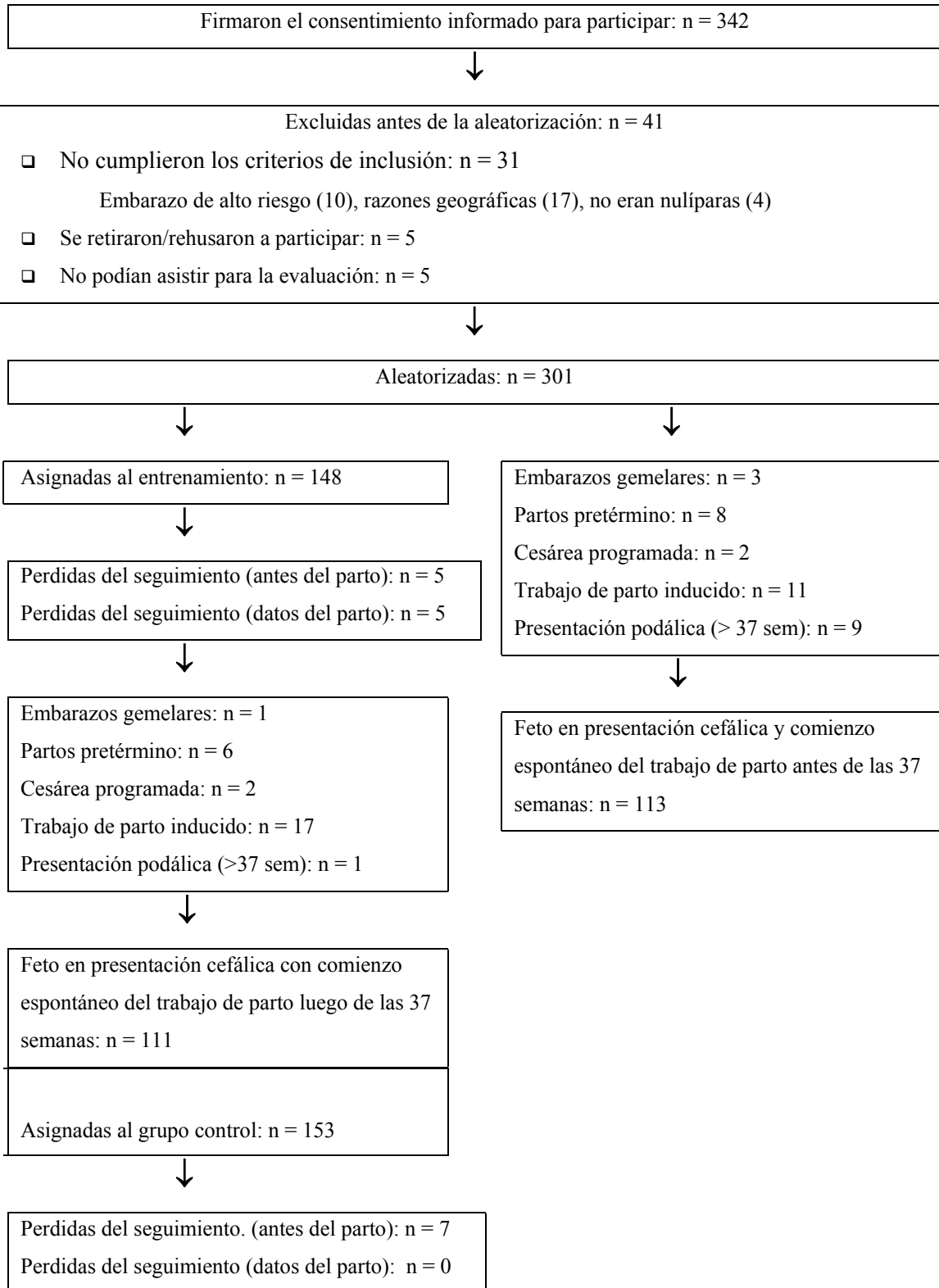


Figura 1. Diagrama de flujo de las participantes del estudio.

(Modificado de: Salvesen KÅ, Mørkved S. Pelvic floor muscle training during pregnancy does not prolong labour: a randomised controlled trial. BMJ 2004; 329:378-80).



Signed informed consent for participation: N=342



Excluded before randomisation: n=41

- ❑ Did not meet the inclusion criteria: n=31
High-risk pregnancy (10), geographical reasons (17), not nulliparous (4)
- ❑ Withdrew/refused to participate: n=5
- ❑ Not able to meet for assessment: n=5



Randomised: N=301



Allocated to training: n=148



Lost to follow-up (before labour): n=5
Lost to follow-up (delivery data): n=5



Twin pregnancy: n=1
Pre-term delivery: n=6
Planned caesarean section: n=2
Induced labour: n=17
Breech presentation (>37 weeks): n=1



Fetus in cephalic position with spontaneous start of labour after 37 weeks: n= 111



Allocated to control: n=153



Fetus in cephalic position with spontaneous start of labour after 37 weeks: n= 113



Twin pregnancy: n=3
Pre-term delivery: n=8
Planned caesarean section: n=2
Induced labour: n=11
Breech presentation (>37 weeks): n=9



Fetus in cephalic position with spontaneous start of labour after 37 weeks: n= 1