

## WHAT HAPPENS TO THE INFORMATION COLLECTED?

All research information will be treated confidentially by assigning a number (and not your name) to your study forms.

## WILL I BE PAID TO PARTICIPATE?

Compensation will be provided to partially cover your personal time and expenses related to study participation.

You will receive up to \$500 if you complete all study visits.

## CAN I DROP OUT OF THE STUDY ONCE I HAVE BEGUN?

Yes. Participation in the study is completely voluntary. You may remove yourself from the study at any point.

If you decide to drop out of the study, simply contact the research staff. Medical care will continue to be provided to you, if desired.

**If you would like more information about the study, please call:**

**205-934-5498**

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### **UROGYNECOLOGY & RECONSTRUCTIVE PELVIC SURGERY**

**UAB MEDICINE**

The University of Alabama at Birmingham

[uabmedicine.org/women](http://uabmedicine.org/women)

## HIP STUDY



**THE IMPACT OF HIP EXERCISES  
ON PELVIC FLOOR MUSCLE  
STRENGTH & URINARY  
INCONTINENCE IN WOMEN**

**UAB MEDICINE**

The University of Alabama at Birmingham

## WHAT IS THE HIP STUDY?

This study will help determine whether hip exercises will improve pelvic floor muscle strength and urinary incontinence symptoms (the involuntary leakage of urine).

## YOU MAY BE ELIGIBLE TO PARTICIPATE IF:

- You are age 65 or older
- You've had urinary leakage for at least the past 3 months

## WHY IS THIS STUDY IMPORTANT?

Urinary incontinence becomes more common with aging and affects many women after menopause.

As women age, their pelvic floor support structures become weakened, including the hip muscles. This is believed to be one of the major causes of incontinence.

## HOW IS THIS STUDY GOING TO HELP WOMEN?

Previous research suggests that weak hip/pelvic muscles and urinary leakage may be related.

There are multiple reasons for incontinence among women, but the underlying cause of urinary incontinence is not fully understood.

Hip muscle exercises may help strengthen pelvic floor muscles, and they could be used in pelvic floor training as a non-surgical treatment of urinary leakage for women.



## WHAT WILL I BE ASKED TO DO?

- Complete a routine pelvic exam, which is usually done when you see a physician about bladder health
- You will take part in a 12-week hip muscle exercise program, with sessions taught by a licensed physical therapist who specializes in hip strength. The program includes 12 private sessions, plus alternating in-person and phone visits as part of the “home program”.
- Complete questionnaires about your current symptoms relating to bladder and pelvic health and how these symptoms affect your daily life