

# Pelvic floor muscles test - PelviFly

First and last name

Nick

Email

Date and time of the test:

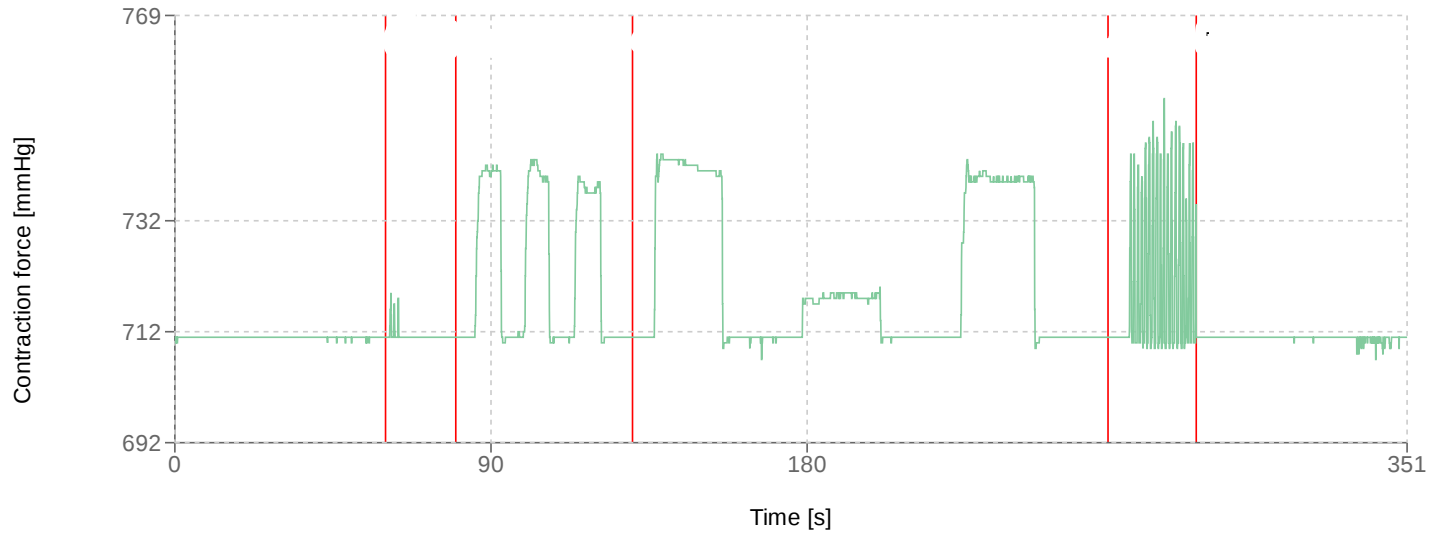
Position:

**Lying position**

Vibration level:

**Off**

## Measurement chart



# Quantitative parameters

## Step 1 - Relaxation

Initial tention:	<b>711.27 mmHg</b>
End tention:	<b>711.28 mmHg</b>
Tention change:	<b>0.01 mmHg</b>
Tention change:	<b>0.00 %</b>

## Step 2 - Gentle contractions

Minimum contraction strength:	<b>7.15 mmHg</b>
Contractions control vs 20% MVC:	<b>91.39 %</b>
Contractions control with minimum strength:	<b>11.66 %</b>

## Step 3 - Maximum contractions

MVC:	<b>29.05 mmHg</b>
Contractions control with maximum strength:	<b>4.82 %</b>
20% MVC:	<b>5.81 mmHg</b>
MVC 20% validated to exercises:	<b>5.81 mmHg</b>

## Step 4 - Endurance

Contraction time at 20% MVC:	<b>18.08 s</b>
Contraction time above 20% MVC:	<b>1.92 s</b>
Contraction time below 20% MVC:	<b>0.00 s</b>
Falling parameter MVC 20%:	<b>1.85 (61.59°)</b>
Contraction time at the level 100% MVC:	<b>18.82 s</b>
Contraction time above 100% MVC:	<b>0.49 s</b>
Contraction time below 100% MVC:	<b>0.69 s</b>
Falling parameter MVC 100%:	<b>7.51 (82.42°)</b>

## Step 5 - Fast contraction with maximum strength

Average contraction force:	<b>35.11 mmHg</b>
Fast contractions control:	<b>11.00 %</b>
Fast contractions control vs 100% MVC:	<b>25.71 %</b>
Frequency:	<b>1.11 Hz</b>
Fatigue:	<b>4.70 (78.00°)</b>
Speed:	<b>64.09 mmHg/s</b>

## Step 6 - Relaxation

Initial tention:	<b>711.16 mmHg</b>
End tention:	<b>711.01 mmHg</b>
Tention change:	<b>-0.16 mmHg</b>
Tention change:	<b>-0.06 %</b>

## The whole test

Initial Tention:	<b>711.27 mmHg</b>
End Tention:	<b>707.72 mmHg</b>
Tention change:	<b>-3.55 mmHg</b>
Tention change:	<b>-1.25 %</b>

## Specialist's comment