

Mobile application to increase consciousness and strengthening of the pelvic floor muscles

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ABSTRACT

This research included the development of a computer interface for capturing electromyography signals via Bluetooth enabling the transmission of data to mobile devices combined with a specific virtual gaming application to the biomechanical characteristics of the pelvic floor muscles. The capture of data is performed via electrodes placed at specific anatomic pelvic floor sites. The game was designed based on the evidence available on consciousness and strengthening of the pelvic floor muscles, in addition to coordinating training of the muscles at different levels of demand, according to each user.

Full papers will be published in the Conference Proceedings and will be freely available to delegates at the conference and online on September 20, 2016.