

Answers to EMG and PFM exercise practice

**Evaluate the Tracing - EMG example 1**

<b>Part of EMG tracing</b>	<b>Subjective Evaluation Results</b>
Recruitment	slow, fair, <b>normal</b>
Holding ability (clarify number of seconds)	<b>poor</b> , fair, good
Net rise	low, fair, <b>normal</b> _12.5_ uV
De-recruitment	<b>slow</b> , fair, normal
Baseline between contractions	<b>elevated, inconsistent, WNL</b>
Consistent contractions	yes, <b>no</b>
Accessory muscle use ó name muscle	minimal, moderate, severe, WNL ____ uV
Number of quality contractions	
Resting baseline (1 minute)	elevated, inconsistent, WNL ____ uV SD _____
Name of impairment	underactive PFM <b>overactive PFM</b> PFM in coordination

**Evaluate the following tracing - EMG example 2**

Type of impairment	Evaluation results
Resting baseline	<b>elevated, inconsistent, WNL</b>
Recruitment	slow, <b>fair, normal</b>
Holding ability (# of seconds)	<b>poor</b> , fair, good <b>5 sec</b>
Net rise	<b>low, fair, normal 3.6 uV</b>
Derecruitment	<b>slow</b> , fair, normal
Baseline between contractions	<b>elevated, inconsistent, WNL</b>
Consistent contractions and relaxation	<b>No</b>
Accessory muscle use	min, mod, sever,
Number of quality contractions	
Name of impairment	Underactive PFM <b>Overactive PFM</b>

Remember there are many things that affect the interpretation of the tracings.

### PFM Training Worksheet

Examination results	23-year-old postpartum with SUI PFM MMT: weak, 2/5 4-second hold, 10 repetitions Good isolation / relaxation 4 quick contractions in 10 seconds (normal is 7 in 10 secs)	75-year-old female with POP PFM MMT: weak, 3/5 6-second hold, 5 repetitions Poor isolation Fair relaxation 7 quick contractions in 10 seconds
Name of PFM impairment	<b>Underactive PFM</b> Overactive PFM Non-functioning PFM	<b>Underactive PFM</b> Overactive PFM Non-functioning PFM
Work time ó number of seconds the contraction is held	<u>  5  </u> seconds	<u>  5  </u> seconds
Rest time ó amount of rest between contractions	<u> 10  </u> seconds	<u> 10  </u> seconds
Number of repetitions	<u> 10-15  </u> repetitions per set	<u> 10  </u> repetitions per set
Number of sets during the day	<u>  2  </u> sets each day	<u> 2-3  </u> sets each day
Patient position	<b>Supine</b> Sitting Standing	<b>Supine</b> Sitting Standing
Overflow vs isolation	Overflow and facilitation <b>Isolation / specificity</b>	Overflow and facilitation <b>Isolation / specificity</b>
Intensity	Submaximal <b>Maximal</b>	<b>Submaximal</b> Maximal
Functional PFM training	<b>Lifting baby</b>	<b>Sit to stand</b>
Breathing	<b>Exhale with contraction</b>	<b>Breathe with holding</b>
Frequency of visits	<u>  1  </u> days per week	<u> 1-2  </u> days per week
Length of treatment	<u> 6-8  </u> weeks	<u> 10-12  </u> weeks