|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Baseline | Post Hip-Exercise | Change | p |
| **Peak Pelvic Floor Muscle Contraction\* (cmH2O)** | **29.7 ± 17.4** | **34.2 ± 19.1** | **4.7 ± 20.7** | **0.045** |
| Average Pelvic Floor Muscle Contraction (cmH2O) | 21.1 ± 13.8 | 22.5 ± 13.6 | 1.5 ± 15.4 | 0.075 |
| **ISI Total Score** | **6.3 ± 2.8** | **4.2 ± 2.8** | **-2.6 ± 2.8** | **0.006** |
| **3-day UI Episodes (Total)** | **7.4 ± 5.2** | **4.9 ± 4.5** | **-2.3 ± 4.0** | **0.008** |
| **3-day UI Episodes (Urgency)** | **5.2 ± 4.9** | **2.9 ± 2.9** | **-2.5 ± 3.7** | **0.001** |
| 3-day UI Episodes (Stress) | 1.2 ± 2.0 | 1.0 ± 2.0 | -0.2 ± 1.9 | 0.762 |
| 3-day UI Episodes (Insensate) | 0.9 ± 1.6 | 1.0 ± 1.7 | 0.3 ± 1.6 | 0.273 |
| **UDI-6 score** | **34.7 ± 18.8** | **21.6 ± 15.9** | **-13.1 ± 16.0** | **<0.001** |
| **IIQ-7 score** | **14.3 ± 19.4** | **9.5 ± 21.1** | **-4.8 ± 13.6** | **0.040** |
| **Geriatric Self-Efficacy Index- UI** | **66.4 ± 29.7** | **82.2 ± 26.6** | **15.8 ± 17.3** | **<0.001** |

\*Primary outcome