**WOMEN HEALTH II**

1. Kegel exercises are recommended for pelvic floor muscle strengthening. Which of the techniques below are correct of these exercises?

a) Tightening of gluteal muscles

b) **Attempt pulling the vagina towards the uterus**

c) Sitting from supine lying

d) Static contraction of the hip abductors

1. Post-natal exercises for the lower abdomen are very important for flattening of the tummy and regaining shape. Which muscle is targeted by these exercises?
2. Bulbospongiosus.
3. **Transversus abdomins**.
4. Ischiocavernosus.
5. All the above.
6. Which is the ideal starting position for the exercises in Question 2 above incase the woman had Ceasarian section?
7. Supine lying with knees bent.
8. Side lying with knees straight.
9. Prone lying.
10. **Side lying with knees bent**.
11. What is diastasis recti?

a) Low abdominal pains.

b) **Separation of abdominal muscles.**

c) Weak abdominal muscles.

d) Paralysis of abdominal muscles

1. Mercy a 17 year old female is expecting her first born. Your resident gynaecologist asks you to give two possible complications that may befall her during delivery. Which one of the following would be your answer?

a) **Obstructed labour and possible fetal death**

b) Urine and stool incontinence

c) Vesico-vaginal fistula and/ or recto-vaginal fistula

d) Pre-eclampsia toximia