

2025

## Publications

1. Gram MCD, Fagerland M, Bø K: Efficacy of a rhythmic gymnastics-specific injury prevention program: an assessor-blinded cluster-randomized controlled trial among competitive Norwegian rhythmic gymnasts. *SJMSS* First published: 31 January 2025 <https://doi.org/10.1111/sms.70022>
2. Antón-Plaza A, Bo K, Torres-Pasutti C, Díez-Fisher L, Minguez-Esteban I, Villafaña JH, Jiménez-Saiz SL, Romero-Morales C: Abdominal muscles' thickness and bladder neck position in regular runners and controls: A comparative ultrasonography study. *J Bodyw Mov Ther.* 2025 Jun;42:477-481. doi: 10.1016/j.jbmt.2025.01.002. Epub 2025 Jan 22. PMID: 40325709
3. Anklesaria S, Rukmini P, Solomon JM, Bø K, Ramachandra P: Exercise interventions for pelvic floor dysfunctions in women with stroke – a scoping review. *Topics in Stroke Rehab,* Feb 2025 <https://doi.org/10.1080/10749357.2025.2463284>.
4. Risløkken J, Macedo MD, Bø K, Ellström-Eng M, Siafarikas F: The severity of second-degree perineal tears and dyspareunia during one year postpartum: A prospective cohort study. *Acta Obstet Gynecol Scand.* 2025 Feb 27. doi: 10.1111/aogs.15084. Online ahead of print. PMID: 40012486 *Acta Obstet Gynecol Scand.* 2025;104:968–975
5. Davenport MH, Christopher S, Deering RE, Prevett C, Dufour S, Forte M, Beamish N, Adamo K, Bo K, Brockwell E, Brunet-Pagé E, Chari R, de Vivo M, Fleming K, Hassan A, Hayman M, Lane K, Neil-Sztramko S, Mottola M, Rocha RS, Szumilewicz A, Ruchat S-M: An international Delphi study of clinical and exercise professional opinion of exercise pre-screening and contraindications for participating in physical activity after childbirth. *Br J Sports Med.* 2025 Mar 7: bjsports-2024-109104. doi: 10.1136/bjsports-2024-109104. Online ahead of print. PMID: 40054885 *Br J Sports Med* Feb 2025

6. Dalhaug EM, Sanda B, Bø K, Brown W, Øvstedal K, Brevik-Persson S, Haakstad LAH: Is fetal well-being jeopardized during high-intensity interval training? *BMJ Open Sport Exerc Med.* 2025 Apr 28;11(2):e002496. doi: 10.1136/bmjsem-2025-002496. eCollection 2025.
7. Lilleberg HS, Siafarikas F, Bø K, Engh ME, Starck M, Rotstein E: Associations between sonographic deviations in the perineum and symptoms of a deficient perineum in primiparous women one year after birth: A prospective cohort study. *Br J Obstet Gynecol*, Feb 2025 <http://doi.org/10.1111/1471-0528.18135>
8. Gram MCD, Fagerland M, Bø K: Pelvic floor muscle training by competitive rhythmic gymnasts at regular training sessions did not reduce urinary incontinence: a cluster-randomised trial. Online publication *JPT*, April 2024. <https://doi.org/10.1016/j.jphys.2025.03.006>
9. Dalhaug EM, Sanda B, Bø K, Brown WJ, Sundgot-Borgen J, Haakstad LAH: Exceeding the guidelines: A descriptive study of exercise, pregnancy, maternal and neonatal health outcomes in elite and recreational athletes. *BMC Pregnancy Childbirth.* 2025 Apr 23;25(1):475. doi: 10.1186/s12884-025-07572-6. PMID: 40269794
10. Marken MZ, Dalhaug EFM, Thing LF, Abrahamsen FE, Bø K, Haakstad LAH: Experiences and perspectives on pregnancy and motherhood in elite athletes – a qualitative study *Sex Reprod Health Matters.* 2025 May 7:1-22. doi: 10.1080/26410397.2025.2501832. Online ahead of print. PMID: 40331794 ISSN: 2641-0397 (Online) Journal homepage: [www.tandfonline.com/journals/zrhm21](http://www.tandfonline.com/journals/zrhm21)
11. Theodorsen NM, Bø K, Moe-Nilsen R, Haukenes I: Associations with the inter-recti distance at gestation week 37: a prospective cohort study among healthy pregnant women. *BMC- Pregnancy and Childbirth*, (2025) 25:630 <https://doi.org/10.1186/s12884-025-07741-2025>.
12. Gabrielsen R, Bø K, Engh ME, Tennfjord MK: Is Pelvic Floor Muscle Resting activity associated with pelvic and genital pain, dyspareunia, and pelvic floor muscle contraction. A cross-sectional study of women

with endometriosis. *Int Urogynecol J*. 2025 Jul 2. doi: 10.1007/s00192-025-06190-2. Online ahead of print. PMID: 40601003 *Int Urogyn J* (2025) 36:2277–2285 <https://doi.org/10.1007/s00192-025-06190-2>

13. Rhode M, Burmit J, Sandvik J, Bø K:

Prevalence and risk factors of urinary incontinence in US power and weight lifters. *Internet Journal of Allied Health Sciences and Practice*, July 2025 <https://nsuworks.nova.edu/jjahsp/vol23/iss3/31>

14. Gabrielsen R, Bø K, Engh ME, Tennfjord MK:

Supervised exercise and pelvic floor muscle training eases current pelvic and genital pain but not worst pelvic and genital pain in Women with Endometriosis: A Randomized Controlled Trial. *JPT*, September 2025 <https://doi.org/10.1016/j.jphys.2025.09.012>

15. Lilleberg HS, Siafarikas F, Starck M, Rotstein E, Bø K, Ellstrøm Engh ME:

Perineal Body Anatomy in Primiparas Assessed by Three-Dimensional Endovaginal and Endoanal Ultrasound: A Reliability Study. *Int Urogynecol J*. 2025 Oct 24. doi: 10.1007/s00192-025-06379-5. Online ahead of print. PMID: 41136726

16. Dalhaug EM, Sanda B, Bø K, Brown W, Haakstad LAH:

Pushing Limits: The Acute Effects of a Heavy-Load Resistance Protocol and Supine Exercise on Fetal Well-being. *BMJ Open Sport & Exercise Medicine* 2025;11:e002639. doi:10.1136/bmjsem-2025-002639

17. ShahAli S, Bø K, Hejazi A, Hashemi H, Kharaji G:

Effect of pelvic floor muscle training on pelvic floor muscles morphometry in subjects with pelvic organ prolapse”, registered in PROSPERO (CRD420251021705). A systematic review. *BMC Women's Health BMC Women's Health* (2025) 25:542 <https://doi.org/10.1186/s12905-025-04095-2>

18. Culleton-Quenn E, Bø K, Fleming N, Cusack C, Daly D:

Elite Female Gaelic Sports Athletes' Experience of Urinary Incontinence: A Qualitative Study. *Women's Health, Special Issue: Empowering Women - Health, Sport, and Physical Activity. Women's Health Volume 21: 1–11 2025, DOI: 10.1177/17455057251406949*

19.Lilleberg HS, Siafarikas F, Bø K,  
Engh ME:

Severity of perineal tears and deviations in perineal  
anatomy – a three-dimensional ultrasound study. Acta  
Obstet Gyn Scan, Dec 2025. Online ahead of print  
<http://doi.org/10.1111/aogs.70114>