



Santos AC, Dias SN, [Alexandre Magno Delgado](#), Lemos A. Effectiveness of group aerobic and/or resistance exercise programs associated with pelvic floor muscle training during prenatal care for the prevention and treatment of urinary incontinence: a systematic review. *Neurourol Urodyn.* 2023; Nov 9. doi: [10.1002/nau.25309](https://doi.org/10.1002/nau.25309).

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