



DOMINICAN
UNIVERSITY
of CALIFORNIA

***Scholarly & Creative Works
Conference***

#10

Presenter: Samantha Requilmán

Session & Time: Poster_I / 11:00 to 12:00pm

Room: Guzman Lecture Hall

Discipline: Nursing

Faculty Mentor: Andrea Boyle

Digital Portfolio URL:

**Title: Optimizing Pelvic Health: A Comparison of Strength Training and Kegel Exercises in
Preventing Postpartum Pelvic Organ Prolapse**

Abstract:

NA