1. Describe the different parts of the levator ani muscles and their attachments. What is meant by levator ani avulsion or levator ani defects?

2. This article reports ultrasound measurements, whereas in clinical practice we rely on direct measurements of anatomy. Review the American College of Obstetricians and Gynecologists (ACOG) Practice Bulletin No. 85, “Pelvic Organ Prolapse.” Discuss the pelvic organ prolapse quantification and points that correspond to urethral hypermobility and levator ani hiatal measurements.

3. In your practice, do you teach women to perform pelvic floor exercises? Describe and discuss the advantages and disadvantages of two commonly used scales, the modified Oxford scale and the Brink scale, for assessment of pelvic floor muscle strength.

4. Maternal choice cesarean delivery is practiced in some parts of the country. What does ACOG recommend regarding maternal choice? In light of the current article, how would you counsel a woman regarding the risks of vaginal compared with cesarean delivery on pelvic floor anatomy and function, including urinary and anal incontinence and pelvic organ prolapse?

5. Aside from cesarean delivery, discuss other interventions that may reduce the incidence of postpartum pelvic floor dysfunction. Which of these are offered in your practice and how do you counsel patients about their risks?

6. The demographics of the study population in Norway are presented in Table 1. Discuss how the description of this study population is similar to or differs from your patient population and how this may influence the applicability of the results to your patients.

7. Discuss the timing of recovery of the levator ani muscles in this study. If a woman presents to your practice after delivery with bothersome urinary incontinence or prolapse, how would these study results influence the timing of surgical interventions for these conditions?

8. Create a table of the strengths and weaknesses of this study. How did the authors address weaknesses, including loss to follow-up?