

Pelvictrainer is a device that uses biofeedback in the training of the pelvic floor muscles, without any need for internal probes. The patient performs exercises in a sitting position, dressed. Thanks to a sensor built in the device seat the device records the pelvic floor muscles activity while they are tensed, relaxed, or contracting. The device monitor displays a large and clear graph providing data used by the patient to perform the training.

The graph configuration is simple and easy to program. The level of exercise difficulty is individually defined and adjusted by therapists.

Fulfilment of training requirements is expressed as a percentage, which allows for precise and objective assessment of the therapeutic progress of each patient.



Prophylactic pelvic floor exercises should be performed by everyone, regardless of age, but above all, they are recommended to those over age 40. Weakening of the pelvic floor muscles results in the urine leakage, e.g., during coughing, laughter, running etc. It may also lead to prolapse of reproductive organs, urethra, and loss of sexual sensation in women and men (problems with erection). Another symptom is the lumbar instability and pain, as well as hips and even knees pain.

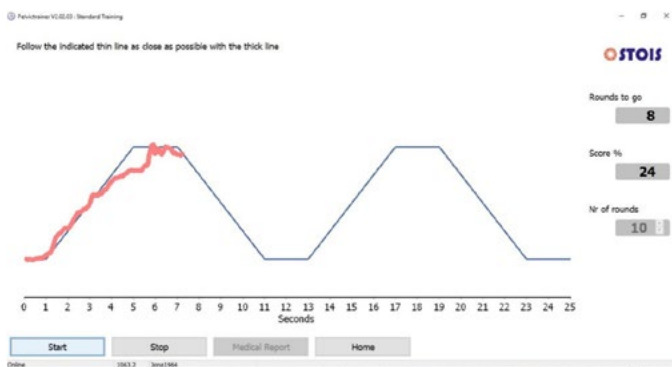
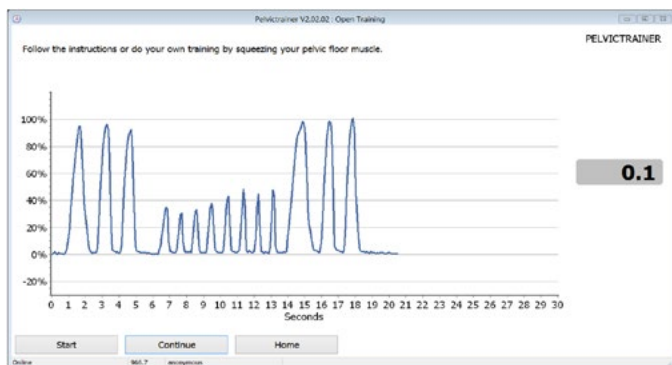
Pelvictrainer for women and men:

- active training of the pelvic floor muscles,
- specially developed coordination exercises.

Urinary incontinence affects approximately 20% of the population. It is frequent in women over the age of 50, but it affects even 70% of women who are more than 60 years of age. Urine incontinence is also a problem in young women after childbirth.

About 15% of young men suffer from erectile dysfunction, but in men over the age of 50 this problem occurs several times more often. Urinary incontinence usually follows prostatectomy, during which muscles or nerves responsible for closing the urethra and supporting the bladder and rectum may be injured. Before and after each surgical treatment within the pelvic floor, rehabilitation is necessary to consolidate its effects.

The pelvic floor muscles are directly responsible for overall stability, which is why exercising them is so important also as an effective analgesic measure.



Pelvictrainer is an effective and comfortable solution for people with weakened muscles of pelvic floor.

The training is performed in clothes, without intimate contact, so it is a great alternative for people who cannot break the shame or have other contraindications to using internal probes.

Both the patient and the physiotherapist use the device monitor to check correctness of the exercise being performed. The patient learns to perform correct, and therefore effective training – the first effects are noticeable already after 10-20 sessions. There are no side effects. Before starting the therapy, women after childbirth and patients after surgery within the pelvic floor must have their wounds healed.

Persons with a pacemaker, a weak heart or a complex pelvic function disorder should consult their physician before training.



Indications:

In addition to preventive use, Pelvictrainer is particularly helpful in:

- urine / faecal incontinence,
- irritable intestines,
- faulty postures,
- back pain,
- childbirth (before and after),
- erectile dysfunction,
- incomplete uterovaginal / urethra prolapse,
- rehabilitation following intra-pelvic surgeries,
- rehabilitation following prostate surgeries,

and many other conditions.

Kegel muscles - why should you exercise them?

These muscles are responsible for easier and less painful childbirth and faster recovery after it. They allow also to avoid many serious disorders: urine incontinence, bladder or uterine prolapse, and spine instability. Strong Kegel muscles provide better sexual sensations.

Using Pelvictrainer to train the pelvic floor muscles improves the quality of life

*In the gynaecology department of the University Hospital in Zurich, women start training with Pelvictrainer shortly after childbirth.

Having completed the training with Pelvictrainer and after the symptoms have resolved, it is worth to continue exercising the pelvic floor muscles at home. Training at home, patients use the experience gained during therapeutic sessions to maintain and even enhance the therapeutic effect.



Technical data:

Mains power [VAC/Hz]:	Input: 100 – 240V AC 50/60Hz 0.5A; Output: 5V DC
Internal power supply:	19V DC 3.42 A Monitor rated current; 5V +/- 5%, Rated current < 4 mA Sensor
EMV-Niveau (measurement sensor):	CISPR 11, Group 1, Class B (complies with IEC 60601-1-2)
Total weight of the device [kg]:	45 (sensor 0.35)
Dimensions [cm]:	Length = 129 Width = 50 Height = 96
Seat [cm]:	Length = 27 Width = 20 Height = 1.5
Sensor [cm]:	Length = 27 Ø 4.1
Max. patient weight [kg]:	160
Working temperature [°C]:	10 - 40
Storage temperature [°C]:	-25 - 65
Air humidity [%]:	10 - 90 (without condensation)
Air pressure [hPa]:	700 - 1100
Permissible seat height adjustment [cm]:	< 100