

In a US based pilot study (TING et Al, 2011) , the 21 participants were asked to rank the clinical impact of the VPT on a scale from 1 to 5, with 1 having no impact and 5 having significant improvement. The participants reported significant improvements in orgasm intensity, quality of intimate experience and urinary incontinence with an average score of 4.38 out of 5. They also reported good improvements with prevention/management of pelvic prolapse with an average score of 3.90.

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For Strengthening the Pelvic Floor and treatment of Urinary Incontinence

VIBRANCE Pelvic Trainer



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Vibrance Pelvic Trainer is an intra-vaginal medical device for the strengthening of female pelvic floor muscles via resistance exercise and biofeedback. When you contract and lift your pelvic floor muscles correctly, a gentle vibration biofeedback is provided indicating correct technique. Sheaths with increasing levels of stiffness provide resistance exercises for your muscle's to work against. Keeps you motivated - gets you dry!

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Pelvic Health and Urinary Incontinence

Pelvic health is essential to everyone's quality of life, but one in three women will suffer from bladder incontinence. Problems such as incontinence may go untreated because it remains a taboo subject, and a lot of messages in various media emphasise help with concealing rather than treating incontinence. Evidence suggests that people may suffer in silence for years before seeking help. However, pelvic floor physiotherapy can be effective in up to 80% of cases of stress urinary incontinence.

Factors that cause Stress Urinary Incontinence (Urine Leakage)

Feminine stress incontinence is the most common symptom of stretched and weakened pelvic floor muscles, and is usually evident during pregnancy, and especially after childbirth. Gymnastics, jogging, and other forms of heavy physical effort are also risk factors, even in fit women who have not yet had children. Being overweight and hereditary factors also play a part.

Urine leakage, no matter how slight, is a sign of a weak pelvic floor, and conventional aerobics and other keep-fit regimes are unlikely to help. In fact, they may well make the problem worse by placing additional pressure on an already weak pelvic floor. Therefore it is important to take action as soon as you become aware of the problem. Without corrective action, other symptoms such as prolapse may develop with time, and you may also find that you have reduced sensation during sexual intercourse



The stress on the PFM increases with each pregnancy, which is why pelvic floor exercises are crucial for women who often have more than one childbirth. The important point is to know how to do these exercises correctly and with consistency so that they actually make a difference. Simply put - this is where **Vibrance Pelvic Trainer VPT** can be very helpful - 80% of leaky floors can be treated with better pelvic tone - Vibrance guides you!



Fast, Simple & Easy: Vibration Feedback

The patented built-in vibration feedback tells you how well you are doing (triggered by correct technique and sufficient force of contraction) and is the most accurate way of isolating your pelvic floor muscles. It also helps you to quickly build an association between your brain and your pelvic floor, helping you to gain confidence in controlling your pelvic floor muscles

Audio-Guided Training

Follow the beep! Audio-guided training quickly teaches you how to exercise your muscles properly, with the correct rhythm and timing, in two simple 5 minute routines each day!

Resistive Training Regimen

The VPT's patented Training Sleeves allow you to increase the challenge of your exercise and measure the progress of your muscle strength. Resistive training such as that provided by VPT has been proven to be essential to optimizing pelvic floor muscle strength.

Portable & Waterproof

90 mins of mains charging (built in Lithium Ion Battery) and Vibrance is ready to go for up to 2 weeks of twice daily usage! Once you're done, a quick rinse and wipe of the medical grade silicone and the VPT is all set for the next session. From taking the VPT out of its case, working out your pelvic floor and putting it back, the VPT takes no more than 10 minutes of your time each session.



Reduced Leakage: Faster!

Studies show that VPT can speed up your progress in the first 4 weeks of use compared to unassisted PFT. The sleeve system adds difficulty through time to add a goal oriented dimension to your training. This helps to keep you motivated and engaged - You achieve results faster!



- VPT showed significantly earlier improvement in SUI and are effective in improving urinary leakage:



In the first month itself, the Stress Urinary Incontinence Score is significantly reduced by more than a third (38.5%) in patients who used the VPT to facilitate pelvic floor training, as compared to the control group of less than 18.8%.

- Pelvic floor muscle strength was significantly better in the VPT group as compared to control group at the end of study.

1 Month



VPT

Control Group

4 patients from VPT group showed improvement in Pelvic Muscle Strength compared to none from control group.

4 Months



VPT

Control Group

14 patients from VPT group showed improvement in Pelvic Muscle Strength compared to only 4 in control group.

