

# Pelvic Muscle Trainer

## XFT-0010CK



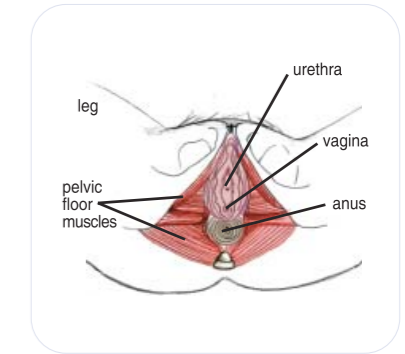
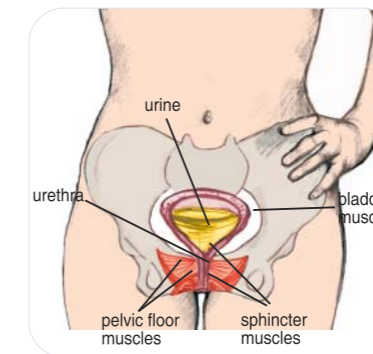
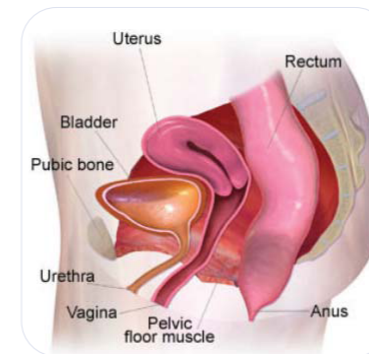
## Introduction

XFT-0010 Pelvic Muscle Trainer is a new innovation product owned by XFT. This device adopts the pneumatic principle and biofeedback technology. It can guide and help females to perform pelvic muscle exercise (Kegel exercise) more safely and effectively, which means that you may achieve better bladder control, improve symptoms of stress and urge incontinence, prevent pelvic organ relaxation, enhance intimacy and improve problems that contribute to female sexual dysfunctions such as muscle relaxation or painful spasm.

## Functions and Features

- Adopt pneumatic and biofeedback technology, help users safely and effectively do Kegel exercise.
- Help people to avoid bladder leaks and incontinence, vaginal relaxation and sexual dysfunction.
- With voice prompt and icon display to guide the user to do exercise from beginning to end.
- With two modes for choice.
- Train mode helps the user do pelvic muscle training more efficiently.
- Test mode assesses the pelvic muscle strength and selects the suitable strength level for Kegel exercise.
- Unique sensor can work at three different postures (lying, sitting and standing).
- Low battery warning

## Understanding and Picture



Pelvic Floor Muscle is composed of muscle fibers of the levator ani, the coccygeus, and associated connective tissue which span the area underneath the pelvis.

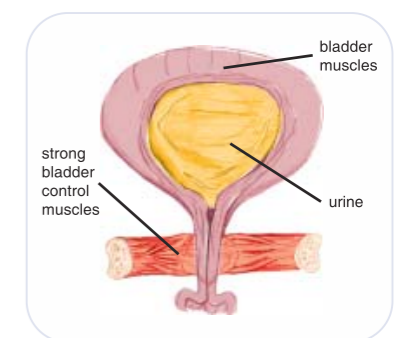
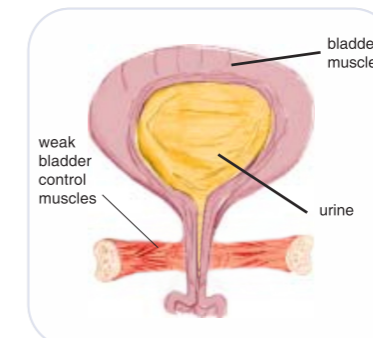
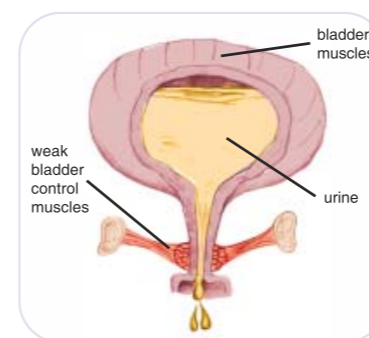
Pelvic Floor Muscle consists of two types of muscle fibers:

**Slow twitch:** Hold on for lengthy periods support abdominal organs and also works constantly to keep urine up inside the bladder until a suitable time and place for urination is found.

**Fast twitch:** Designed to act strongly and quickly, but does not hold on for long periods. Acts as an extra closing force during a laugh, cough or sneeze. (this extra force stops the bladder muscle, the detrusor, from contracting as well. It puts you in control. Which is the muscle one needs to get hold of.

Pelvic floor muscles are just like other muscles. Exercise can make them stronger. Women with bladder control problems can regain control through pelvic muscle exercises, also called Kegel exercises.

## Comparison of effects



- Before use, pelvic floor muscle is atrophic and flabby, which leads to leakage of urine.
- In use, pelvic floor muscles get exercise and gradually recover.
- After use, pelvic floor muscles function recover, elimination of urinary incontinence,