

Educator®

Pelvic Floor Exercise Indicator

Developed from the award winning Periform® probe, the Educator® provides an extremely simple and effective solution to help improve pelvic floor muscle strength and eliminate incontinence problems.



How does Educator® work?

The Educator® is a simple and easy to use device that shows if the pelvic floor muscles are being contracted correctly. Strengthening these muscles can also help to reduce symptoms of stress incontinence.

Its unique form allows it to follow the movement of the internal walls of the vagina, which indicates how the pelvic floor muscles are being contracted. The external part of the Educator® amplifies this movement to show whether these muscles are being contracted correctly or not. There is growing awareness of the significant contribution that the pelvic floor muscles make to lumbo-pelvic stability. As such it is important that MSK therapists are confident that their patients are able to correctly contract the pelvic floor muscles so that they may be incorporated safely into core stability training.

- Simple to use
- Visual aid to teach correct pelvic floor exercises
- Strengthens pelvic floor muscles
- Demonstrates benefit of bracing before coughing etc.
- Allows improvement to be monitored
- Single patient use

Why is the Educator® important?

It is recognised by Continence Care specialists that teaching correct pelvic floor contractions is extremely difficult. Studies have shown that, even with first-class one-to-one tuition, half of those instructed will not contract their Pelvic Floors correctly.

In fact, almost half of those contracting incorrectly will get it so wrong that they are in danger of damaging their pelvic floor. This device is perfect for patients to use at home to ensure they are doing pelvic floor exercises correctly.

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