

Training with EPI-NO Libra

The pelvic floor trainer is made of high-quality components which have undergone a strict quality control.

It consists of:

- (1) an anatomically formed balloon made of medical silicone
- (2) a hand pump with
- (3) pressure gauge
- (4) air release valve and
- (5) supply tube



- For training, the balloon (pressure sensor) is first inserted in the vagina.
- Air can be pumped into the sensor by means of the hand pump. The balloon adapts perfectly to the individual anatomy on account of its flexible form.
- Together with **EPI-NO Libra** the described pelvic floor exercises can now be carried out.



The increase in pressure during the exercises and the muscle tension thus achieved are shown on the pressure gauge of the hand pump – this is the directly readable training effect (biofeedback).

- With regular training many women notice a positive result after only a few days. The stronger the pelvic floor muscles, the greater the pressure on the sensor. Training is carried out against a resistance:

EPI-NO Libra acts as a “dumbbell for the pelvic floor”.

Motivation and Success

The earlier you begin with the pelvic floor training and the more continuously you carry out the exercises, the greater are the chances for long-lasting success. As you train against a resistance, the result is particularly effective. In principle, there is no age restriction whatsoever for using the trainer.

You receive with **EPI-NO Libra** a detailed instruction manual and an exact description of the various exercises.

In this way, you can:

- at any time train simply and comfortably at home
- track down exactly the right group of muscles
- strengthen the pelvic floor muscles effectively
- increase your motivation to train through biofeedback
- be successful through specific training
- finally get your problems under control

EPI-NO Libra is patented. It is manufactured in Germany and is also available in pharmacies.

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EPI-NO



A Firm Pelvic Floor

**Training
und Therapie**

Pelvic floor muscle
training with
EPI-NO Libra

TECSANA
Munich · Germany

Subject

According to the most recent ratings, approx. 8 million people, alone in Germany, live with an urinary incontinence (colloquially called bladder weakness) which requires treatment or care and the number is continually increasing. Women are, however, more frequently affected and age is not even an important factor.

The causes are manifold. Young women often suffer from a weak bladder during or after a pregnancy. – It can even be a consequence years later. Hormonal change in the menopause, overweight, various illnesses or operations can also result in a weak bladder.

The most frequent cause for incontinence in women is the so-called strain or stress incontinence: The closing device of the urethra no longer functions properly: It happens if one laughs or coughs, when carrying heavy things or in sport – the bladder suddenly begins to empty itself – involuntarily and without any possibility of preventing it. The reason is often weak muscles in the pelvic floor.

Bladder weakness is not a life-threatening illness. However, it has a long-term effect on the physical and mental well-being and represents a loss in the quality of life.

The most recent investigations have shown that not even half of all affected women speak about it with their doctor. Incontinence is wrongly still a taboo subject in the public eye and thus little discussed.

What can you do?

First confide in your doctor. He can clarify the cause of the illness and advise you on the correct treatment. The specific pelvic floor training is, in most cases, the first choice of therapy.

Become active

With **EPI-NO Libra** you can become active yourself: This newly developed pelvic floor trainer can greatly improve, and often even completely cure, your bladder weakness in the case of strain and stress incontinence. Even in the case of mixed forms (stress and urge incontinence) the pelvic floor trainer can be part of the therapy. Prophylactic training – for example, after childbirth – can reduce the risk of later incontinence.

EPI-NO Libra was developed in close co-operation with gynaecologists, physiotherapists and patients.



EPI-NO Libra consists of an anatomically formed silicone balloon with hand pump and pressure gauge (biofeedback function). The application is based on the natural strengthening of the pelvic floor muscles by regular training and deliberately dispenses with electronics or accompanying medicines. Regular training is also the basic condition for success.

Pelvic floor muscle training

The pelvic floor is one of the most important groups of muscles in the whole body. The multi-layered muscle sling links the coccyx with the pubic bone.



Outer layer

middle layer

inner layer

It closes the pelvis which is open at the bottom and maintains our whole body upright, stabilizes the spine, circulation and respiration. The stronger the pelvic floor muscles, the better the organs in the pelvis function: the uterus, bladder and bowel. Well trained muscles also increase pleasure in your sexual life.

The conscious tensing and relaxing of the pelvic floor muscles is called pelvic floor training. Through various exercises the perception of the muscle layers is improved and the musculature strengthened. Scientific investigations have shown that bladder weakness can often be completely cured with specific pelvic floor training.

At the beginning of the pelvic floor muscle training, the greatest problem is that a lot of women do not even know where their pelvic floor muscles are or have difficulties tensing these muscles specifically.

It is therefore important in training to develop a feeling for the muscles of the pelvic floor and to sense the right muscle groups.

EPI-NO Libra gives you effective help in this matter with Biofeedback.