

INFORMATION SHEET 15: CHOOSING A PELVIC FLOOR EXERCISER

Not sure which product to choose? Follow this step-by-step guide to help you make the right decision...

- STEP 1: Browse through the comparison table below to identify the pelvic floor exercisers that might suit you best.
 STEP 2: Visit our online shop at www.pelvicfloorexercise.com.au/shop.htm and follow the links to the pelvic floor exercise devices that appeal to you.
 STEP 3: Read the specific information about each product, either on the shop pages, or you may prefer to download printable leaflets where available. Alternatively phone us and we'll post information sheets on specific products to you.
 STEP 4: Read more below about what we stock and why...and just as important, what we don't stock and why.
 STEP 5: Check out our answers to customers' questions on our website or on our Frequently Asked Questions Info Sheet.
 STEP 5: Still not sure? Discuss your needs with your health practitioner.

EXERCISER COMPARISON TABLE		
What features are you looking for in an exerciser? Check this guide to features.		
Visual feedback Pelvic Floor Educator Pelvexiser Vielle PFX2 Neurotrac Simplex	Needs dedicated exercise time Pelvic Floor Educator Pericalm PFX2 Pelvexiser InControl Micro Neurotrac Simplex	Suitable for beginner users Pelvic Floor Educator Smartballs Pelvexiser InControl Micro PFX2 Pericalm Aquaflex Vielle Neurotrac Simplex
Adjustable resistance Aquaflex (adjustable weights) Vielle (progressive weights) Pelvexiser	Contractions against resistance Energie Pelvic Floor Educator Pelvexiser Neurotrac Simplex	Suitable for advanced users Pelvexiser PFX2 Energie Neurotrac Simplex
For women with faecal incontinence PFXA Pericalm (used with Anuform)	Use while moving around Aquaflex Smartballs Vielle	Readable dial or display feedback Pelvexiser PFX2 Neurotrac Simplex
Strengthens the pelvic floor without the need to do the "squeeze and lift" exercises (although you can better results if you do) Aquaflex Vielle InControl Micro Pericalm	Use while laying still Pelvexiser Pelvic Floor Educator PFX2 InControl Micro Pericalm Neurotrac Simplex	Can be fully inserted Aquaflex Smartballs Energie Vielle
	Better sex for her PFX2 Energie Neurotrac Simplex Pelvexiser	For men PFXA Orgawell Pelvic Floor Exercise DVD Pericalm (used with Anuform)

How do we select exercisers for our product range?

We select exercisers using three basic criteria:

- **Effectiveness:** We are only interested in designs that are backed up by reliable evidence of effectiveness. All our exercisers conform to proven design principles, and all reflect the types of exercisers that have been tested in research programs.
- **Quality:** We only sell products that meet the highest standards of quality in their materials and manufacture. Where appropriate, our exercisers are included on the Australian Therapeutic Goods Register.
- **Value:** We select the products that offer the best value. This doesn't always mean the cheapest products, but we know that our customers want the assurance that they are paying the lowest possible price for a quality product. We consult with health professionals, including women's health physiotherapists and continence advisers. We are always happy to hear your suggestions of products you think we should stock. Please **contact us** to discuss our range.

What don't we stock?

Our effectiveness, quality and value criteria mean that we just don't stock some products. Pelvic Floor Exercise does not stock products that create resistance with springs, screws, hinges, pins and pinch points. Neither do we stock products that have had any questions raised about their design or manufacture by official registration bodies in Australia or any other country.

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