

Information Sheet 4: Aquaflex Pelvic Floor Exercise System

Features:

Visual Feedback: No

Adjustable Resistance: Adjustable, progressive vaginal weights

Resistance type: Weight/Gravity

Size: Larger cone: 65mm long, 27mm diameter

Smaller cone: 65mm long, 20mm diameter

Weights: 1x5g, 1x10g, 2x20g

Manufacturer's recommendations for use: 20 mins per day, every day for first 8-12 weeks

20 mins once or twice a week thereafter for maintenance



The Aquaflex Pelvic Floor Exercise System consists of vaginal cones with adjustable weights, that use the natural force of gravity to strengthen the pelvic floor, without the need for a woman to do "squeeze and lift" pelvic floor exercises.

The Aquaflex system is endorsed and used by many physiotherapists in the treatment of stress urinary incontinence. We consider it one of the best of the traditional vaginal weights or vaginal cones products, since it is a user-friendly, yet highly effective option, for the woman who wants to use vaginal weights in the privacy of her home.

The Aquaflex System consists of two vaginal cones, one larger than the other, and 4 weights. Each cone unscrews into two halves and within each cone is a small post onto which the weights can be threaded. The combination of cone size and weight range means that the System can meet the needs of women with a range of pelvic floor weakness. The vaginal cones do rely on gravity to be effective and therefore need to be used whilst standing.

A cone is inserted like a tampon. The 5g weight in the larger cone is the easiest to hold and hence is a suitable starting point for many women with pelvic floor weakness. But the flexibility of the system allows women to progress through to holding 55g in the smaller cone. Once inserted the muscles automatically contract to hold the cone in place, with the reflex action exercising and strengthening the pelvic floor muscles. Aquaflex vaginal cones should be used for up to 20 mins a day; when it becomes easy to hold a cone, it's time to increase the weight inside it or progress to the smaller cone.

Aquaflex vaginal cones are manufactured in the UK from high quality plastic and the weights are made stainless steel, with the System packaged in an attractive plastic pack. Full instructions, written with the help of leading continence physiotherapists, are provided.

Like other vaginal cones, Aquaflex Pelvic Floor Exercise System is most suitable for women with established pelvic muscle weakness who want to re-establish sufficient strength to overcome stress incontinence. The fact that the System must be used during normal daily activity is also a bonus for women who do not want to spend a period of each day exercising on a bed or floor. Women who already have reasonable pelvic floor muscle strength and want to extend it further may need a feedback device, rather than vaginal weights.

Insertion of the vaginal cones is sometimes made easier by the use of a very small amount of lubricant - but be careful, as too much lubricant would make the cones difficult to hold. We recommend Sylk Natural Personal Lubricant for this purpose.

The Aquaflex Pelvic Floor Exercise System is included on the Australian Register of Therapeutic Goods, and GST exempt.