

Information Sheet 7: Pelvic Floor Educator: the budget guide to correct pelvic floor exercising

Visual Feedback	Yes
Adjustable Resistance:	No
Size:	See below for size of separate components



The Pelvic Floor Educator has been developed from an award-winning probe used by continence care specialists throughout the world.

The main problem women experience when first attempting pelvic floor exercises is knowing whether they are doing them correctly. The Pelvic Floor Educator is the perfect budget product to teach you how to contract the pelvic floor.

The unique form of the vaginal probe allows it to follow the movement of the internal walls of the vagina. This movement indicates how the muscles of your pelvic floor are being contracted. The external indicator part of the Educator amplifies this movement to show whether these muscles are being contracted correctly or not.

Following the instructions provided, you will easily be able to see the movement in the external indicator. If you are exercising correctly, the indicator moves downwards; if you are exercising incorrectly, the indicator moves upwards. The Educator is an extremely simple form of visual feedback, ideal for a woman who wants confirmation that she is already exercising correctly, or for a woman who is about to begin a pelvic floor exercise program, but wants to ensure she exercises correctly from the beginning. It is a simple, low-cost means to overcome the problem that many women experience identifying the correct squeeze technique.

The Educator consists of four parts, which click together easily. Full instructions are included. It is easy to care for, and may be disinfected periodically using a baby bottle cleaning product. The insertable vaginal probe component is approx 6.5 cm long and approx 9cm circumference at its widest point. With both tips attached, the external indicator measures approx 28cm.

Insertion of the probe is sometimes made easier by the use of a very small amount of lubricant. We recommend Sylk Natural Personal Lubricant for this purpose.

The Pelvic Floor Educator is featured in Women's Waterworks.

The Pelvic Floor Educator is designated as a medical device and no GST is payable.