

## Information Sheet 8: PFX2: Australia's most popular pelvic floor feedback exerciser

**Visual Feedback:** Yes

**Size:** Sheath: 110mm long, 28mm diameter  
Connecting tube: approx 750mm  
Reading unit: 180mm x 75mm  
Box: 260mm x 195mm

**Manufacturer's  
recommendations  
for use:**

- 10 mins, once or twice a day for building strength
- weekly or monthly thereafter for maintenance



The PFX2 is a high quality Australian-designed quality bio-feedback exerciser (or perineometer) endorsed by many physiotherapists and specialist practitioners.

The PFX2 provides clear feedback as you exercise, giving you:

- certainty that you are contracting correctly
- reassurance that you can hold contractions for long enough
- confirmation that you are improving your pelvic floor fitness, and
- motivation to keep going.

The PFX2 consists of an indicator unit, a sensor unit incorporating a silicone sheath, and a connecting tube. The three parts are packaged in a presentation pack and accompanied by a nine-page instruction booklet. The PFX2 is the most popular of the perineometers available in Australia today. The three components are easily fitted together. Clear instructions outline how to handle and insert the sensor into the vagina, how to exercise, and how to interpret readings. Guidelines for exercise duration and frequency are also provided.

The device uses air to sense the amount of squeeze the pelvic floor muscles are able to exert and displays a reading on the indicator unit. Improvement is measured by increases in the level indicated on the unit's gauge, but to ensure consistent readings, it is important that exercises are done in the same position.

The PFX2 should be disconnected after each use, and the sensor and tube washed with soap and water and dried. A small amount of a water-based lubricant (we recommend Sylk Natural Personal Lubricant) can be helpful when inserting the sensor, but it is important to wash this off immediately after use, or it will cause the silicone sheath to lose tension. The PFX2 comes with complete instructions on caring for all components.

The PFX2 is an excellent choice for women who want the reassurance of clear visual feedback to track progress; it is appropriate for women embarking on an exercise programme, and for more experienced exercisers. It can be used by women with varied levels of pelvic floor strength. Compared with other air pressure devices, the PFX2's read-out gauge covers a relatively small range; this narrow range means that it's easy to see the effect of each "squeeze and hold" contraction.

We also stock replacement sensors to meet the needs of physiotherapists who use the PFX2 in their practice, as well as the PFXA with anal sensor for women experiencing faecal incontinence and for strengthening the male pelvic floor. The PFX2 is featured in both Women's Waterworks and Dr Rosie King's Pelvic Floor Workout CD.

The PFX2 is included in the Australian Register of Therapeutic Goods and no GST is payable; it carries a lifetime manufacturer's warranty.