

— AQUAFLEX —

INNER STRENGTH • COMPLETE CONFIDENCE

PELVIC FLOOR EXERCISE CONES

Vaginal Weights
recommended by Canadian
doctors and physiotherapists
for the treatment of urinary
stress incontinence

- T Comfortable contoured shape
- T Proven clinical results
- T Easy to use
- T Includes two cone sizes
- T Cord for easy removal
- T Progressive weights from 5g to 55g, in 5g increments
- T Attractive compact carrying case
- T Illustrated colour multilingual instruction booklet
- T Detailed supplemental instructions with exercising guide — English and French versions

Female Bladder Control



AF-55 Aquaflex Pelvic Floor Exercise Set includes:

- Vaginal cone shell, size 1
- Vaginal cone shell, size 2
- Weights
- Instructions
- Carrying case

AQUAFLEX® is a weighted exercise cone system, designed by leading physicians and physiotherapists, to help identify and exercise the muscles of the pelvic floor.

These muscles, which extend from the pubic bone to the tail bone, support the bladder and uterus. They are responsible for maintaining urinary control.



By retaining cones of increasing weight in the vagina, you can increase the strength, endurance and response of the pelvic floor muscles. Aquaflex is easy to use. Detailed instructions are included. With Aquaflex you will be restoring the postural muscle fibres which are essential for continence control. It produces muscle reflex which is unique to this method, and complementary to an active program of Kegel exercises. There is complete freedom in choosing the weights and sizes needed as the exercises progress, and bladder control is restored.

With two cone sizes and twelve different weights, the Aquaflex exercise cones are well suited to most levels of muscle tone. A typical exercise plan is two sessions per day, with up to 15 minutes per session. Vaginal weights are recommended by obstetricians and gynaecologists in Canada* for pelvic floor retraining to treat stress incontinence. They are also beneficial for treating unstable bladder, urge incontinence, light bladder leakage (LBL) and mild prolapse.

®Aquaflex is a registered trademark of Neen Healthcare.

*Clinical Practice Guideline No. 186. December, 2006 by the Society of Obstetricians and Gynaecologists of Canada (SOGC).

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