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# PELVIPOWER™

POWER FROM THE CORE



## THE PELVIC-FLOOR TRAINING SYSTEM THAT REALLY WORKS

FOR MORE **INDEPENDENCE** AND **QUALITY OF LIFE**  
**ADDED VALUE** FOR YOUR PRACTICE AND PATIENTS



### INCONTINENCE

Bladder weakness  
Bowel weakness  
Leaking  
Prevention



### YOUNG MOTHERS

Recovery  
of the pelvic floor  
after birth



### WOMEN

Menopause  
Bladder weakness  
Tissue toning  
Increased libido



### MEN

Vitality  
Increased potency  
Prostatectomy  
Rehabilitation



### BACK

Back pain  
Relaxation  
Strengthening  
Posture



### SPORT

Performance  
Fitness  
Stability  
Body forming

# WHAT IS THE NEW

## PELVIPOWER TRAINING®



### PELVIPOWER RPMS-TRAINING

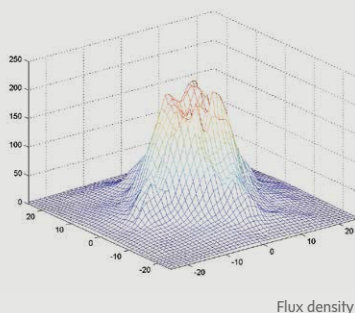
RPMS: This technical term stands for repetitive peripheral muscle stimulation, also known as 'extracorporeal magnetic stimulation'. It is particularly suited to neuromuscular training and strengthening of the pelvic floor among people who are unable to complete independent training in a standard setting or would simply like to exercise more effectively.



### PELVIPOWER BIO-FEEDBACK-TRAINING

The Bio-Feedback-Trainer supports the patient's independent training. An integrated sensor detects the activity of the pelvic floor muscles. This enables visualisation of muscle movement on a monitor during training. This bio-feedback increases the effectiveness of the training and the self-perception of the pelvic floor.

- ✓ **NEW** A combination of cutting-edge medicine and effective independent training
- ✓ **SIMPLE** Non-invasive, i.e. no special clothing; simple to use
- ✓ **EFFECTIVE** Scientifically confirmed by international studies

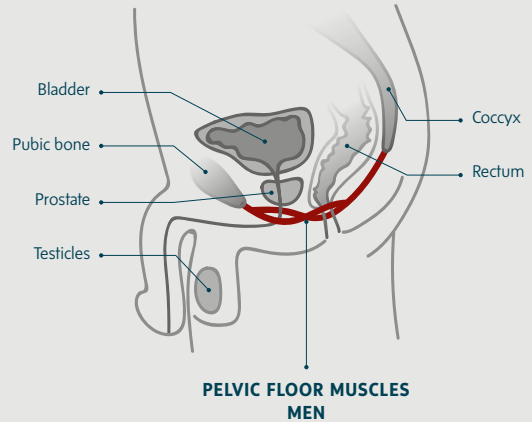
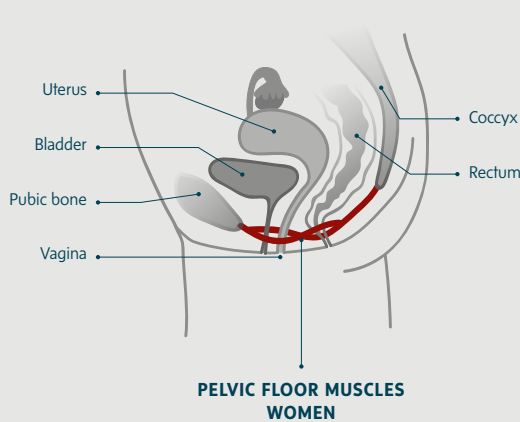


### EFFECTIVE

Specifically, the stimulation technology embedded in the seat generates short magnetic field impulses which effectively train the muscle by making it contract. This achieves significantly better results when compared to self-training approaches.

# APPLICATION AREAS FOR

# PELVIPOWER TRAINING®



A flaccid pelvic floor may be the cause of many complaints.  
This is often due to our modern lifestyle and tendency to work whilst sitting down.

## STANDARD PROGRAMS

### AS A BASIS FOR INDIVIDUAL TREATMENT



For a range of applications, our team of experts has developed standards that are personally available to you.

**Standard programs make it even easier to use PelviPower.**

INCONTINENCE	YOUNG MOTHERS	WOMEN	MEN	BACK	SPORT
Bladder weakness Bowel weakness Leaking Prevention	Recovery of the pelvic floor after birth	Menopause Bladder weakness Tissue toning Increased libido	Vitality Increased potency Prostatectomy Rehabilitation	Back pain Relaxation Strengthening Posture	Performance Fitness Stability Body forming

## PELVIPOWER TRAINING

### IT COULDN'T BE SIMPLER!



#### DURATION

15 – 20 minutes  
1 – 5 times weekly



#### UNITS

10 – 20 are recommended

Our certified trainers will create a **personalised training profile** for you after the first test training.



*"The therapy has shown great success. Almost all patients experienced significant improvement or complete alleviation of their symptoms."*

**DR. MED. UNIV. DARIUS CHOVGHI**

Consultant for General Medicine,  
State-approved Trainer for Sports and Gymnastics,  
CMI Diploma in Andrology



*"The technology is mature and state-of-the-art. Because of its variability, the broad therapeutic range extends from faecal incontinence to post-prostatectomy rehabilitation. The system is therefore a good addition to continence therapy."*

**PRIM. UNIV. DOZ. DR. WILHELM HÜBNER**

General surgeon & Rectal surgeon/proctologist,  
Surgery & Rectal Clinic, St. Gallen, Switzerland



*"This training method is a helpful option, particularly when treating older patients, and especially those with restricted mobility."*

**PRIM. DR. EVA MARIA UHER**

Head of Pelvic Floor Training in the Vienna Centre,  
Consultant for Physical Medicine and Rehabilitation;  
Consultant for Sexual Medicine



*"Magnetic field stimulation is extremely well suited to strengthening the body core. It provides an excellent deeply penetrating effect for an effective neuromuscular training."*

**UNIV-PROF DDr. WINFRIED MAYR**

Prof. for Biomedical Engineering  
and Rehabilitation Technology  
at the Medical University of Vienna



*"PelviPower is a safe and effective 21st century evidence based Physiotherapy treatment tool. It greatly aids outcomes for patients with poor pelvic floor muscle function who find it hard to do or adhere to training. Pelvic Floor Muscle problems for patients are awful but the good news is that PelviPower results are great!"*

**AOIFE NI EOCHAIDH**

Clinical Specialist Physiotherapist,  
B.Sc. (Hons), PGd. Cert in Women's Health,  
Bon Secours Hospital, Galway, Ireland



*"Everyone, not just professional athletes, should make provision early enough for their health in old age. PelviPower training is easy to use, saves time and yields excellent results in prevention and fitness for your pelvic floor."*

**DIRK ULASZEWSKI**

Olympian, Seoul 1988 in the men's 1000m Kayak single,  
participant in several World Championships and  
multiple German champion, member of emadeus  
(German Sporthilfe Foundation club), member of "VSO"



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