

# For women having problem with urine leakage or incontinence



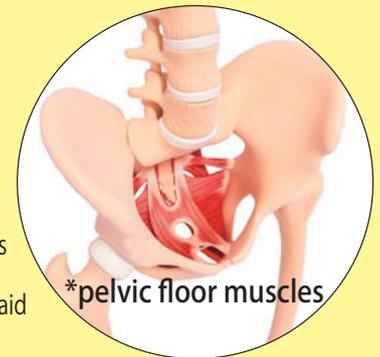
As a countermeasure for urinary incontinence



## Training weakened muscles that cause urine leakage.

Let's train the muscles\* that have weakened with childbirth and age because this weakening leads to urine leakage.

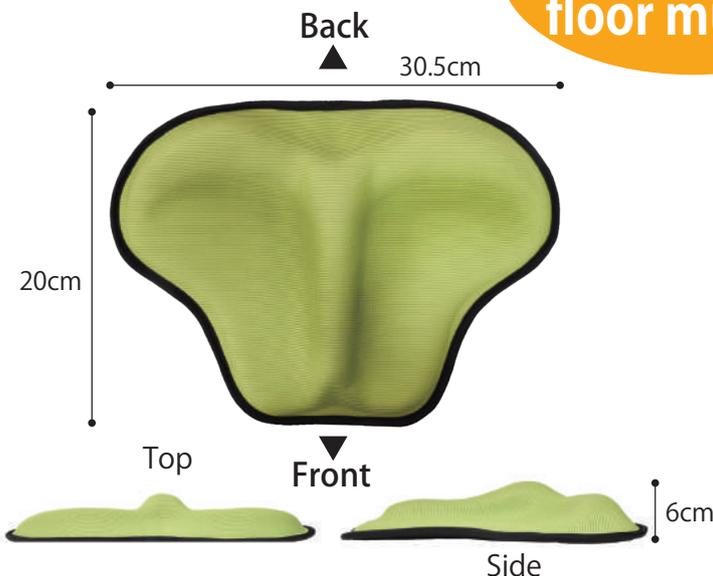
\*Pelvic floor muscles: The muscles that stop urine by tightening. Weakening of these muscles is said to cause urine leakage.



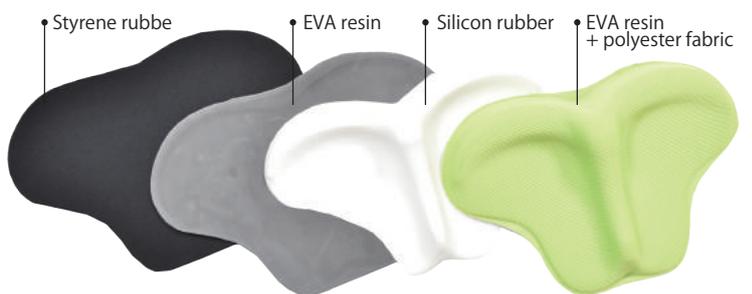
- Results may vary between individuals.

**3-D form to fit the pelvic floor muscles**

**Moderately soft gel protrusion gently stimulates the muscles when sitting on the cushion as moderate training.**

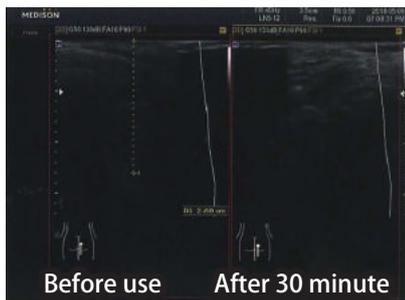


### Pleasant stimulation



The cushion is a quadruple structure with a cushioning feature, and the silicon material and soft fabric are comforting.

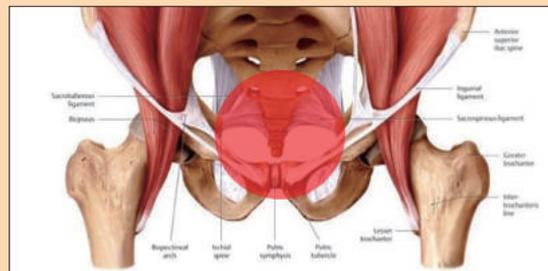
# Strengthen pelvic floor muscles as a countermeasure for urinary incontinence



## Check the pelvic floor muscles with echo

Pelvic floor muscles are conical muscles and in the upper area of the picture is fine muscle on the body surface side and the lower area is the thick muscle. In the echo image 30 minutes after use, you can see the overall muscle fiber and reduced swelling and improved blood circulation.

- Results may vary between individuals.



The red colored area is where there are no ins-eam bones. The protrusion on the cushion is designed to fit to and directly stimulate the pelvic floor muscles. When the body sways, the protrusion gently applies pressure to forcibly move the pelvic floor muscles.



Developer  
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Pelvic floor muscles that stop urine become weak with age. Weakening of the muscles cause urine leakage. The muscles that we normally do not train will most certainly weaken with age.

This cushion, made especially to force compression in this area, strengthens the pelvic floor muscles that cause urine leakage when weakened.



## Gently stimulates muscles like a finger pressure massage



3-D form silicon with just the right firmness fits perfectly to the buttocks. The cushion is the perfect size to place on a chair, a legless chair or on the driver seat of a car. The reverse side is rubber coated to avoid slippage.

## How to use

Begin using for 5 to 10 minutes per day and extend the time to about 2 hours per day. The cushion can be used on a dining table chair or legless chair. Placing on a hard floor or chair offers just the right firmness. If it feels too hard, adjust by placing a cushion under it or place it on a softer surface.



### Pelvic floor training cushion for urinary incontinence

Material : Polyester, styrene rubber

Reverse side center : EVA resin

Material inside the protrusion : silicon rubber

Weight : 650g

Size : 20 x 30.5 cm