

Incontinence therapy

Scientific background to EPI-NO Libra

1. Expert opinion of EPI-NO Libra with regard to the therapeutic option as part of conservative incontinence therapy (pelvic floor training)

Dr. Christian Dannecker: Clinic and Outpatients' Clinic for Gynaecology and Obstetrics, Großhadern, January 2003

Findings and facts of the expert opinion by Dr. Dannecker:

- 60% of all women are affected by the diagnosis of “urinary incontinence” from their 40th year.
- Pregnancy and birth are major risk factors in stress urinary incontinence.
- Prophylactic conservative-therapeutic measures (e.g. pelvic floor training) are becoming more important in incontinence therapy.
- The therapeutic effect of pelvic floor training is considered proven in the case of stress urinary incontinence.
- Pelvic floor training works according to a three-stage concept:
 1. Awareness of the pelvic floor
 2. Developing good pelvic floor activity (e.g. with the help of training aids such as the perineometer, after Arnold Kegel, 1948)
 3. Integrating the pelvic floor training into everyday life
- **EPI-NO Libra:**
 - works like a perineometer
 - carries out pelvic floor training against a resistance that can be individually adjusted
 - gives a biofeedback signal
 - **is a pelvic floor trainer that provides a modern, effective and cheap therapy for urinary incontinence**

2. Increase in the efficiency of post partum pelvic floor training by using the training device EPI-NO

Irini Papadopoulou, midwife, Ottobrunn, December 2002

Findings and facts of the study by I. Papadopoulou:

- A training device such as **EPI-NO** motivates women to carry out regular, daily pelvic floor training.
- This effectively strengthens the pelvic floor musculature. The biofeedback signal given by EPI-NO confirms that muscle strength increases by 60% in a period of three weeks.
- Almost two-thirds of the EPI-NO users were able to gain control of their incontinence problems after only three weeks.
- EPI-NO improved somaesthesia in 61% of the users.
- Pelvic floor training with aids optimally expands the range of pelvic muscle exercises among women with marked pelvic floor weakness.