

Digital Therapeutic Core & Pelvic Floor Training – Using technology, Affordable & Discrete



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We all know the dreadful feeling of needing the bathroom suddenly to empty the bladder while having coffee with friends or while out shopping and how humiliating and embarrassing it is to be caught short and leak urine. Imagine the awful feeling with an over whelming urge to empty your bladder or needing to cough or sneeze and not making it to the bathroom in time and leaking urine. Worse still is the fear of not being able to control stool or gas. New mothers (and some not so new mothers!) up and down the country are dealing with these awful problems. Help is available to give yourself back your freedom without fear of bladder leaks.

Progressive pelvic floor muscle training is recommended as a first line treatment for incontinence (CG171 NICE Guideline 2016). Two thirds of women with any type of incontinence who have pelvic floor muscle training see improvements or cure with 75% of women reporting resolution of symptoms such as episodes of incontinence (National Institute of Research

doi:10.33310/signal-000702. That is 2 out of 3 women will be cured of incontinence with pelvic floor muscle training!

Pregnancy & childbirth and menopause are leading causes of incontinence for women. Many hide the problem and are too embarrassed to deal with the issues. Women wear incontinence pads, reduce their sexual activity, their exercise levels, and their social life too. As a woman trains her pelvic floor muscles, she will find that her core (or tummy) muscles also improve!

It is important to know where the pelvic floor muscles are in the body. Firstly, think of the area of your body between your waist and the top of your legs. This is where your Pelvis is located, think of it as a basin shaped region. Your tummy area is where your core muscles are located. The pelvic floor muscles form the base of the pelvic basin and are really the underneath part of your core.

We need to train our muscles to be in the normal range or

function. This involves a series of exercises and training routines. Home Pelvic Routine for Women, is a type of digital therapeutics, using an e learning platform, it takes what was once done one on one, in a clinical room, to the masses, using technology, discretely, at an affordable price. It is an on-line pelvic floor training product. It is affordable and allows for discrete training in private at home, using a smart phone, tablet, or laptop. Home Pelvic Routine for Women is a type of digital therapeutics, people fill out an on-line pre-screening form, to ensure suitability. The online product consists of 3 videos and 3 e-booklets, it includes a program and problem tracker, it is designed by an expert, experienced, multi award winning pelvic floor physiotherapist, women's health specialist, Aoife Ni Eochaidh. Home Routine is based on Aoife's 25 years of experience treating thousands of women with incontinence, it is evidence based, it uses tried and tested methods of training, in the right order, and at the right pace of training to

optimal results. We also have a Home Pelvic Routine for Men too, suitable for men with the following pelvic floor muscle issues, pre and post prostate cancer surgery, bladder and bowel incontinence and erectile dysfunction.

Pelvic Floor Muscle Training with the Home Pelvic Routine is not a quick fix, it takes time, but it works, and it is so worth it! Home Pelvic Routine for Women and Men costs €70 and is available to purchase on our digital therapeutic platform, courses.homepelvicroutines.com or see Aoife's website for further information www.ippm.ie

One to one, in person appointments, and online one on one appointments are also available, one on one, in person is the gold standard of pelvic floor care, but Home Pelvic Routine gives an affordable alternative using the latest technology. Please visit www.ippm.ie and contact us for further information. Follow Aoife Ni Eochaidh on social media via @pelvicexpert