

elvie

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Introducing Elvie Trainer

Enhancing pelvic floor muscle training compliance, technique and outcomes

There's a **high prevalence of pelvic floor dysfunction**: 37% of women suffer from at least one type of pelvic floor dysfunction^[1]; 50-80% of women experience some form of bladder problem during pregnancy and after the birth of their baby^[2]; and, there's an 11% lifetime surgery risk as a result of stress urinary incontinence or prolapse.^[3]

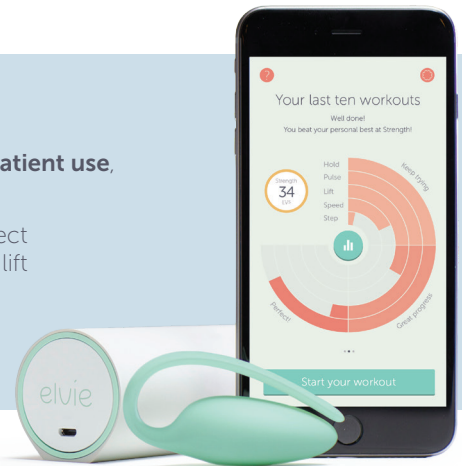
Pelvic floor muscle training is effective in treating stress, urgency or mixed urinary incontinence, pelvic organ prolapse and lower bowel dysfunction^[4].

Pelvic floor muscle training improves symptoms in up to 70% of cases of stress urinary incontinence^[5] and **increases the chance of an improvement** in prolapse stage by 17%. **30% of women cannot perform a healthy pelvic floor contraction** with only written or verbal instruction^[7].

Comparing pelvic floor muscle training with biofeedback to pelvic floor muscle training alone, **patients using biofeedback see better improvement and a better long-term effect on motivation.**^[7]

Introducing Elvie Trainer:

- The over-the-counter **pelvic floor muscle training guide and tracker for single-patient use**, enabling patients to benefit from clinical biofeedback at home
- The **only pelvic floor exercise tracker with an accelerometer**, to detect and correct if a woman is performing a Valsalva maneuver instead of the correct cranioventral lift – potentially causing herself harm – as 30% of women do^[8]
- **Recommended by over 1000 health professionals globally**, private and public



Elvie Trainer's biofeedback, gamification and notifications enhance compliance and improve outcomes:

- **Elvie Trainer users are engaged:** Before using Elvie Trainer, 22% of users never exercised their pelvic floor and 43% only did so rarely; when using Elvie Trainer, 87% of users exercise their pelvic floor at least once a month, with 53% exercising at least three times a week and 15% exercising at least once a day. For users who already performed pelvic floor exercise, 69% reported an increase in frequency after purchasing Elvie Trainer^[9]
- **Elvie Trainer users improve:** 8 in 10 users who purchase Elvie Trainer to treat bladder problems feel improvements (98% do so in less than 6 weeks)^[10]
- **Elvie Trainer users are happy:** 9 in 10 would recommend Elvie Trainer to a friend or colleague^[10]

Elvie Trainer is available to patients through health and medical partners including:



Elvie Trainer has received 12 design and innovation awards including:



Award Winner
AXA PPP Health
Tech and You 2015



Product Design
Red Dot Design
Award 2016



Award Winner -
Hardware
The Europas 2017



Award Winner
HealthTechX
Europe 2017

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The Elvie Trainer



Recommended by experts

Over 1000 health and medical professionals around the world recommend Elvie Trainer with confidence; Elvie Trainer's unique ability to detect and correct incorrect technique, means that you won't get into bad habits at home.

Backed by research

Adding to the wealth of supporting secondary literature, research presented at the International Continence Society annual conference (IT, 2017) and the Pelvic, Obstetric and Gynaecological Physiotherapy annual conference (UK, 2016) validates that **Elvie Trainer enhances pelvic floor muscle training compliance, technique and outcomes.**

Created by women, for women

Small, comfortable, discreet and portable: designed with input from over 150 women.

Award-winning design

Beautiful, innovative and smart: the winner of more than 12 design and innovation awards.

Cutting-edge technology

Increases user motivation: **gold-standard biofeedback technology** measures force, detects incorrect contractions, corrects technique and keeps score.

Durable and safe

Made with medical grade silicone, Elvie Trainer is **100% waterproof** and has passed rigorous testing.



In the box



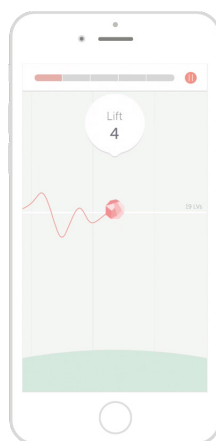
1. Packaging | 2. User manual | 3. Elvie Trainer | 4. Optional cover for custom sizing | 5. Micro USB charging cable | 6. Wireless charging case

Elvie Trainer app

Professionals frequently report issues regarding patient compliance with pelvic floor muscle training, outside of clinic time.

Elvie Trainer enhances pelvic floor muscle training compliance, technique and outcomes. It makes pelvic floor muscle training fun and easy for patients, for between clinic visits and thereafter.

The workouts were created with the support of women's health physiotherapist, Dr Kay Crotty (Physiolink), and urogynaecologist, Dr Rufus Cartwright (Oxford University Hospitals Trust). The workouts incorporate clinical recommendations on the need for targeting fast-twitch and slow-twitch muscle fibres.



- **Five-minute** workouts
- **Six unique exercises** incorporate recommendations on the need to target fast-twitch and slow-twitch muscle fibres
- **Four different levels:** training, beginner, intermediate, advanced
- **Targets are set each session** as a percentage of the patient's maximal contraction
- Patients can **view results over time** and show the dashboard to their health or medical professional in clinic
- Detailed **in-app help section**
- **Data is stored securely** without personally identifiable information
- **Regular updates**, new games and improved features

* References available on request