

Gynofit[®] Smartballs Duo

Offering fun and efficient training, Gynofit Smartballs are ideal for daily pelvic floor exercises. You may experience weakening of the pelvic floor if you have just given birth, have connective tissue weaknesses, are subjected to chronic physical strain or have undergone pelvic surgery. This condition can also be accompanied by stress incontinence (unintentionally releasing urine when carrying heavy loads, sneezing, coughing, laughing, jumping). Systematic exercises may eliminate or prevent incontinence. Even when used during routine movement, the balls trigger perception of the inner musculature, activate the muscles and strengthen the pelvic floor.

How to use:

After applying a small amount of Gynofit Smart-Gel, insert the Gynofit Smartballs one-after-the-other into the vagina with the retrieval band remaining outside. Their “easy-in” shape helps them glide in smoothly.

Everyday movements such as walking, running, stair-climbing, etc. are enough to activate the rotation of the inner balls of the Gynofit Smartballs. The vibrations of the inner balls create the sensation that something is falling from the pelvic floor, triggering a contraction reflex in the musculature. This makes exercising completely automatic. When finished, simply remove the balls by their retrieval band.

Length of use:

Depending on how they feel, Gynofit Smartballs can remain in your body for a few minutes or several hours. We recommend keeping them in progressively longer. For optimal pelvic floor muscle strengthening, it is necessary to use the Smartballs regularly. If you have acute pelvic floor weakness, daily use for about 30–45 minutes during normal movement sequences should suffice.

Care:

Wash the Gynofit Smartballs thoroughly with warm water and mild soap (e.g. Gynofit washing lotion) prior to initial use as well as after each use.

- Recommended by gynaecologists and midwives

This product must not be used during pregnancy. After giving birth, do not use until any wounds have healed and lochia has completely subsided.

For further information about Gynofit products, do visit www.gynofit.com.my now!

1. Finding and activating your pelvic floor:

This introductory exercise for any pelvic floor training routine can be easily performed in any position (standing, lying on the floor in various positions, i.e. on your back, side or facedown).

Finding the pelvic floor:

Sit upright on a hard chair and roll back and forth and side to side on your sitting bones (these are the bones that you can feel when sitting on a hard chair) and let your pelvis gyrate, while keeping your upper body as still as possible.



Activating your pelvic floor:

Close your bodily orifices (urethra, vagina and anus) and make sure that you retract them inward. Pull your pelvic floor musculature away from the seating surface and into your body and then pull your two sitting bones inward toward one another. Hold this strong tension while taking one breath and then let go entirely.

Releasing your pelvic floor

As with all pelvic floor exercises, always be sure to relax your pelvic floor just as attentively as you tightened it. Inhale and exhale deeply, while consciously releasing all of your tension (yawning, sighing and relaxing your jaws may help). It's important that you learn proper relaxation especially when starting pelvic floor exercises.

2. Bending and lifting:



Extend your buttocks as far back as you can by bending at your hips. Relax your knees, while keeping your back straight and your shoulders loose. Grab the load as close to your body as you can and carry it this way as well.

Wrong: Your spinal column is arched and your upper body is rotating. In this position, your spinal column is not stable and your pelvic floor has no strength.

3. Coughing and sneezing:

Remain in upright position with your legs straight or crossed. This way your pelvic floor is ready and can spontaneously assist.

Important: Consciously tighten your pelvic floor.

Wrong: Slouching posture and knock-kneed stance rob the pelvic floor of strength, leaving it weak and possibly causing it to react too late.

