

Train Your Pelvic Floor Muscles with Ease!

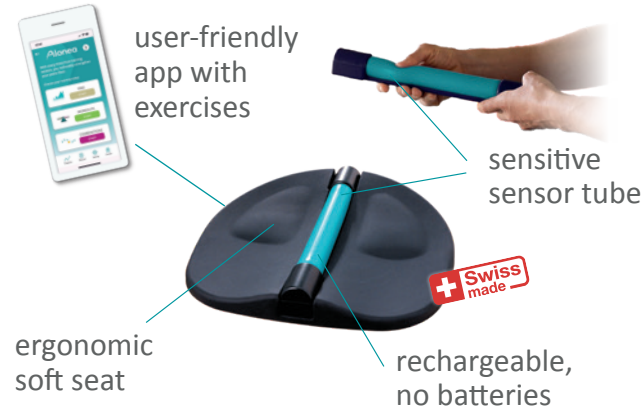
With just 5 minutes of training three times a week, you can work on strengthening your pelvic floor muscles over time.

Using the PelvicTool Home & Sport is simple and non-invasive: You can train while fully clothed. Just sit upright and relaxed on the comfortable seat cushion with the soft sensor tube. The biofeedback program in the PelvicTool app guides you through tightening and relaxing your pelvic floor muscles.

Track your progress in real time on your smartphone or tablet with the PelvicTool Home & Sport app. **Pelvic floor training has never been this easy to integrate into your weekly routine.** For more personalized advice, we encourage you to reach out to a healthcare professional.

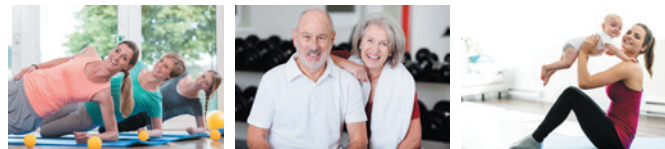


Benefits of the Alonea PelvicTool



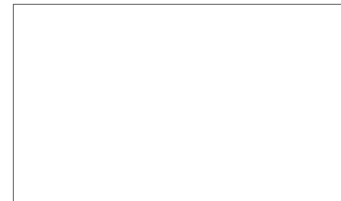
Simple and motivating pelvic floor training

- Strengthens pelvic floor muscles
- Non-invasive and easy-to-use device
- Comfortable training while fully clothed
- Suitable for women, men, and children
- Soft seat ensures pain-free training
- Offers varied and engaging exercises
- Real-time progress monitoring via app
- Trusted by healthcare professionals



Alonea

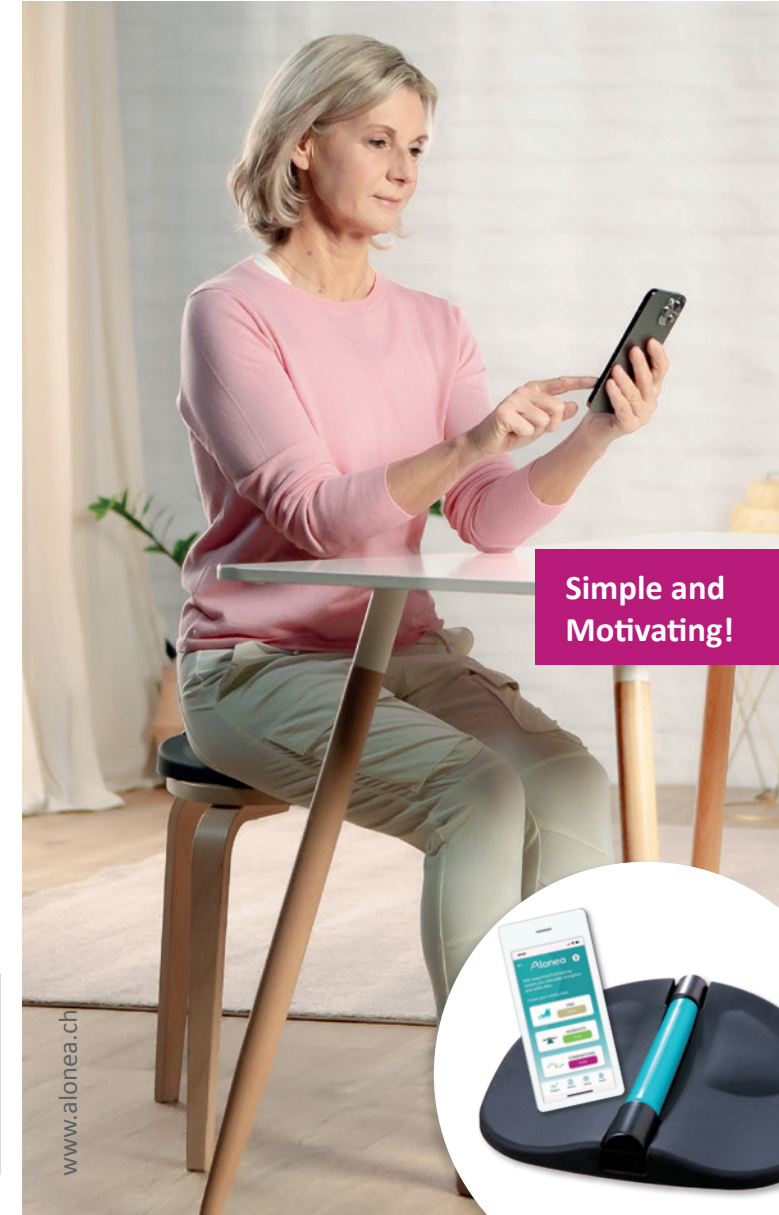
Mettlenstrasse 6
CH-8472 Seuzach
Tel. +41 52 316 25 39
info@alonea.ch
www.alonea.ch



Alonea
HEALTH AND WELL-BEING TECHNOLOGY

PelvicTool Home & Sport

Pelvic Floor Training Device with Progress Monitoring



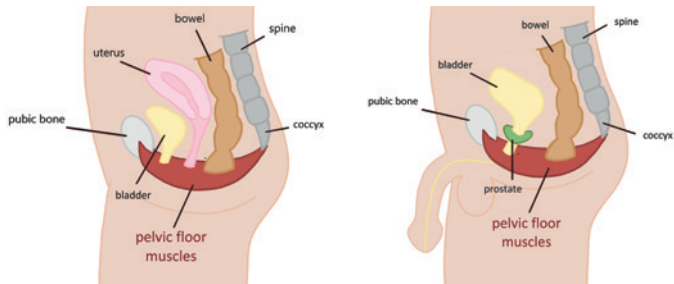
Simple and Motivating!

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The Pelvic Floor – Essential for Your Health and Well-Being

The pelvic floor consists of various muscles and connective tissues that form the base of the pelvic cavity. It helps to support the internal organs and stabilize posture.

The pelvic floor plays a key role in the controlled emptying of the bladder and rectum, and is also vital for **sexual health, potency, and pregnancy**.



Why Pelvic Floor Training?

Like any muscle, pelvic floor muscles can weaken if not properly trained. Over time, the pelvic floor loses elasticity and tone, and neuromuscular control diminishes. To strengthen the pelvic floor muscles in the long term, regular exercise is essential. For personalized advice, it is always best to consult a healthcare professional.

Pelvic floor training is generally recommended for conditions such as:

- Urinary incontinence and bladder weakness
- Fecal incontinence
- Erectile dysfunction
- Back problems

Pelvic Floor Training for Women

In women, incontinence issues often increase with age and the number of pregnancies. A strong pelvic floor improves resilience during pregnancy and aids in restoring normal anatomy after childbirth.



SCAN AND WATCH VIDEO



Pelvic floor training is generally recommended:

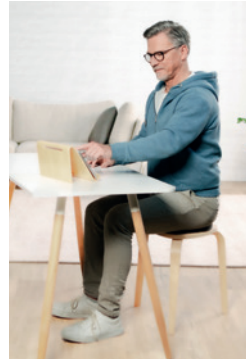
- Before and after pregnancy and childbirth
- For urine leakage during sports activities
- After pelvic area surgeries
- To enhance sexual pleasure



Pelvic Floor Training for Men

In men, excess weight, prolonged sitting, and poor posture contribute to weakened pelvic floor muscles.

As men age, prostate problems can also arise, primarily affecting urinary incontinence and potency.



Pelvic floor training is generally recommended:

- For the prevention of erectile dysfunction
- Before and after prostate surgery
- For prostate issues
- To enhance sexual pleasure



In the clinic or at home – the PelvicTool makes training easier.