

THERAPIST PRODUCT INFORMATION

PELVICTOOL HOME & SPORT

Active pelvic floor training with visual biofeedback — without probes



Make pelvic floor training visible — in therapy and at home.

The Alonea PelvicTool combines a comfortable seat cushion, a soft sensortube and an app for visual biofeedback. Patients see pelvic floor contraction and relaxation in real time — making training easier to understand, follow and repeat.

Clinic guidance and independent home training



Product at a glance

A comfortable, non-invasive biofeedback solution

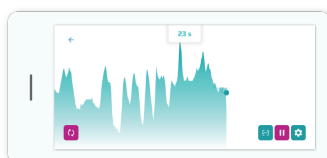
- Pressure-based sensortube provides real-time visual feedback in the app, helping patients understand their pelvic floor activity
- Training is performed while seated and fully clothed — **no probes, electrodes or electrical stimulation**
- Free and guided programs support awareness, coordination, contraction, holding and relaxation
- Suitable for women, men and children
- Ready in seconds and hygienic for shared clinic use

See the PelvicTool in action



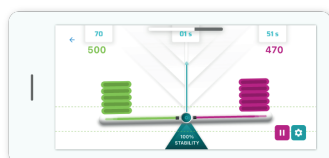
Flexible app training modes for clinic and home use

FREE



Patients explore pelvic floor activation and relaxation with automatically scaled visual biofeedback. This helps build awareness and neuromuscular control, identify movement interferences and establish a stable sitting position.

WORKOUTS



The app offers flexible training options that therapists can select and adapt to each patient's individual needs. Guided workout games focus on contraction, holding, relaxation, timing and coordination.

COMBINATIONS



Customizable combinations bring different exercises together to train strength, endurance, coordination and relaxation. Professional Mode allows therapists to tailor sequences to each patient's needs.

Ideal for familiarization • beginners • awareness

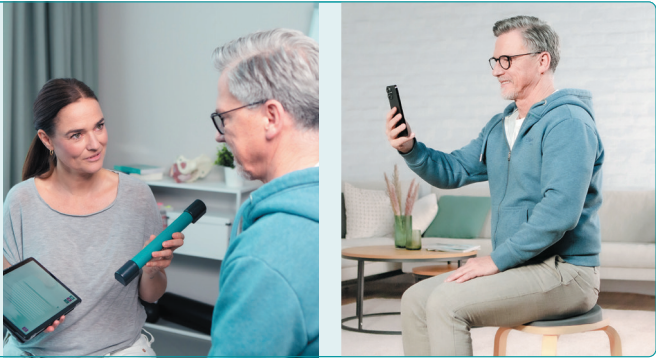
All levels • clinic and home use

Advanced users • therapy

Free PelvicTool Home & Sport App

Review training history and progress over time to support follow-up and adjust training when needed.

- iPhone or iPad: works with iOS 13.0 or later
- Android: works with Android 7.0 or later
- Bluetooth Low Energy
- 13 language settings available



Use of the Alonea PelvicTool with multiple patients

Option 1: App on the patient’s own smartphone

Data stays on the patient’s device; review progress together and add screenshots to the patient record.

Option 2: App on a practice-owned tablet or smartphone

One user profile per device; reset settings before each new patient. Multi-user support is planned for 2027.

Cleaning: Wipe the seat and sensor tube with a damp cloth. Use mild soap or a low-alcohol surface disinfectant if needed.

Benefits in everyday practice – for women, men and children

High acceptance
Fully clothed, non-invasive training.

Clear, real-time feedback
Supports understanding and effective coaching.

Continuity at home
Training between therapy sessions.

Typical use in pelvic health

- Awareness, coordination, contraction and relaxation
- Women’s and men’s pelvic health, including postpartum and post-prostate surgery
- Selected pediatric pelvic health



More information on the Alonea PelvicTool.

Short method of comparison

	PelvicTool	Intravaginal pressure biofeedback	EMG biofeedback	Electrical / magnetic stimulation
Training approach	Voluntary muscle activation, strength and coordination.	Active voluntary training.	Active training with electrical nerve activity feedback.	Externally induced or supportive stimulation (passive-nonvoluntary).
Patient experience	Seated, fully clothed, non-invasive.	Internal vaginal probe.	Adhesive skin-surface electrodes or internal probe.	Electrodes or magnetic stimulation.
Feedback	Real-time visual pressure biofeedback.	Real-time pressure biofeedback.	Electrical muscle activity.	Passive stimulation rather than biofeedback.
Practical value / best fit	Quick, active biofeedback training in clinic & at home; supports awareness and coordination; for women, men & children.	Direct intravaginal pressure feedback; mainly for women; clinic/home depending on system.	Information on nervous muscle activity (≠strength).	Supportive use where clinically indicated, including when voluntary activation is limited.

Note: PelvicTool feedback supports intra-individual progress tracking. It does not replace clinical assessment and is not a calibrated absolute-force or diagnostic measurement.