

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.**

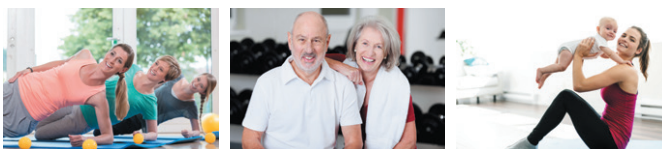


Benefits of the Alonea PelvicTool



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

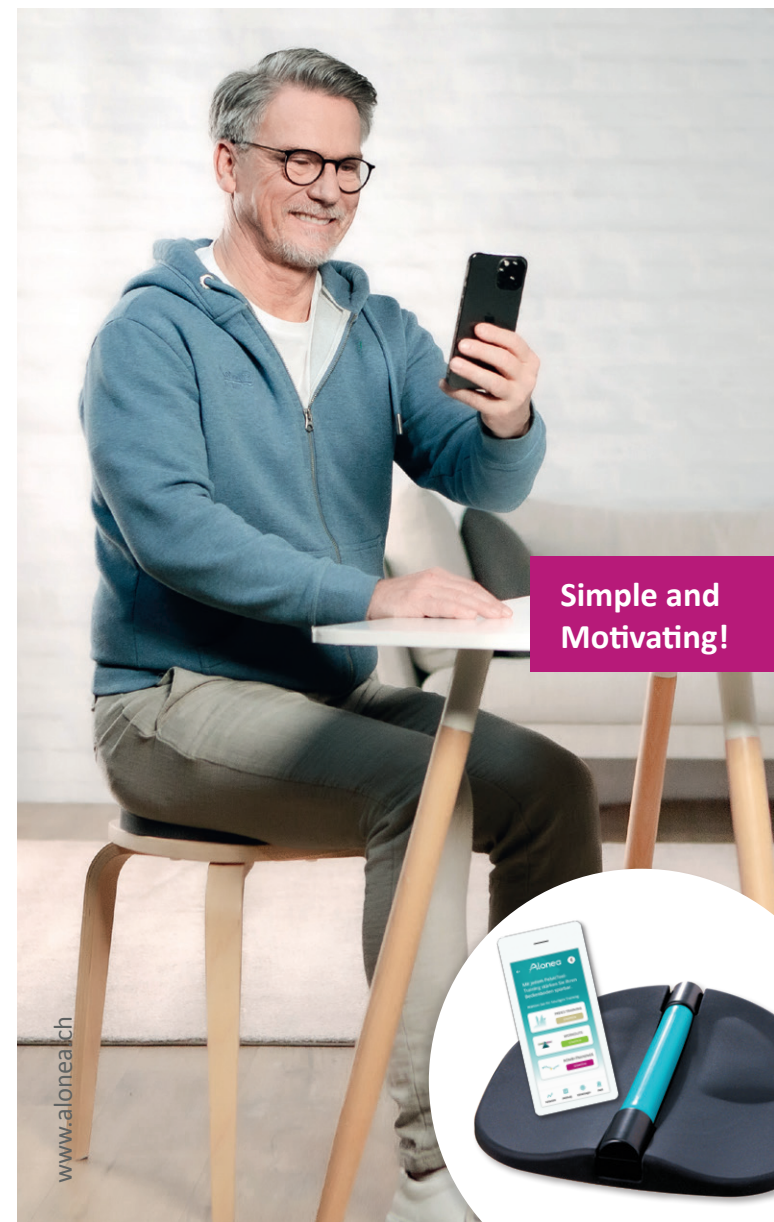
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HEALTH AND WELL-BEING TECHNOLOGY

PelvicTool Home & Sport

Pelvic Floor Training Device with Progress Monitoring



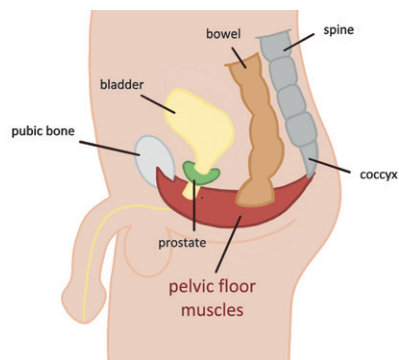
**Simple and
Motivating!**

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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. A functional pelvic floor enables controlled emptying of the bladder and rectum.

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

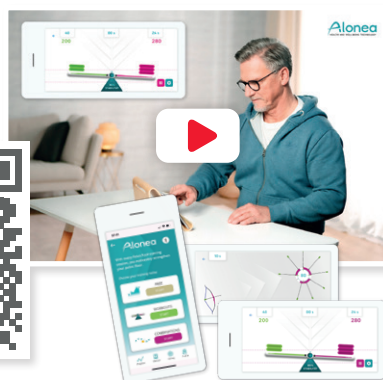
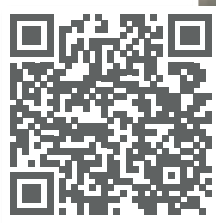


Confidence. Control. Quality of Life.

Pelvic floor training targets the muscles involved in continence, sexual function, and core stability.

Regular training may help improve body awareness and support your well-being – for more confidence in everyday life.

Scan the QR code to watch the PelvicTool video:



PelvicTool – the Smart Pelvic Floor Exerciser

Many men struggle to feel or consciously control their pelvic floor and sphincter muscles. The Alonea PelvicTool uses biofeedback to make muscle activity visible – helping you learn how to tense, hold and relax your pelvic floor in a targeted way. **Simple. Motivating. Focused.**



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



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