

PelvicTool Home & Sport



INSIGHTS

Pelvic Floor Muscle Training with Biofeedback:

Studies and
Scientific Evidence



Pelvic Floor Muscle Training with Biofeedback: Studies and Scientific Evidence

Are there clinical studies on the PelvicTool?

Initial exploratory evaluations using the PelvicTool sensor system were carried out several years ago in clinical and practical settings. In addition, a further study involving women with stress urinary incontinence is currently planned at ZHAW Zurich University of Applied Sciences and is scheduled to start in summer 2026.

However, from a medical perspective, there are currently no completed randomised clinical studies available for the PelvicTool Home & Sport pelvic floor training device.

It may also be noted that the PelvicTool is already used in thousands of physiotherapy practices and clinics in Europe. These existing practical experiences complement the scientific and professional basis.

What is the scientific and professional basis of the PelvicTool?

The PelvicTool is based on two established therapeutic principles: pelvic floor muscle training and visual biofeedback.

Regular pelvic floor muscle training is a recognised conservative method for the treatment and alleviation of various pelvic floor disorders, including stress urinary incontinence. Scientific studies and reviews show that pelvic floor muscle training can, for example, help reduce involuntary urine loss in women with stress urinary incontinence.

Biofeedback is used in pelvic floor therapy to support patients in better perceiving and more precisely controlling their pelvic floor muscles. Visual feedback makes it easier to understand whether the muscles are being contracted and relaxed correctly.

The PelvicTool transfers these principles into a non-invasive, app-supported training format. Muscle activity is visualised in real time, making the training easier to understand, more structured and easier for patients to follow.

What advantages does the PelvicTool offer compared with self-guided pelvic floor muscle training?

Regular pelvic floor muscle training is an important prerequisite for alleviating symptoms, regardless of whether it is performed independently or with the support of a device.

However, during self-guided training, many patients find it difficult to assess whether they are activating the correct muscles, relaxing sufficiently or performing the exercises correctly. The PelvicTool provides support in this regard: the app makes muscle contraction and relaxation visible and provides direct visual feedback during training.

As a result, even small changes in muscle tension can be perceived more easily. This helps support correct exercise execution, makes progress easier to understand and promotes motivation for regular training.

Through varied exercises and interactive elements, the PelvicTool also helps make pelvic floor muscle training more relevant to everyday life, more structured and more motivating.

Selected scientific sources

The scientific basis of the PelvicTool is supported by evidence relating to pelvic floor muscle training and biofeedback. Selected sources include studies and reviews on:

- pelvic floor muscle training for stress urinary incontinence
- biofeedback in pelvic floor therapy
- structured and physiotherapist-guided pelvic floor muscle training

Further information and selected scientific sources can be found in the appendix to this document and online at alonea.ch/en/pelvic-floor-studies/

General studies on pelvic floor training, biofeedback, comparison of methods

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Studies pelvic floor muscle training, prostate removal, cancer

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