

Frequently Asked Questions

What is The Myself® Trainer?

The Myself® Trainer is an FDA-cleared, over-the-counter personal muscle strengthener that helps women strengthen their pelvic floor muscles themselves - so they can avoid bladder accidents and sudden urges. Designed by a urologist and recommended by OB/GYNs, **The Myself® Trainer** has been clinically shown to safely and effectively help women gain the benefits of strong pelvic floor muscles when used as directed in just 5 minutes a day.¹

Why should women use The Myself® Trainer?

Strong pelvic muscles help women achieve better bladder control, recover faster after childbirth, ease menopause symptoms and improve sexual response.^{2,3} Effectively strengthening these muscles alone can be difficult. To solve this, clinicians and designers took the treatment used by doctors to treat pelvic floor weakness to create **The Myself® Trainer**, a solution that women can use successfully on their own.

How does The Myself® Trainer work?

The Myself® Trainer works by helping women identify the correct muscles, providing resistance for the pelvic muscles to squeeze against, measuring the strength of pelvic muscle contractions and featuring immediate feedback and motivational cues during the exercise. The stronger the squeezing action by pelvic muscles, the greater the number of bands that light up across the display screen. **The Myself® Trainer** guides women through a 5 minute exercise session, indicating when to flex and when to relax. As the muscles get stronger over time, **The Myself® Trainer** tracks progress by moving the user up through 3 different strength levels.

Can women really strengthen their pelvic muscles?

Pelvic muscles are like any other set of muscles. Over time and without exercise, pelvic muscles can lose their strength and tone. However, pelvic muscle exercises performed on a consistent basis combined with biofeedback can actually help restore pelvic floor tone.

Have there been any studies on The Myself® Trainer?

Yes, a clinical study published in the *Journal of Wound, Ostomy and Continence Nursing* in 2000 evaluated 55 women ages 25-81 with bladder control problems who used **The Myself® Trainer**. All of the women reported that **The Myself® Trainer** helped improve their symptoms. Seventy-nine percent of the women in the study reported their symptoms were reduced by 50% or more.¹

What is biofeedback?

Biofeedback is personal feedback of a body function such as heart rate, temperature or muscle strength. For example, a thermometer also provides biofeedback when it measures body temperature. **The Myself® Trainer** provides real time biofeedback by measuring the squeezing and holding action of pelvic muscle during exercise.

Are there sexual benefits to strong pelvic muscles?

Yes. A study presented at the American Urogynecologic Society's 30th Annual Scientific Meeting in 2009 found that women who demonstrate strong or moderate pelvic floor function have higher levels of sexual arousal and stronger orgasms and suggests that stronger pelvic floor muscles can improve a woman's sexual life.⁴

How long do women need to use The Myself® Trainer to notice results?

The Myself® Trainer can help improve pelvic floor muscle strength when used as directed in just 5 minutes a day. Just as it takes time to strengthen other muscles, it takes time and exercise to strengthen pelvic floor muscles. In a clinical study, 100% of women reported they noticed an improvement after using **The Myself® Trainer** for 16 weeks.¹ Results will vary based on individual health conditions and consistency of use.

Are there any side effects?

The Myself® Trainer is clinically shown to be safe and effective and no side effects have been found.¹

Where can I buy The Myself® Trainer?

The Myself® Trainer is only available online at www.themyselftrainer.com or by calling 1-800-383-2588. **The Myself® Trainer** costs \$179.99.

¹ Smith et al. A Self-directed Home Biofeedback System for Women with Symptoms of Stress, Urge and Mixed Incontinence. *Journal of Wound, Ostomy and Continence Nursing*. 2000; 27: 239-246.

² Uterine Prolapse - MayoClinic.com. (n.d.). Mayo Clinic Medical Information and Tools For Healthy Living - MayoClinic.com. Retrieved April 21, 2010, from <http://www.mayoclinic.com/health/uterine-prolapse/DS00700>

³ Kegel exercises: How to Strengthen Pelvic Floor Muscles - MayoClinic.com. (n.d.). Mayo Clinic Medical Information and Tools For Healthy Living - MayoClinic.com. Retrieved April 21, 2010, from <http://www.mayoclinic.com/health/kegel-exercises/W000119>

⁴ Lowenstein, L., Gruenwald, I., Gartman, I., & Vardi, Y. (2010). Can stronger pelvic muscle floor improve sexual function?. *International Urogynecologic Journal*, 24(5), 553-556.