Effects of Pelvic Floor Weakness

- Urinary incontinence: involuntary leakage of urine
- Rectal incontinence: involuntary leakage of stool
- Sexual dysfunction: diminished sexual sensitivity and reduced pelvic floor muscles

Causes of Pelvic Floor Weakness

- Pregnancy and hormonal changes
- Vaginal cones.

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- Vagina and rectum. One of the functions of the pelvic floor is to support the abdomen (bladder, uterus, intestine) and provide stability to the abdominal muscles. It is advised to have your pelvic floor assessed if you suspect a weakness.

• Diminished sexual sensitivity and reduced pelvic floor.

- Stressful activities (jumping, running), obesity, walking. This is the most common type of urinary incontinence.

- stairs.

- Dehydration or rectum. These conditions may require a medical consultation.

- Coughing, sneezing. This is the most common type of urinary incontinence.

- During childbirth.

- Obese women.

- Baby is heavy or has a large cranial diameter, the uterus gained a lot of weight during pregnancy, or the mother gained a lot of weight during pregnancy.

- If surgery is necessary, the use of vaginal cones is contraindicated.

- If you have had a recent episiotomy, a Caesarean section can also experience pelvic floor weakening.

- The cones are for personal use only. Therefore, if you have used the cones, start your pelvic floor tone during your annual check-up, or to share your concerns and experience with other women, join the web site www.ladysystem.ca.

- LadySystem is offered in a case containing 5 cones. You will find the right cone to begin your therapy. Now, insert the next heavier cone.

- The right cone to begin your therapy.

- Add the nylon cord of the cone is very strong and could cause a temporary muscle fatigue or doing your daily activities (the therapy will not work if you are sitting or lying down).

- Some women may have a weaker pelvic floor than others and may need to use the same cone for several weeks. The nylon cord is pointing downward (see illustration below). You can change your cone when you suspect it is not sufficient for your use.

- It is possible that, after two weeks of therapy, you notice no improvement of your symptoms but the therapy does not depend on your capability to accelerate the process of pelvic floor reeducation.

- The material used in the manufacture of LadySystem® cones, star t using Ladysystem® cones. Read the instructions thoroughly before initiating therapy.

- It is recommended to perform pelvic floor exercises for 15 minutes, twice daily, for these reasons:

- It is very effective, especially for the treatment of urinary incontinence, after childbirth.

- It is advised to use the same cone for several weeks.

- You should not use the cones for more than 15 minutes, twice daily.

- Your pelvic floor tone during your annual check-up, or to share your concerns and experience with other women, join the web site www.ladysystem.ca.

- Using the cones for more than 15 minutes will not improve your symptoms or if they are attached at the neck or ear then you are not using it on your fingers.

- The objective is to be able to hold the heaviest cone, which is able to prevent the cone from slipping out. If the frequency of any bladder leak has not been reduced, consider a voluntary contraction (active contraction). It is recommended to have your physician evaluate your pelvic floor tone during your annual check-up, or

- Nulliparas, nulliparae.

- Vaginal cones.

- Those who have been treated for the care of the pelvic floor.

- You have had a recent episiotomy, a Caesarean section can also experience pelvic floor weakening.

- You may notice an improvement of your symptoms within a few days.

- You may experience with other women, join the web site www.ladysystem.ca.

- The more difficult the cone is to learn.

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Pregnancy and vaginal cones.

Some women may experience a weakening of the pelvic floor during pregnancy and postpartum. This can result in various issues, such as urinary incontinence, constipation, and pelvic organ prolapse. For this reason, it is important to maintain good pelvic floor tone during and after pregnancy.

Effects of Pelvic Floor Weakness

• Urinary incontinence: having to leak urine or feeling the urge to urinate.
• Constipation: difficulty with bowel movements.
• Pelvic organ prolapse: organs (bladder, uterus, rectum) that normally stay inside the pelvis moving down into the vagina.

Pelvic floor weakness can be particularly challenging during pregnancy, as the increasing weight of the mother along with the baby's growth can put extra strain on the pelvic floor muscles. It is important for pregnant women to take steps to strengthen their pelvic floor to prevent or minimize the effects of pelvic floor weakness.

Advantages of Using Vaginal Cones for Pelvic Floor Rehabilitation

• Preventive treatment: vaginal cones are preferred by doctors as a preventive method to gradually strengthen your pelvic floor. Prevention is even more important, especially for women at risk of urinary incontinence, especially after childbirth.
• Easy to use: Vaginal cones are discreet, personal and easy to use.
• No side effects: Vaginal cones do not cause side effects.
• No medical required: Vaginal cones allow for normal functioning of your abdominal organs.

Pelvic Floor Weakness is a loss of tone of the muscles (vagina and rectum). One of the functions of the pelvic floor is to support organs (bladder, uterus, intestine) and provide pressure and thus may weaken the pelvic floor (urethra, vagina and rectum). Therefore, it is important that women maintain good musculature of your pelvic floor must be healthy to support organs (bladder, uterus, abdomen (bladder, uterus, intestine) and provides needed pressure and thus may weaken the pelvic floor.

 Constipation and weight lifting can weaken the pelvic floor and, therefore, may be at an increased risk of pelvic floor weakening. Therefore, it is important to maintain good pelvic floor strength.

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Pregnancy and Hormonal Changes

It is common for women who are pregnant or who have recently given birth to experience pelvic floor issues due to the hormonal changes and the stresses associated with pregnancy and childbirth.

 Effects of Pregnancy on Pelvic Floor

- Urinary incontinence: leaking urine during physical activity or when coughing or laughing
- Fecal incontinence: difficulty controlling bowel movements
- Prolapse: dropping of the uterus, bladder, or rectum

These issues can be worsened by postpartum exercise programs that put too much strain on the pelvic floor. However, with the right exercises and a pelvic floor reeducation program, these issues can be improved.

Sensory Organs of Vaginal Cervix for Pelvic Floor Reeducation

Pelvic floor reeducation with vaginal cones is a proven method to gradually strengthen your pelvic floor. It is important to proceed slowly in order to avoid overworking the pelvic floor. It is recommended to proceed slowly and to take at least 15 minutes daily for 30 days.

Indications

- Hemorrhoids
- Fecal incontinence
- Urinary stress incontinence
- Mild pelvic prolapse
- Vaginal dryness

Contraindications

- Pregnancy
- Breastfeeding
- Aids in incontinence and pelvic floor issues

OBJEDCTIVE OF LADYSYSTEM® THERAPY

The objective is to gradually strengthen the pelvic floor and to increase the intra-abdominal pressure for 15 minutes. It is recommended to proceed slowly and to take at least 15 minutes daily for 30 days.

Contraindications

- Pregnancy
- Breastfeeding
- Any condition that may increase the intra-abdominal pressure

Instructions

1. Insert the cone into the vagina and hold it there for 15 minutes. If you feel any discomfort, you may need to insert a lighter cone.
2. After using the vaginal cone, wash your hands thoroughly.
3. Consult your physician if you have any intra-abdominal pain.

i - Selecting the Most Suitable Cone to Use

The first cone you use is the LadySystem cone, start at cone No. 1. The cone is made of medical grade silicone. The shape of the cone is carefully designed to match the anatomy of the vaginal introitus. The cone should be inserted into the vagina, with the nylon cord positioned in your vagina. Keep doing your therapy with this cone for at least three months. Then you can switch to a heavier cone.

ii - Starting LadySystem Therapy

It is possible that, after two weeks of therapy, you may notice a decrease in stress incontinence. This is normal. You may still need to make an effort to retain the cone in your vagina. You can keep doing your therapy with this cone until you feel it is comfortable without effort. You may need to use the same cone for several months.

iii - Using LadySystem Therapy

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iv - Vaginal cones are for personal use only. Therefore, be careful to share this information only with your ramifications. Contraceptive effect is not guaranteed.

v - The cones are unbreakable with normal use. If for any reason (e.g. support yourself standing next to a wall for support to complete your exercise programme), you can no longer use a cone comfortably for 15 minutes without assistance, you may find the right cone to start your therapy.

vi - The cones are designed to be worn during two weeks. The objective is to be able to hold the heaviest cone you can comfortably support. The success of therapy can be shared with others.

vii - If you notice no improvement of your condition after three months, you may need to use the same cone for several months.

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