

Increase in the efficiency of postpartum pelvic floor training using the EPI-NO trainer

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In a test group of 34 women, of whom 76% had problems with incontinence, the usual pelvic floor training was intensified over a period of three weeks by working with the EPI-NO trainer. Almost two thirds of the incontinent women were able to gain control of their urinary incontinence through this targeted pelvic floor training, which makes use of an aid.

In the summer of 2001 34 women, including a grandmother, volunteered to carry out additional exercises with EPI-NO in their pelvic muscle exercise groups. Of these 44% were primiparous, 38% secundiparous and 18% pluriparous. 76% of these women complained of uncontrolled passing of urine.

The following positive findings were ascertained after only one week:

1. The EPI-NO pelvic floor muscle trainer motivated the women to train regularly – at home as well.
2. When training, the slight resistance of the balloon in the vagina reassured the women that they were tensing the right muscles. The pressure display enabled the test participants to see and check their muscle strength. (91% of the women found that to be very motivating). For women who have a problem feeling their pelvic floor, the pressure display is a great help.

3. The participants found a time to exercise when they would be disturbed as little as possible. This meant that they kept to the exercise time and some even exercised longer.

4. The material that the EPI-NO trainer is made from was felt to be pleasant or very pleasant by 82% of the participants. 59% of the women had no problem inserting the balloon.

The training instructions were judged to be clear or very clear by 97%.

SUMMARY:

I was impressed to find after three weeks that the women had exercised 5.6 times per week on average with EPI-NO, and that by doing this the muscle strength of the pelvic floor as shown on the pressure display had increased by 60%. Only 29% of the women still complained of uncontrolled passing of urine. 56% of the women felt the training was pleasant and helpful overall and somaesthesia had improved slightly to definitely in 61% of the participants.

Therefore pelvic floor training with EPI-NO appears to be a good way to complement pelvic muscle exercises. It is particularly suitable for marked pelvic floor weakness and for women who have problems with somaesthesia despite intensive work on the part of the midwife.