

# The BetterPelvi Chair - **THE solution for many health issues**

## Prostatectomy

Men who have undergone a prostatectomy (prostate removal) can restore continence and improve their overall quality of life through pelvic floor training.

## Enhance potency

A strong pelvic floor plays a key role in male potency. Regular training can improve circulation, enhance erectile function, and boost sexual well-being.

## Back pain & posture

The pelvic floor and the back are closely connected. A weak pelvic floor can lead to poor posture and associated back pain. Targeted training can help counteract these issues.

# **The BetterPelvi Chair - THE solution for many health issues**

## **Incontinence & bladder weakness**

Incontinence affects many people, especially in older age or after certain medical procedures. A strong pelvic floor can help regain control and boost self-confidence, significantly improving quality of life.

## **Bowel Incontinence**

Bowel incontinence affects many men, especially after surgery or as they get older. A strong pelvic floor can help improve control over bowel movements, prevent embarrassing accidents, and boost both confidence and overall quality of life.

## **Sexuality**

A trained pelvic floor can enhance sexual sensation and lead to more intense orgasms. Both men and women benefit from a stronger pelvic floor, contributing to a more fulfilling sex life.

# Your advantages

## Improve quality of life

A strong pelvic floor plays a significant role in your overall well-being. Through training with the pelvic floor chair, you can alleviate issues such as incontinence or back pain, greatly improving your daily quality of life.

- ✓ **Relaxed, in everyday clothes**
- ✓ **Recommended by doctors and study proven**

## Healthier in the long run

Regular pelvic floor training not only helps with current issues but also serves as prevention. With the pelvic floor chair, you're investing in your long-term health and preventing future problems.

- ✓ **Addressing the root cause through improved brain-muscle connection**
- ✓ **Important deep muscles are more effectively activated than with traditional training**

## Highly effective technology

The BetterPelvi Chair uses advanced magnetic field technology to generate targeted and intense muscle contractions. This allows for more effective training compared to traditional exercises and leads to noticeable results more quickly.

- ✓ **Only 28 minutes per session**
- ✓ **Up to 12,500 contractions per session**

# FREQUENTLY ASKED QUESTIONS

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## 01. What exactly is this pelvic floor chair?

Our pelvic floor chair is an innovative training device that uses magnetic fields to target and effectively train the pelvic floor. It offers a non-invasive method to strengthen the pelvic floor and achieve various health benefits.

## 02. Is the pelvic floor chair only intended for men?

No, our pelvic floor chair is designed for both men and women. A strong pelvic floor is important for both genders and can help with a variety of health challenges.

## 03. Is training with the pelvic floor chair safe?

Yes, training with our pelvic floor chair is safe. It uses gentle magnetic fields specifically designed for pelvic floor training. However, if you have any uncertainties or health concerns, it is always advisable to consult a doctor.

## 04. How long does a training session last?

A typical training session lasts between 20 and 30 minutes.

## 05. Are there any side effects or contraindications?

Training with our pelvic floor chair is generally very safe. However, if you have certain health conditions or implants, it is recommended to consult a doctor before use. We advise against treatment during pregnancy.

# FREQUENTLY ASKED QUESTIONS

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## 06. How soon can I expect results?

Many users report seeing positive changes after just a few sessions. However, the exact time frame can vary from person to person and mainly depends on the severity of the issues being treated.

## 07. How does training with the chair differ from traditional pelvic floor exercises?

Our pelvic floor chair uses magnetic fields to target and intensively train the pelvic floor. This provides an effective and often time-saving alternative to traditional exercises. In addition, the pelvic floor chair reaches deep muscle layers in the pelvic floor that cannot be targeted or trained with conventional exercises. The pelvic floor consists of three layers, of which only two can be consciously contracted. Since the innermost layer has the important task of holding all organs in place, it cannot be contracted on its own, like the heart or lungs. If this inner layer does not perform its job properly, it can lead to organ prolapse or displacement. These in turn can cause incontinence, bladder weakness, loss of libido, back pain, and postural issues.

## 08. Is the training painful or uncomfortable?

No, training with the BetterPelvi pelvic floor chair is not painful. Most users describe it as pleasant and relaxing.

# FREQUENTLY ASKED QUESTIONS

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## 09. Are there age restrictions for using the chair?

No, people of all ages can benefit from training with the BetterPelvi pelvic floor chair, whether young or old.

## 10. What exactly happens in my pelvic floor during this magnetic field therapy?

When pulsating magnetic fields are applied to the body, they generate electric currents in the surrounding tissues. These currents can stimulate nerve cells. The electric currents induced by the magnetic fields can stimulate the motor nerves in the pelvic floor area. Motor nerves are responsible for controlling muscle contractions. By stimulating the motor nerves, the pelvic floor muscles contract. These contractions are often involuntary and can be perceived as slight twitching or tightening. Regular and repeated muscle contractions induced by magnetic field therapy can serve as a kind of 'workout' for the pelvic floor. Over time, these contractions can help strengthen the pelvic floor and improve its function.



**Ask our  
pelvic floor experts**

What about...?



**BetterPelvi**  
EMPOWER YOUR PELVIC HEALTH



# WHAT DO OTHER CUSTOMERS SAY?



Recommended by doctors & therapists!



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"After my pregnancy, nothing was the same. Every sneeze was a risk. With BetterPelvi, I felt a significant improvement in just a few weeks. A real game-changer!"

*Gerhard*

62 years old, Prostatectomy

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"Talking about incontinence? Difficult. But trying BetterPelvi was the best decision. It gave me back a piece of freedom I thought I had lost."

*Hannes*

53 years old, Incontinence



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"As a young man, I was embarrassed to talk about my pelvic floor weakness. It felt like something that only older people deal with. I'm so grateful for this chair! It really brought back a lot of my quality of life. (laughs)"

*Leonhart*

27 years old, men's health