

Title (en)
DEVICE FOR EXERCISING PELVIC FLOOR MUSCLES

Title (de)
GERÄT ZUM TRAINING DER BECKENBODENMUSKULATUR

Title (fr)
DISPOSITIF PERMETTANT D'EXERCER LES MUSCLES DU PLANCHER PELVIEN

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Abstract (en)
[origin: US2004038783A1] The invention relates to apparatus 1 for exercising the pelvic floor muscles of a female (not shown) comprising a hollow body 2 adapted to be inserted into a vagina and defined by a plurality of separable parts 3, 4, two in the embodiment, there being support means 5 of the body adapted to receive at least one of a set of weights 6, the arrangement being such that the weight of the body 2 is variable depending on the number of weights, from zero to N, where N (four in the embodiment) is the number of weights in the set, for providing exercise of the pelvic floor muscles of a user. The two body parts 3, 4 are each moulded from physiologically acceptable plastic, are cup shaped and have interengagable screw threads 7 for joining the parts 3, 4 together to form the body 2, and by which the parts 3, 4 are separable by unscrewing. One body part 3, the lower as viewed and in use, mounts the support means 5, which in the embodiment has an elongate member or spindle 8 which has at one end a larger diameter cylindrical plug 9 with a frusto-conical upper, in use, flange 10. The plug 9 is a secure push fit in an orifice 11 at the base of the one part, the cone angle of the frusto-conical flange 10 being such as to be complementary to the (tapered) inner surface of the one part 3 adjacent the orifice 11 for centering and providing support for the support member 5.

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