

## Pelvic Floor Exercise Apps

Pelvic floor exercises are important for maintaining continence and preventing prolapse. Sexually, they can also come in handy. Even though the muscles can be identified by stopping the urine stream, it is not recommended to do so since it stops the bladder contraction and will lead to dysfunctional voiding and incomplete emptying.

Many women do not perform pelvic floor exercises adequately and likely would benefit from either instruction with biofeedback, a physical therapist, or inserting their fingers in the vagina and trying to accomplish a contraction.

Once the basics are mastered, some of the pelvic floor exercise apps offer daily reminders, while other programs offer long and short holds and repetitions. This feature can be helpful once the proper mechanism involved in performing pelvic floor exercises has been taught. One of the apps, Elvie, incorporates a pelvic floor insert. Other inserts are available with attached instructions that do not require using a phone.

When starting off with pelvic floor exercises, it is advisable to get instruction on how to perform them correctly. Once that has been established, the apps listed below can be helpful as a reminder and guide. It may be advisable to start with the free downloads first. More advanced levels can be downloaded for a fee with most systems, though it may be sufficient to stick with the reminders and the repetition for free. Your doctor or pelvic floor physiotherapist will advise you.

The following pages contain available apps in the category of “pelvic floor, not related to pregnancy.”



### ***Kegel Trainer – Pelvic Floor Exercises***

**Fee:** Free version with 2 levels; fee for upgrade to Pro version.

**About:**

- This app describes how to identify the muscles and how often to train them.
- The free version has 2 levels, and once you become stronger you can upgrade for a fee to the Pro version of Kegel Trainer.
- This app will remind you to do your exercises.

**Review:** 4.3 stars (majority are 5 stars). People mainly like the reminder feature.

**Platform:** Google Play



***Kegel – Pelvic Floor Exercise Trainer***

**Fee:** No

**About:**

- Sessions, progress
- This app mainly helps to remind you to perform the Kegels.

**Review:** 5 stars – People mainly like the reminder, which has achieved success.

**Platform:** App Store



***myKegel – Kegel Exercise & Pelvic Floor Trainer***

**Fee:** Yes

**About:**

- It allows you to set daily reminders and custom levels.

**Reviews:** Reviews are positive except that it is difficult to change the reminder times once set.

**Platform:** App Store



***Bwom – Pelvic Floor Exercises for Intimate Health***

**Fee:** No

**About:**

- This app focuses more on intimacy.
- Pelvic exercises also incorporated in entire body exercises.

**Reviews:** 4.3 stars (majority are 5 stars)

**Platform:** App Store



### ***Pelvic Floor First***

**Fee:** No

**About:**

- Contenance focused.
- Describing workouts to engage the pelvic floor and core
- Focused on younger women and doing a work out incorporating numerous muscles, not isolating the pelvic floor

**Reviews:** 3.9 stars (majority of ratings are 5 stars)

**Platform:** Google Play



### ***Elvie – Kegel & Pelvic Floor Trainer for Women***

**Fee:** No

**About:**

- Elvie is a vaginal insert which can be bought on the website for \$200.
- It is inserted in the vagina to enhance the quality and accuracy of the work-out.
- Available in English, Swedish and Dutch.

**Reviews:** 3.9 stars (majority of ratings are 5 stars)

**Platform:** Google Play



### ***iURO Pelvic Floor***

**Fee:** No

**About:**

- Developed for the healthcare provider to explain the pelvic floor.
- This app shows anatomy of the pelvis and allows for explanation. It is not a training program for patients and these features can be obtained for free with some of the pelvic floor apps of Boston Scientific or Bard.

**Reviews:** No reviews available

**Platform:** App Store