

# NHS FACT SHEET FOR NHS PROFESSIONALS

## The PelvicToner™ progressive resistance vaginal exerciser

The PelvicToner™ offers improved patient outcomes and significant cost benefits to the NHS in all those situations where pelvic floor exercises are recommended, e.g. stress incontinence, prolapse and sexual dysfunction following childbirth and menopause.

It offers a quick, simple and cheap way to achieve and maintain a stronger pelvic floor and better bladder control, because it encourages subjects to undertake and maintain a pelvic floor exercise programme in the most effective way possible.

The pro-active use of an effective exercise regimen should resolve over 80% of cases of stress incontinence in 8 weeks and obviate the need for pharmaceutical and surgical intervention in the majority of cases. Continued, less frequent use should prevent recurrence.



### Applications

The PelvicToner is designed to maximise the effectiveness of pelvic floor muscle exercise and as a training device to ensure a correct exercise regime and maximum compliance.

The PelvicToner is recommended in all the most common uses of pelvic floor exercise, specifically:

- primary treatment of *urinary stress incontinence* in women
- *post-natal* pelvic floor rehabilitation
- treatment of mild-to-moderate cases of *vaginal prolapse* or to supplement other treatments for prolapse that are more serious
- *non-surgical tightening* of the vaginal muscles in cases of sexual dysfunction

### Clinical Justification

In clinical trials<sup>1</sup> the PelvicToner was assessed as 'not inferior' to the NICE recommended treatment of Supervised Pelvic Floor Muscle Training (PFMT), but significant additional benefits were noted. Specifically, the PelvicToner:

- aids the subject to confidently identify the correct muscles - the pubo-coccygeal muscle
- ensures an effective exercise regime by providing a resistance that can be varied according to ability
- provides positive feedback during exercise activity and reinforces progressive improvements
- increases compliance through rapid and measurable improvement

In addition, at £15.00 it is less than 1/10<sup>th</sup> of the cost of the NICE recommended treatment<sup>2</sup>.

### Available on prescription

The PelvicToner is available on NHS Prescription and is listed within the Drug Tariff Part IXA-Appliances in the category of Pelvic Toning Devices. NHS Price £15.00

*How to find the PelvicToner on EMISS*

The PelvicToner can be easily prescribed on EMIS Web, just enter "pelvic" or "pelvic toner" on the medication screen and select PelvicToner from the results.

*Distributors:* AAH, Alliance Healthcare / Unichem, LexonUK, Phoenix Healthcare Distribution  
PIP Code 359-4520

### More information

Visit [www.pelvictoner.co.uk](http://www.pelvictoner.co.uk) or contact PT Direct Ltd

<sup>1</sup> Bristol Urological Institute published in *British Journal of Urology International* January 2010)

<sup>2</sup> NICE CG40 October 2006 pp 161-162 PFMT + Biofeedback costs £168



The PelvicToner is registered as a Class 1 medical device (vaginal trainer) under the provisions of the Medical Devices Directive 93/42/EEC



# NHS FACT SHEET FOR NHS PROFESSIONALS

## The PelvicToner™ progressive resistance vaginal exerciser

### GP Request for a free PelvicToner

If your GP is not able to prescribe a PelvicToner for you, please ask them to complete the form below and we will send a free PelvicToner to them, which they can pass on to you when it arrives.

<b>Patient name:</b>	
<b>Surgery name:</b>	
<b>Surgery Address:</b>	
<b>GP Name:</b>	
<b>GP Signature:</b>	
<b>Date:</b>	

Please either scan the completed form and email it to [customerservices@ptdirect.eu](mailto:customerservices@ptdirect.eu), or post it to Customer Services, PT Direct Ltd, Coopers Farm, Newton, Thornbury, Bristol BS35 1LG.

**IMPORTANT:** each GP may only request one free PelvicToner in total. If a GP wishes to more patients to benefit from the PelvicToner, they can either prescribe them directly through the NHS Drug Tariff, or, if that is not possible, contact PT Direct Ltd directly to discuss how we can help further ([customerservice@ptdirect.uk](mailto:customerservice@ptdirect.uk) / 0117 974 3534)