

For Health professionals

For professionals that work with the pelvic floor region

As health professionals we know that many problems related to the lower abdomen are due to a weak and inflexible pelvic floor. Such problems can be improved by exercising the pelvic floor as well as raising patients awareness and understanding.

We know it is difficult to correctly teach how to train the pelvic floor muscles. Some patients understand the verbal instruction, but many patients indicate doubt in their interpretation of our instructions, with only a minority confident they exercise correctly. Therefore compliance is often low.

Most studies that investigate the effect of verbal instructions, confirm this experience; *“We concluded that simple verbal or written instruction does not represent adequate preparation for a patient who is about to start a Kegel exercise program”*. ([https://www.ajog.org/article/0002-9378\(91\)90085-6/fulltext](https://www.ajog.org/article/0002-9378(91)90085-6/fulltext))

The Empelvic Method and the Empelvic Cushion have been developed because we, as professional health workers, lacked effective tools to assist our patients with this type of treatment. These new tools have allowed us to effectively help our patients develop a healthy pelvic floor. We look forward to sharing the method with you!

What do other health professionals say about the Empelvic Method?

“The Empelvic Cushion helps patients to feel themselves and learn how to make the correct contraction and relaxation movements. It is easy to bring along and use. I can only give my warmest recommendation”, Pia Weng, Midwife.

The Empelvic Method and Cushion

The Empelvic Method, simply put, permits a patient to feel their pelvic floor when sitting on the Empelvic Cushion. That has been achieved by giving the cushion a form and consistency that creates pressure on the pelvic floor muscles.

Movement of other parts of the body results in movement of the pelvic floor on which the cushion firmly presses, making it obvious for the patient and giving them control. Through this method patients can train their pelvic floor easily and intuitively. Even those that can already perform the exercises correctly, appreciate the cushion as it eases the exercises and gives clear feedback when the correct technique is used.

The method can be used as a pedagogical tool in consultations by doctors, midwives, physiotherapists, nurses and other health professionals. Patients can then continue to train independently with the Empelvic Cushion.

The Empelvic Method in short

-Squeeze

The cushion can be used to instruct patients that have difficulty contracting their pelvic floor muscles or perhaps have difficulty following the verbal instructions.

-Relaxation

The cushion can also be used to demonstrate, just as importantly, how to relax the pelvic floor muscles. Patients can sense changes in the sensitivity of the region, following relaxation and increased blood circulation.

-Sensitivity

Sitting on the cushion stimulates the central nervous system and increases a patients awareness of the region helping establish a more nuanced sensitivity. Through this process the patient can gain self-assurance in the senses they start to feel.

-Sexological problems

The Empelvic Cushion can be used as a starting point in a dialogue about sexual concerns. If the pelvic floor either has been the cause of sexual problems or has been affected by earlier trauma, it can be helpful to talk therapeutically with a patient while they are in contact with their pelvic floor with help of the cushion.

How to instruct the patient?

See the instruction video on our website – empelvic.dk/øvelser - for inspiration on how to use the Empelvic Method to instruct your patients.

With each instruction suggestions are provided regarding typical frequency and variations. These suggestions can be adapted for each patient depending on their specific needs and challenges. This information is in Danish, but if you are interested in English translation, please let us know.

Our knowledge center lists the typical problems that can be treated by training the pelvic floor muscles (e.g. incontinence, vaginismus and vaginal dryness) and explains why training awareness of the pelvic floor muscles helps.

Please contact us for training in the Empelvic Method, for more translated material or any other questions you may have.

Kind regards



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