

You're not alone

1 in 3 women and 1 in 10 men suffer from leaks every day. The causes are diverse and can occur at any time throughout adult life, but the most common are:

Pregnancy – the baby can place a lot of stress on your pelvic floor muscles, having a weakening effect as early as 12 weeks. Hormonal changes and childbirth itself can also weaken the pelvic floor muscles, resulting in life-long issues with leaks.

Menopause – this can cause your ovaries to stop producing oestrogen, the hormone responsible for not only controlling monthly periods but keeping your bladder, urethra and pelvic floor healthy. Over 50% of women experiencing menopause suffer from urinary incontinence.

Sport – women who are heavily involved in high impact sports such as running and gymnastics can be affected. This can put additional pressure on the pelvic floor and result in weakening the connective tissue that supports the bladder.

Male incontinence – this is generally experienced by 1 in 10 men following prostate surgery, and can be one of the biggest challenges to overcome during the recovery process.

The good news is there is now an effective treatment available, made possible by INNOVO®. By strengthening the pelvic floor muscles you can treat the primary cause of urinary incontinence, and no longer have to tolerate leaks.

Restore your control and confidence

- Innovotherapy is a revolutionary way to help prevent bladder weakness by actively treating the root cause: your weak pelvic floor
- Clinically proven to work:
 - 93% of users had a significant reduction in leaks after just 4 weeks*
 - 86% of users were defined as completely dry after 12 weeks*
 - 90% of users would recommend the therapy to others**
- Safely activates your entire pelvic floor, resulting in an effective and lasting solution to prevent leaks
- This non-intrusive device can be used in the privacy and comfort of your home

Buy online at
www.restorethefloor.com

INNOVO® from Atlantic Therapeutics

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*Soeder S, Tunn R. (2012) – Neuromuscular Electrical Stimulation (NMES) of the Pelvic Floor Muscles using a Non-Invasive Surface Device in the Treatment of Stress Urinary Incontinence (SUI)

**Observational study on the treatment of stress urinary incontinence with Innovotherapy, April 2014

†Arnold H. Kegel "Sexual Functions of the Pubococcygeus Muscle" Western Journal of Surgery, Obstetrics & Gynecology"

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restore your pelvic floor



Restore your pelvic floor,
your control and confidence



What is bladder weakness?

Urinary incontinence, weak bladder, over-active bladder and urinary leaks are terms used to describe what affects 1 in 3 women every day when we cough, sneeze, laugh, lift or feel a sudden urge and have to go straight away.

The first step to address the problem is to understand the cause, and that more often than not, urinary leaks can be due to having a weakened pelvic floor.

The pelvic floor is a key set of deep muscles situated in the pelvis, running from the frontal pubic bone to the base of the spine. Shaped like a hammock, the pelvic floor holds the pelvic organs (uterus, vagina, bowel and bladder) in place and supports the bladder to provide control when you urinate. They relax as the bladder contracts to let urine out, and tighten in order to allow you to hold and get on with your day without mapping out toilet stops.



Your pelvic floor

By strengthening your pelvic floor muscles you can treat the primary cause of urinary incontinence and no longer have to tolerate leaks.

Pelvic floor exercises, or kegel exercises, are commonly prescribed to women suffering with leaks, however these can be difficult to master. Correct contraction of the pelvic floor muscles involves squeezing and lifting under the pelvis up into the body, around the vagina. To see significant results, doctors recommend doing 300 kegel contractions a day for 4-6 months¹. This can take many hours and for many women it is very difficult to truly activate the entire pelvic floor musculature.

A simple solution is Innovotherapy – a clinically proven, effective treatment to restore your pelvic floor.

1 in 3

women can be affected by urinary incontinence during their lifetime

What is Innovotherapy?

Innovotherapy is a non-invasive way to restore your pelvic floor. Using a hand held INNOVO® controller attached to a two part garment, Innovotherapy sends targeted impulses via conductive pads (attached to your upper thigh and buttocks) to safely and effectively activate all the muscles of the pelvic floor.

It is a proven technology which has been designed to optimally strengthen your pelvic floor with 180 perfect contractions per session, allowing the device to do your pelvic floor exercises for you. Users can actually feel their entire pelvic floor muscles being recruited without having to do any voluntary activation, leaving no room for error. Already used by thousands of women, INNOVO® is completely safe and can be used comfortably in your home.

Results from an independent study prove that women with stress incontinence will experience significant improvements in as little as four weeks by using INNOVO® five days a week for 30 minutes. After 12 weeks of treatment the participants were defined as being 'almost dry'.*



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