

Learn more about **Kegel8**[®] Mother Nurture

What is the Kegel8 Mother Nurture?

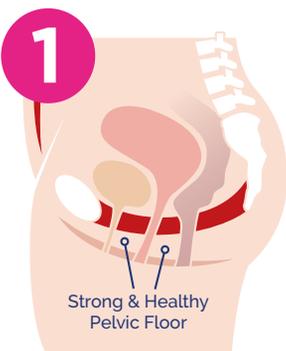
Before conception, Kegel8 Mother Nurture is an electronic pelvic floor exerciser that uses neuromuscular electrical stimulation (NMES) to strengthen and tone the pelvic floor – ready for pregnancy.

During labour, the Kegel8 Mother Nurture TENS function helps provide a natural and effective form of pain relief throughout childbirth that is safe for you and your baby.

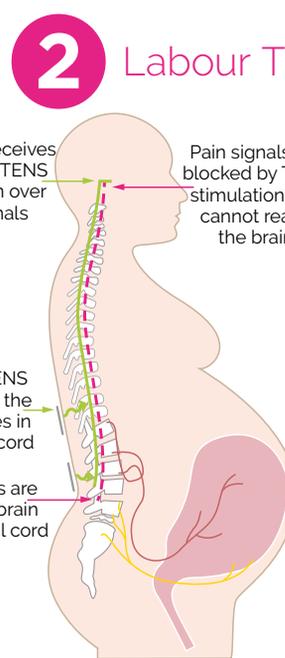
Kegel8 Mother Nurture will get you back in shape safely after pregnancy and childbirth* – whether you need to treat leaks, lack of sensation or just want to get back in shape – let Kegel8 take care of you while you take care of your family.



How does Mother Nurture work?



1 **Increase Circulation**
Healthy blood circulation plays a key part in conception and muscle recovery.



2 **Labour TENS Pain Relief**

TENS is a great way to ease the early stages of labour and is becoming increasingly popular, with 1 in 5 women now choosing to use this safe, drug-free option [2].

TENS works by blocking the pain signals sent to the brain via the spinal cord and helps your body to release endorphins – the body's natural pain killer.

A survey by Which? reports 7 in 10 mums found TENS reduced the pain of labour.

3 **Recovery from Pregnancy and Childbirth**

45%
of new mums suffer bladder weakness

More than a third of women will suffer incontinence after childbirth[1], and 45% of mothers still suffer from incontinence when their child is 7 years old. Kegel8 Mother Nurture has clinically proven programmes to get your pelvic floor back into shape within just 12 weeks.

Programmes



*We recommend waiting until your 6 week midwife appointment before beginning pelvic floor exercises to give your body time to begin to naturally recover

Clinical Studies and References: [1] Wilson PD et al. 1996 Obstetric practice and the prevalence of urinary incontinence three months after delivery. Br J Obstet Gynaecol. 103(2):154-161. [2] CQC. 2010 National NHS patient survey programme: survey of women's experiences of maternity services 2010. London: Care Quality Commission.

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