

FemTone™ Vaginal Weights

Questions & Answers

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FemTone™ Vaginal Weights are easy-to-use training aids specifically developed to help women identify and exercise specific muscle groups in the pelvic floor. They are sold as a set of five sterile, vaginal cones of varying weights.



How can pelvic floor exercises help?

Like any other muscle, the more the pelvic floor muscles are used and exercised, the stronger they become. Strengthening the muscles may result in improved bladder control and decreased urine leakage.

How do vaginal cones help with the exercises?

The pelvic floor muscles can become so weak that it is difficult to identify them. Women sometimes exercise their buttocks or stomach instead. Once the cone is introduced into the vagina, the pelvic floor muscles keep it in place, ensuring that you are using the correct muscles. The vaginal cones improve pelvic muscle strength, when used properly with the prescribed exercises for at least three months.

I am feeling a slight ache in my pelvic region. Is this normal?

It is normal to feel some discomfort or pain in the pelvic region when first beginning exercise with weights or when graduating to a heavier cone. This discomfort or pain may be attributed to the strain of untrained muscles, and it should subside with continued use. If discomfort or pain persists, or if severe pain occurs, discontinue use and consult your physician.

I am ** years old, are FemTone™ weights right for me?

Women as young as 30 and as old as 70 have problems with stress related incontinence. Stress related incontinence is described as the inability to hold your urine when you cough, sneeze, laugh, or strain. FemTone™ weights can help these women by identifying and strengthening their pelvic muscles.

What are FemTone™ weights made of?

The vaginal cones are made from surgical grade stainless steel surrounded by a double welded plastic case. They are smooth with a plastic coated retrieval cord.

It's been a couple of weeks since I started exercising with the weights, but I don't feel any improvement.

Stay with it! Strengthening pelvic floor muscles takes time, usually a minimum of three months, and your commitment to regular exercise. Certain factors such as fatigue, menstruation, persistent cough, or repeated heavy lifting can slow your progress. Because muscle conditions vary considerably from woman to woman, the correct pelvic floor muscle strength will vary from one individual to another - it is not necessary for every woman to reach the heaviest cone. If at the end of the three month period your symptoms improve, you may stop using the cones every day. At that point, you can just use them a few times a week or whenever you feel you're losing some of the benefit you've experienced.

What comes with the FemTone™ weights?

Included are the five FemTone™ weights, a case to hold them and an instruction booklet.

Why are Femtone™ weights so expensive?

Femtone™ weights are sold under strict review of the FDA and have been approved as medical equipment. They are made with the finest materials available and are made in limited quantities.

Where can I purchase FemTone™ Weights?

Although we are not aware of every retailer of vaginal cones, we know that there are very few companies that carry this product. Your OB/GYN may know of local businesses that sell them. Many Gynecologists send their patients to Seekwellness.com to purchase their Femtone™ Weights. You can purchase them directly www.seekwellness.com/store/category-incontinence or call 800-840-9301 for additional information or to order them over the telephone.

This information was provided by:

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