

## Post-Natal Training

### Post-Natal Pelvic Floor Regeneration

Approx. 3 to 6 weeks after delivery you once again perform Pelvic Muscle Exercises with EPI-NO Delphine Plus to regenerate the strength and tone of your pelvic floor muscles. The

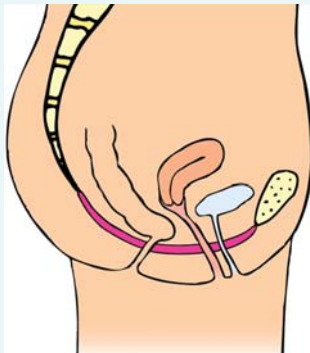


stronger your pelvic floor muscles, the higher the pressure you can exert on the balloon. The pressure gauge monitors your performance and assists in improving the quality of your exercises. This is called Biofeedback.



### Why Exercise the Pelvic Floor Muscles?

During pregnancy and childbirth your pelvic floor muscles will be extensively stretched. Your body will partially regenerate these muscles naturally. However, a commitment to using the EPI-NO Delphine Plus, these muscles will soon recover their former strength and tone.



## Protection And Regeneration

### Protect Your Perineum and Pelvic Floor

With EPI-NO you can optimally prepare for the birth of your baby by gently stretching your pelvic floor muscles and perineum to avoid injury associated with delivery.

After your baby is born, the EPI-NO Delphine Plus is your ideal partner in helping you recover the strength and tone of your over-stretched, weak and possibly injured pelvic floor muscles.



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EPI-NO Delphine Plus is patented and has undergone successful clinical testing. In a survey, 93% of 800 users said they would recommend EPI-NO to their best friend.



## Concerned About Tearing?

EPI-NO Delphine Plus



[www.epi-no.ca](http://www.epi-no.ca)

# The EPI-NO

## African Inspiration for Natural Birth



The idea, which led to the development of the EPI-NO, originates from Africa where they gently insert calabashes/ gourds of increasing size into the vagina to stretch the pelvic floor muscles to facilitate a natural birth and reduce the risk of perineal injury.

From this age old African custom – still in use today – the soft inflatable EPI-NO balloon and birth-exercise program was conceived and developed into a modern-day medical device.

## About the EPI-NO

A team of gynecologists, midwives and pregnant women developed the EPI-NO. It is a pre-birth and after-birth exerciser which helps strengthen your pelvic floor in preparation for child-birth and then helps regenerate your pelvic floor muscles to their previous state after the birth. The biofeedback gauge helps locate those hard-to-find pelvic floor muscles and also helps monitor your progress by registering your pelvic floor muscle tone.



# EPI-NO And Its Benefits

The EPI-NO consists of:

- an anatomically shaped inflatable silicone balloon
- a hand pump
- a pressure gauge
- an air release valve
- a silicone connecting tube



## How EPI-NO Delphine Plus Will Benefit You And The Birth of Your Baby

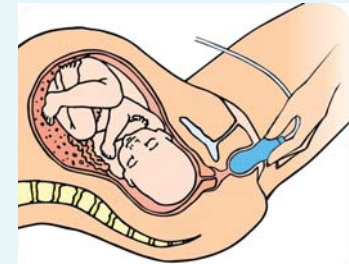
- Clinical trials show a significant reduction of perineal injury in vaginal births
- Second stage of labour is considerably reduced which lessens the stress for both mother and child
- Less analgesic medication is required
- Easier than perineal massage
- Simple to use anytime at home
- Reduces anxiety and enhances self-confidence about delivery
- Biofeedback gauge improves the quality of pelvic floor exercises
- Optimal device for speeding the regeneration / recovery process
- Aids in increased sexual satisfaction post partum

# Pre-Birth Preparation

## Strengthening the Pelvic Floor Muscles

This stage of training can begin at any stage in pregnancy and is done daily. Pelvis muscle exercising ensures a strong pelvic floor that can support the weight and pressure of the growing baby and that is quicker to regenerate post partum.

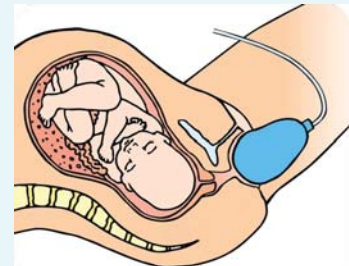
Insert the EPI-NO balloon 2/3rds of the way into the vagina. Gently contract and relax your muscles against the balloon, watching the biofeedback gauge to monitor your performance.



## Stretch the Perineum

The stretching stage begins 3 weeks before the calculated due date of your baby and should be done daily until the birth.

Slowly inflate the EPI-NO balloon to the point of a comfortable stretch and hold. Each day you will be able to inflate the balloon a little bit more, increasing to 8 - 10 cm in diameter.



## Simulate the Birth

After the stretching phase, allow the inflated EPI-NO balloon to gently expel itself from the vagina by either relaxing your pelvic floor muscles or by gently pushing it out. This will familiarize you with the sensation of delivering the baby's head.

