



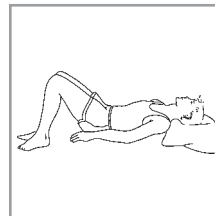
PhysioTools

Incontinence

Modules

PT8

With PhysioTools you can create high quality personalised exercise and information handouts. Select from the world's largest professional exercise library and print in multiple languages.



Product Information

- # 56 items
- Line drawings

Printout languages:
English, Finnish, Swedish,
Norwegian, Danish,
German

This module has been designed for healthcare professionals working in incontinence rehabilitation. It contains home exercises, anatomical drawings and advice notes commonly given to individuals with incontinence problems.

It includes pelvic floor muscle exercises in different positions (lying, sitting and standing). There are also some male pictures to allow the design of programs for men.

Technical Requirements

Windows 2000, XP
32-bit: Vista, Windows 7,
Server 2003/2008

Network licence available

Online: Internet Explorer 6
or later, Broadband internet
access

The content of this module can be sorted as follows:

Sort 1: Miscellaneous, Pelvic Floor. **Sort 3:** Advice Note, Exercise, Anatomical Drawing.

Sort 2: Miscellaneous, Walking, Lifting, Slow Contraction, Fast Contraction, Urgency, Defaecation, Coughing, Going up in lift, Jumping, Anterior/Posterior.

Contact Information

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PhysioTools

Compiled by PhysioTools

Ideas and suggestions from many professionals in different parts of the world have been included.

Work with the Best

PhysioTools is the global market leader
in exercise prescription software

*Combine individual PhysioTools modules to create your
own resource library of exercises and information*

You can place your logo on the left or right side of the handout

Personal Exercise Program

Your Organisation Name

Your Address

Your Telephone/Fax/Email/Website

You can have more than one header

Provided for : Patient's Name

Personal Health Incontinence

Provided by : Your Name



Walking downstairs.

Tighten your pelvic floor and hold as you go down ___ steps. Relax for ___ steps. Continue for a flight of stairs.

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Avoid repeated heavy lifting.

Tighten pelvic floor muscle during any lift/even a light weight like laundry.

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Male picture. Please write your own text.



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As a test cough in stride position.



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