

Press release

Menopause: Don't forget your pelvic floor training!

Ulm, 14 October 2024 – During the menopause, hormonal changes, in particular the decline in oestrogen, lead to weakening of the bones and pelvic floor. This increases the risk of osteoporosis and can cause symptoms such as incontinence or back pain. Regular pelvic floor training strengthens muscles and supports bone health. The Beurer [PT 20 PelviStrong](#) Pelvic Floor Trainer offers effective options for targeted pelvic floor training. In combination with a balanced diet and exercise, this not only promotes physical but also mental health during the menopause.

The pelvic floor trainer provides active strengthening from the inside. It is an ideal



addition for pelvic floor training during pregnancy, postpartum and during the menopause. The set contains three cones of the same size with different weights: 28 g, 52 g and 71 g.

Even just **training regularly for ten minutes twice a day** can strengthen the pelvic floor. After a few days, the wearing time can be increased and the weight increased. Exercises and training instructions are included with delivery. The pleasant and smooth surface is easy to clean after use.

Beurer tip: Pelvic floor training is not only important after pregnancy. Women should exercise their pelvic floor regardless of pregnancy in order to start the menopause in a better position thanks to this preventive measure.

You can find more information on this topic in the Beurer [Women's Life Blog \(in German\)](#).

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About Beurer

Beurer was founded in 1919 in Ulm and is synonymous with health and well-being. Today, the family-run company leads the way in several areas of this segment. Originally a manufacturer of heat pads and heated underblankets, the company has grown into a full-range supplier offering more than 500 products. Beurer offers various products for use at home in the categories of health, wellbeing, beauty, personal care, home, fitness and baby, including blood pressure and blood glucose monitors, clinical thermometers, pulse oximeters, nebulisers, hearing amplifiers, daylight therapy lamps, insect bite healers, a mobile ECG device and an emergency wristband, as well as products for pain therapy and women's health. The range also covers the areas of flexible heating, weight & diagnosis, air & aroma, massage & shiatsu and sleep & rest. What's more, Beurer offers various beauty products in the categories of FaceCare, BodyCare, HairCare, hair removal, manicure & pedicure, as well as a men's grooming range and electric toothbrushes in the personal care category. The company offers a range of fitness products in its Antelope by beurer and Physioline product groups, along with numerous abdominal muscle trainers. The baby category contains special products adapted to the needs of children, babies and their parents. With its "Connect" product group, the health specialist offers a wide range of apps that can be combined with Beurer products and make everyday life easier. Around 1,700 employees worldwide and a global distribution network spanning more than 100 countries ensure the company's ever-growing success. You can find more information at www.beurer.com.