

Incontinence & Sexual Health



Incontinence is a widespread condition that affects 8.7% of individuals above 20 years old worldwide, which increases up to 30 to 60% in women aged 40+. Incontinence ranges in severity from minor leaks to the complete loss of bladder or bowel control. It can occur at any age, but is more likely to develop with age or following childbirth.

Urinary incontinence is more common in women than in men. Approximately 25–45% of women are affected by urinary incontinence at some point in their lives, compared to about 15–25% of men. Urinary incontinence often occurs as a result of weak or stretched pelvic floor muscles. These muscles usually assist in supporting the abdominal and pelvic organs; help to control bladder and bowel; provide support for the baby during pregnancy and assist in the birthing process; as well as working with the abdominal and back muscles to stabilise and support the spine. In men, they are also important for erectile function and ejaculation.

Incontinence is commonly associated with:

- Leakage during activities like laughing, coughing, or sneezing
- Urgent or delayed trips to the toilet
- Difficulty emptying the bladder/bowel
- Loss of control
- Accidental flatulence
- Prolapse (vaginal or rectal)
- Pelvic pain during or after intercourse

Common risk factors associated with urinary incontinence include:

- Pregnancy (both during and after childbirth) and menopause.
- Certain surgical procedures, such as prostatectomy (prostate removal) and hysterectomy (removal of the uterus and/or ovaries).
- Limited mobility, which can hinder reaching or using the toilet.
- Neurological and musculoskeletal disorders, including multiple sclerosis and arthritis.
- Health conditions like obesity, diabetes, stroke, heart diseases, respiratory disorders, prostate issues, constipation, and urinary tract infections.
- Certain medications

There are different types of incontinence with a number of possible causes. The following are the most common:

Stress Incontinence:

This occurs when there is pressure on the bladder, such as when coughing, sneezing, laughing, or lifting heavy objects. It is often caused by weak pelvic floor muscles and is common in women, especially after childbirth. It is the most common form of urinary incontinence and affects about 51% of women suffering from incontinence.

Urge Incontinence:

Also known as overactive bladder, this type involves a sudden and strong urge to urinate, often resulting in leakage before reaching the toilet. It can be caused by bladder muscle overactivity or neurological conditions. This is the most common form of urinary incontinence in men, affecting between 40–80% of men above 20 years old, worldwide. It can affect anyone at any age, but it appears to be more prevalent in the elderly.

Mixed Incontinence:

Some individuals may experience a combination of two or more types of incontinence, such as stress and urge incontinence.

Incontinence is not a normal part of ageing and can be treated.

Urinary incontinence is treated differently according to the type and cause. Pelvic floor exercises are seen as the most effective way to prevent issues with incontinence. Yet, 1 in 3 women who are trying to perform pelvic floor exercises, do not know how or are unable to voluntarily exercise their pelvic floor muscle themselves and require assistance.

Kegel exercises, also known as pelvic floor exercises, involve contracting and relaxing the muscles of the pelvic floor, which support the bladder, uterus, and rectum. This can help strengthen the pelvic floor muscles and improve bladder control. To perform Kegel exercises:

1. Identify the Right Muscles: The first step is to locate the pelvic floor muscles. You can do this by stopping the flow of urine midstream or by inserting a clean finger into the vagina (for women) and contracting the muscles that tighten around your finger.
2. Isolate the Muscles: Focus on isolating the pelvic floor muscles without contracting the abdomen, buttocks, or thigh muscles.
3. Contract and Relax: Contract the pelvic floor muscles and hold for a count of 5 seconds, then relax for 5 seconds. Repeat this 10–15 times, gradually increasing the duration of the contractions as your muscles become stronger.
4. Consistency is Key: Perform Kegel exercises regularly, aiming for at least three sets of exercises per day.

For a lot of women and men, it is complicated to perform the Kegel exercises correctly as it may be hard to identify the muscles that need to be contracted. In order to ensure that the Kegel exercises are being performed effectively, it is recommended to use a pelvic floor trainer, such as Fleur, or a pelvic floor exerciser (see our Pelvic floor exerciser range).

How do Pelvic Floor Exercisers Work?

A Pelvic Floor Exerciser (PFE) uses gentle stimulation, similar to natural nerve impulses, delivered through a vaginal or anal probe or adhesive electrode pads to contract pelvic floor muscles. If you have forgotten how to contract them, are having trouble getting muscle response, or simply want to bring back the condition of your pelvic floor muscles, a pelvic floor exerciser can work them for you to build up their strength and help you to develop your own muscle control. In urge incontinence pelvic floor exercisers work in a slightly different way. The electrical stimulation is designed to soothe your bladder muscles rather than exercise your pelvic floor. The pelvic floor exerciser would then use a gentler, low frequency setting which promotes the release of endorphins and reduces involuntary contractions of the bladder (detrusor) muscle.

The pelvic floor can be strengthened with regular exercise. Building pelvic floor strength enables the muscles to better support the pelvic organs, improves bladder and bowel control, and can stop accidental urine, faeces leakage or flatulence. In men, anal stimulation may also help men to strengthen their pelvic floor. Pelvic floor muscle training is recommended for recovery from some causes of Erectile Dysfunction. However it is not intended to treat any medical issues and your first step in deciding appropriate therapy should be to consult your professional medical advisor. The exercises will also generate a rush of blood towards the pelvic floor area, which allows a better vascularization of these muscles, which will improve sensitivity and sensations during sexual intercourse. It can also reduce the risk of prolapse, improve recovery from childbirth and gynaecological surgery. Doing just a few pelvic floor exercises daily will help to treat bladder weakness or prolapse symptoms and will help to prevent problems later on.

Pelvic floor exercisers

Overcome bladder leakage with our range of clinically-proven pelvic floor exercisers.

The TensCare range of powered muscle stimulators treat symptoms of urge, stress and mixed incontinence by strengthening the pelvic floor muscles and soothing the bladder muscles.

Electrical stimulation can also help improve vaginal sensation and have a positive impact on sexual intimacy.



Fleur

Kegel toning balls

Strengthen your pelvic floor muscles and stop bladder leakage with the Fleur kegel balls.

The weight of the toning balls resting on the muscles, encourages them to spontaneously contract.

- High quality medical grade & phthalates-free silicone and perfect weight.
- Active or passive training: includes an assortment of Kegel exercises with every kit.



Unicare

Dedicated programme provides incontinence treatment and relief from menstrual pain.



Stress, urge and mixed incontinence



After-care toning programme



Menstrual pain relief



Rechargeable battery



iTouch Sure

A TensCare best-seller, iTouch Sure has helped thousands overcome bladder leakage.



Stress, urge and mixed incontinence



After-care toning programme



AA battery powered



Kegel Toner

Device targeted for treating stress incontinence and bladder leakage post-pregnancy. Strengthen and tone your pelvic floor muscles.



Stress incontinence



After-care toning programme



Post-pregnancy



AA battery powered



Elise 2

Our smallest pelvic floor exerciser allows you to discreetly treat symptoms of urinary incontinence.



Stress, urge and mixed incontinence



Small size



After-care toning programme



Rechargeable battery

iTouch Go

Wireless Pelvic Floor Exerciser

The iTouch Go is a reliable and clinically proven solution to prevent and alleviate the symptoms of urinary incontinence and pelvic floor weakness.

Tailored programs to address different types of urinary incontinence all in one portable compact device.

Electrical stimulation can also help improve vaginal sensation and have a positive impact on sexual intimacy.



iTouch Go features a control hub, which allows you to control the probe output whilst also acting as a travel case and providing USB type-C charging.

The control hub includes a small LCD display which indicates selected programme, treatment intensity and battery status of both the hub and probe.



Stress, urge and mixed incontinence



After-care toning programme



Improve sexual intimacy



Wireless treatment



Rechargeable battery

Incontinence & Sexual Health



Perfect PFE for Men

Incontinence treatment for men

Our pelvic floor exerciser designed specifically for men, treat symptoms of urinary and faecal incontinence using the PFE for Men and anal probe.



Uses TensCare's bespoke anal probe to treat symptoms of incontinence.

- Our smallest anal probe provides comfortable muscle stimulation to strengthen the pelvic floor muscles.
- Unique sliding safety stopper allows adjustable depth of insertion.

Device Features:

- Single channel unit to treat symptoms of urinary and faecal incontinence
- Gentle stimulation with fine tune adjustment settings for different levels of intensity
- 5 preset programmes



Go Gel helps provide lubrication as well as improving treatment effectiveness.



3 programmes for urinary and faecal incontinence including stress, urge and mixed incontinence.



After-care toning programme



PFE for Men also provides relief from chronic pelvic pain.



Anal stimulation strengthens the pelvic floor, which may also help those who suffer from Erectile Dysfunction.



Probes

Find the right probe for your incontinence treatment



2mm pin connectors



Compatible with all Tenscare incontinence devices



Manufactured from medical grade plastic and stainless steel



CE Certified



Liberty Mini

A vaginal probe for those who need a smaller option.



Small



Vaginal



Anal



Liberty Fit

Our smallest diameter probe designed for anal use.



Anal



Liberty Loop

The unique design enhances electrode contact. The probe includes a detachable pointer for visual feedback during use.



Vaginal



Gold Loop

Our gold-plated vaginal probe is designed for those who are unable to use our standard probe due to skin sensitivities and nickel allergy.



Vaginal



Nickel free



Liberty Probe

Our standard vaginal probe provides comfortable and effective treatment.



Vaginal



Liberty+

Our largest diameter vaginal probe for those who need a bigger option.



Large



Vaginal