

Opinion leaders in women's health physical therapy said they would recommend PeriCoach® a pelvic floor muscle training device and smart-phone app after testing it out themselves

DENVER, CO – March 2, 2016 -- Ten pelvic health physical therapists (PTs) used PeriCoach during January and February 2016 and completed a questionnaire as part of a PT Experience program. They were asked to report their experiences with the device and the app as well as their expert opinions on the value of PeriCoach in helping women with their pelvic floor muscle training at home. Ten out of ten PTs indicated an overall positive experience with PeriCoach and all would recommend it to their patients, particularly those who live out of town or whom they see infrequently.

"I found PeriCoach to be a user-friendly biofeedback tool that allows women to practice isolating pelvic floor muscle contractions in the comfort of their homes," said Dustienne Miller, PT, MS, WCS of Flourish Physical Therapy (www.flourishphysicaltherapy.com) in Boston, MA and a participant in the PT Experience. "Some women have difficulty voluntarily contracting the pelvic floor muscles, but having the tactile input of the sensor is valuable. The app is also fun and super easy to use."

PeriCoach is an FDA-cleared pelvic muscle (Kegel) exerciser to help women properly and consistently do the pelvic floor muscle exercises (PFME) that strengthen their pelvic floors. PFME is first-line treatment for urinary incontinence, a condition suffered by millions of women, as many as one in three. Studies have shown up to 70% improvement in symptoms of stress incontinence across all age groups following appropriately performed pelvic floor exercise. Pelvic floor strength is also associated with sexual function and satisfaction.

In other findings:

- Four out of ten rated the ability of the PeriCoach to support women in doing proper pelvic floor muscle training at home or in between PT sessions as 'Excellent' while the additional six rated it 'Very Good' or 'Good'.
- All ten PTs said based on their experience, they would recommend PeriCoach to other clinicians to utilize with patients to support in-office physical therapy.
- Nine out of ten had a positive experience with PeriCoach as they performed the programmed sessions: Beginner, Level 1 and Intermediate Level.
- Three noted they typically do not recommend at home devices for their patients due to compliance or cost, though they all would consider PeriCoach after trying it.

Tracy Sher, MPT, CSCS, at Sher Pelvic Health and Healing (www.sherpelvic.com) in Orlando, FL and founder of pelvicguru.com, another participant in the PT Experience said, "PeriCoach is one of the better home pelvic floor muscle training systems I've seen. It is easy to use and calibrate and the probe was comfortable." She added, "This device is not appropriate for people with pelvic pain or painful intercourse and those patients should consult their physician or their pelvic physical therapist."

"Feedback from women's health Physical Therapists is very important and part of our ongoing commitment to working closely with the clinical community to address the issues of compliance and confidence when it comes

to pelvic floor muscle training, whether for the treatment of a common condition or any other condition involving the pelvic floor,” said Megan Henken, Vice President, Global Marketing for Analytica Medical, makers of PeriCoach and sponsor of the PT Experience Program.

PeriCoach is available by prescription in the U.S.

About Analytica Limited

Analytica’s lead product is the PeriCoach® System – an e-health treatment system for women who suffer Stress Urinary Incontinence. This affects 1 in 3 women worldwide and is mostly caused by trauma to the pelvic floor muscles as a result of pregnancy, childbirth and menopause.

PeriCoach comprises a device, web portal and smartphone app. The device evaluates activity in pelvic floor muscles. This information is transmitted to a smartphone app and can be loaded to PeriCloud where physicians can monitor patient progress via web portal. This novel system enables physicians to remotely determine if a woman is performing her pelvic floor exercises and if these are improving her condition.

PeriCoach has regulatory clearance in Australia, and has medical device CE mark clearance in Europe. The product has US FDA clearance and is available by prescription.

For more information about PeriCoach, visit www.pericoach.com.

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