

# *U-Control*<sup>TM</sup>

Home Trainer

The biofeedback device  
of choice for clients and  
healthcare professionals



*For muscle re-education  
and the treatment of  
urinary and fecal  
incontinence.*

# Exercise Your Control™



## U-Control™

An easy-to-use, single-channel, SEMG training device, the battery-operated U-Control allows your patients to practice pelvic floor muscle exercises in the comfort of their own homes. Daily practice with SEMG feedback enhances a patient's recovery time and your ability to help them. With both visual & audio feedback and easy to set thresholds, the U-Control is the perfect portable pelvic floor trainer.

Two lights cue patients to contract or relax their muscles. Progress is viewed on an ascending or descending bargraph scale of 15 LEDs. The U-Control also allows the user to designate an audio tone for feedback, either continuous, or above or below threshold. The adjustable threshold setting allows patients to revise their training program as they progress.

By using a five or ten second work/rest protocol, patients can progressively enhance their pelvic floor muscle rehabilitation for improved bowel or bladder control.

## U-Control Home Trainer

### Features

- Two scales for a wide range of muscle activity
  - .2 – 37.5 microvolts (X1)
  - .6 – 112.5 microvolts (X3)
- Offers a wide variety of threshold settings
- Five or ten second work/rest options
- LED's provide instant visual feedback
- Letter scale tracks patient progress
- Offers three settings for audio feedback
- Operates with a 9-volt battery
- Adjustable volume control
- Includes earphone for privacy
- Handy wrist strap
- Includes a carry case

### State of the Art Sensors

For single patient use with the U-Control, our uniquely designed sensors are remarkably comfortable, durable, and reusable. The T-bar design ensures perfect placement, and enables use in a range of patient positions. The longitudinal sensor plates can pick up a signal of .1 of a microvolt. Our sensors are recommended by leading clinicians in the field.



### Uni-Gel™ Electrodes

These self-adhesive pre-gelled electrodes provide foam-backed comfort and are easy to apply to any area. They always provide you with an accurate reading without the use of messy electrode paste.

Call us regarding  
upcoming workshops  
in your area!



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