

**Biofeedback & Neuromuscular Electrical Stimulation (NMES)**  
 Complementary (not competitive) Technologies for a Woman's Well-being.

Features:	Biofeedback	Neuromuscular Electrical Stimulation	Comments:
True Exercise	✓		According to the FDA true exercise is patient initiated.
Maximum Efficiency – work the correct muscles (e.g., Kegels) in minimum time		✓	AutoKegel® = The correct pelvic muscle contraction for the most effective amount of time – every time. It is a clinically proven fact that even with professional guidance most women who try to tone their pelvic floor muscles find it difficult to perform exercise correctly.
Improved Motor Control – even for women with severe muscle atrophy		✓	Naturally, during exercise, the brain sends an electrical signal to the muscles telling them when to contract and when to relax. Yarlap® sends a precise electrical signal to the pelvic floor muscles to work and relax.
Accelerates Muscle Recovery		✓	AutoKegel® = NMES impacts type II muscle fibers first because the axons of their motor units are larger and offer lower resistance to electrical stimulation – perfect for post-partum muscle rehabilitation.
Prevents Disuse Atrophy		✓	AutoKegel® = Work the pelvic floor muscles effectively and safely without requiring skill or concentration.
Improves Range of Motion (ROM)		✓	Indications suggest NMES develops the maximum functional range of the muscle
Improves Function Without Overt Functional Change		✓	NMES promotes a muscle memory motor learning and relearning effect – like a concert pianist with virtuoso skill that seemingly plays without thinking about specific hand movements.
Fine Motor Control	✓		Biofeedback fine tunes motor skills after NMES gives control

The independent Science Direct web site will corroborate the information above:  
<http://www.sciencedirect.com/topics/nursing-and-health-professions/electrical-muscle-stimulation>

The Yarlap® designer is an FDA Registered Specification Developer of medical equipment, including biofeedback and NMES devices. He is a colleague of the team that designed the same NMES equipment used by the National Healthcare systems of France, Germany, Scandinavia, and Great Britain for postpartum perineal re-education (pelvic floor muscle tone) that are prescribed across Europe following a vaginal birth and to treat female urinary incontinence.

Yarlap® is dedicated to the advancement of women's well-being via pelvic floor muscle tone. Although these direct physiological outcomes of pelvic floor muscle tone may or may not have an adaptive history, they do affect the well-being of the woman and include structural load management, continence, and sexual function.