

## Testimonials:

“My pelvic floor therapist suggested I try the Mbrace brace between sessions to help manage the pressure. It’s made a huge difference – I can go about my day with much more ease, and it’s helped me stick to my therapy routine.”

– **Rachel L., 38**

“During my third pregnancy, I started experiencing pelvic pressure and was diagnosed with mild prolapse. Wearing the Mbrace brace gave me the support I needed to stay on my feet and take care of my kids without constant discomfort.”

– **Leah R., 31**

“I’m in my 70s and have been dealing with prolapse for years. Surgery wasn’t an option for me, and the pessary was uncomfortable. The Mbrace support has been a game-changer – I feel secure, and it’s so much more comfortable than anything I’ve tried before.”

– **Elaine M., 74**



## DOUBLE TRUSS SUPPORT

Elevating Pelvic Health  
Throughout Every Stage

Prenatal to Postpartum  
to Geriatric

# How Mbrace Stands Out

The Mbrace Double Truss Support redefines pelvic health with a sophisticated, non-invasive approach that delivers immediate, targeted relief. While physical therapy and other treatments are essential for long-term pelvic wellness, Mbrace offers comfortable, wearable support that helps manage symptoms day-to-day. Whether used on its own or alongside a broader treatment plan, it empowers women to move through their recovery with greater ease and confidence.

## Mbrace: Supporting Your Health, Enhancing Your Life.



## Pelvic Organ Prolapse (POP)

Pelvic organ prolapse occurs when weakened pelvic floor muscles allow the bladder, uterus, or rectum to shift into the vaginal canal, leading to discomfort or pressure.

### Prevalence:

- 25% of women over 18 experience POP (Yale Medicine).
- 50% of women aged 50–79 report symptoms (Johns Hopkins Medicine).
- Affects 25% in their 40s, 33% in their 60s, and 50% in their 80s (Dr. Cheryl Iglesia).

### Common Treatments:

- *Pelvic Floor Physical Therapy*: Highly effective with consistency. Mbrace provides additional support between sessions to ease discomfort and encourage adherence
- *Biofeedback & Electrical Stimulation*: May be recommended by therapists for specific cases. Mbrace complements these by delivering all-day compression and support.
- *Pessary Devices*: Are invasive, need regular maintenance and may cause discomfort and infections.

## Urinary Incontinence (UI)

Incontinence is urine leakage from weakened pelvic muscles, often due to aging or pregnancy. It includes stress, urge, and mixed types – common but manageable with proper support.

### Prevalence:

- Affects 50% of adult women, increasing to 75% after age 65 (Mayo Clinic).

### Common Treatments:

- *Pelvic Floor Exercises*: Effective overtime with consistent practice.

- *Medication*: May help but can introduce unwanted side effects.
- *Surgery*: An option with longer recovery and greater complexity.

## Vulvar Varicosities

Varicose veins on the vulva, often linked to pregnancy or prolonged standing, causing swelling and pressure.

### Prevalence:

- Impacts 4% of women, rising to 20% during pregnancy (Cleveland Clinic).

### Common Treatments:

- *Cold Compresses*: Offers short-term relief but requires frequent use.
- *Leg Elevation*: Aids circulation yet isn't practical for all-day support.

**The Mbrace Double Truss Support Brace** provides instant, targeted relief for incontinence, POP, and vulvar discomfort – non-invasive, fully adjustable, and made for all-day comfort.

