

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.

