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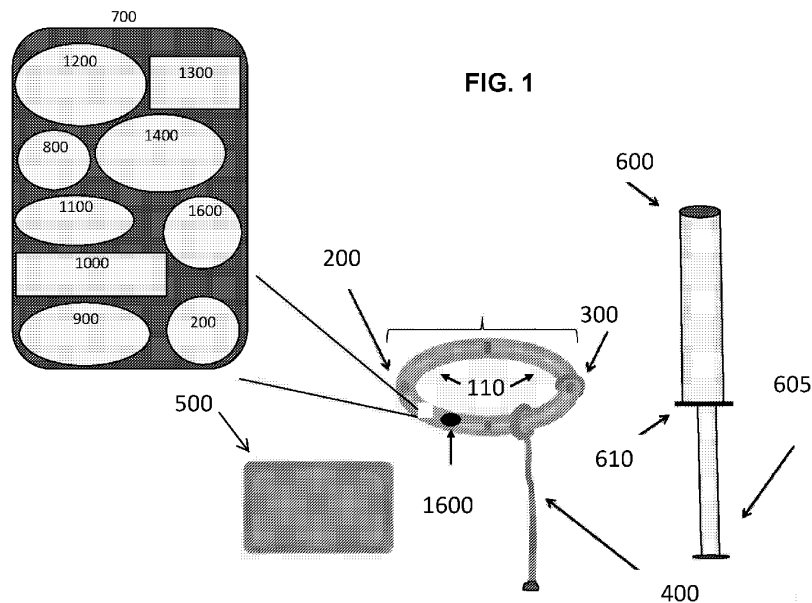
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(54) Title: DEVICES, SYSTEMS, AND METHODS FOR TRAINING PELVIC FLOOR MUSCLES



(57) Abstract: The present invention relates to intravaginal devices, systems including the devices, and methods of using the devices to train an individual in the performance of exercises (e.g., pelvic floor lifts (PFLs) and pelvic floor relaxations (PFRs)) that strengthen the individual's pelvic floor muscles in order to treat or prevent pelvic floor disorders (e.g., pelvic organ prolapse and incontinence) and their accompanying symptoms.

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