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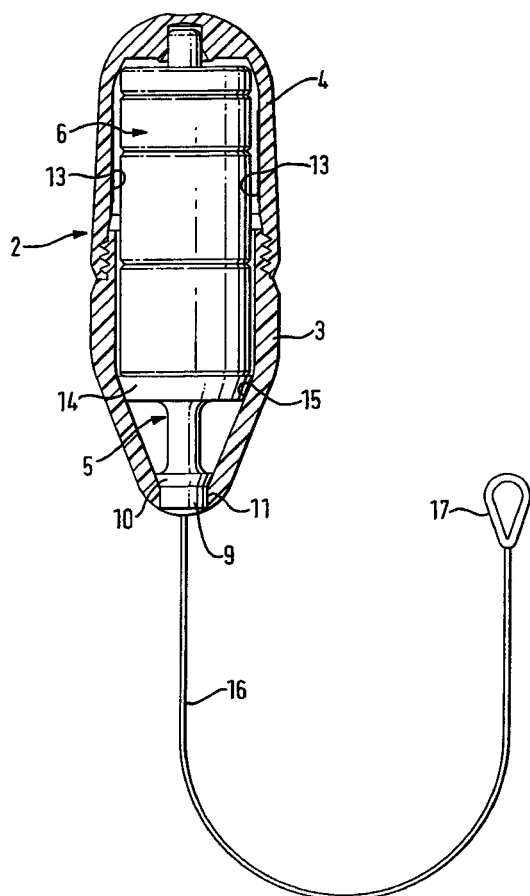
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(54) Title: DEVICE FOR EXERCISING PELVIC FLOOR MUSCLES



(57) Abstract: The invention relates to apparatus (1) for exercising the pelvic floor muscles of a female (not shown) comprising a hollow body (2) adapted to be inserted into a vagina and defined by a plurality of separable parts (3, 4), two in the embodiment, there being support means (5) of the body adapted to receive at least one of a set of weights (6), the arrangement being such that the weight of the body (2) is variable depending on the number of weights, from zero to N, where N (four in the embodiment) is the number of weights in the set, for providing exercise of the pelvic floor muscles of a user. The two body parts (3, 4) are each moulded from physiologically acceptable plastic, are cup shaped and have interengageable screw threads (7) for joining the parts (3, 4) together to form the body (2), and by which the parts (3, 4) are separable by unscrewing. One body part (3), the lower as viewed and in use, mounts the support means (5), which in the embodiment has an elongate member or spindle (8) which has at one end a larger diameter cylindrical plug (9) with a frusto-conical upper, in use, flange (10). The plug (9) is a secure push fit in an orifice (11) at the base of the one part, the cone angle of the frusto-conical flange (10) being such as to be complementary to the (tapered) inner surface of the one part (3) adjacent the orifice (11) for centering and providing support for the support member (5).



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