

Kegel Weights

Kegel Trainers

Magnetic Chairs

Vaginal Stimulation

External Stimulation



Brands: Kegel balls, Kegel cones, Yoni or jade egg, Ben Wa ball, and more

Brands: KegelSmart, kGoal, Elvie, PeriCoach

Brands: BTL Emsella

Brands: Apex, Attain, Liberty, Yarlapp, Kegel8, Leva

Brands: ELITONE

How it Works: Series of increasing weights inserted vaginally. Identifies and builds up Kegel muscles.

How it Works: Probe inserted vaginally. Measures strength of Kegels using biofeedback.

How it Works: Sit on a chair while magnetic field is passed through your pelvic floor

How it Works: Probe inserted vaginally. Does Kegels for you via electrical stimulation.

How it Works: GelPad worn externally. Does Kegels for you via electrical stimulation.

What you do: Squeeze to keep weights from falling

What you do: Squeeze with mobile app guide

What you do: Sit on a special chair in the doctor's office.

What you do: Let probe contract muscles for you.

What you do: Let device contract muscles for you.

👍 Inexpensive
👍 Helps identify Kegel muscles

👍 Relatively inexpensive
👍 Gives feedback on Kegel strength

👍 Easy to use
👍 Use while fully clothed

👍 Does Kegels for you

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👍 No internal insertion
👍 Worn under clothing
👍 Can move around during treatment

👎 Requires dedicated time
👎 Stay stationary
👎 Requires privacy
👎 Risk of infection

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👎 Six treatment for \$2000
👎 Repeat visits to the doctor's office
👎 Questionable efficacy

👎 Requires dedicated time
👎 Stay stationary lying down
👎 Requires privacy
👎 Risk of infection

👎 Possibility of skin irritation

FDA cleared?: No

FDA cleared?: Not for incontinence

FDA cleared?: Yes, prescription required

FDA cleared?: Yes, but may require prescription

FDA cleared?: Yes, and no prescription required

Price: \$50-\$100

Price: \$100-\$300

Price: \$2000 for six treatments

Price: \$300-\$1200, with some insurance coverage

Price: \$399, with some insurance coverage