

Life-transforming - this works!! 29 Aug 2009

By [An Avid Reader](#) TOP 1000 REVIEWER

As a middle aged woman who's had surgery & takes prescribed meds for incontinence (both without 100% success), this was a last-ditch attempt for which I didn't have any great hopes. I'm delighted to say I was wrong - only a few weeks in, & the difference is notable. I've stopped taking my meds & don't need to wear pads every day. After experimenting, I've discovered that, for me, the MIXED programme is much less effective. Although it's recommended for cases of urge & stress (like mine) I've got much better results from a daily session of URGE followed by one of STRESS. I've made it part of my nightly routine - I use the exerciser while I'm reading in bed before sleeping - so it doesn't intrude on my life. DO heed the instructions to start at a low setting if you don't have much sensation in the pelvic floor - sensation will come back really quickly & then you can build up the power setting. Learn from my mistake: I was impatient & started off much too high - & the resulting strained muscles meant I had what felt like really bad period pains the next day.

Only minor criticism is that the instructions don't give any clue as to maximum recommended power, saying you should be guided by your own tolerance levels. Since my pain/discomfort threshold is really high, that's not much of a guide. I assume the unit only operates within safe levels, but it would have been good to have it in black & white. That minor niggle, however, is not enough to give this life-transforming gadget anything less than five stars.

Was this review helpful to you?

82 of 82 people found the following review helpful

TensCare itouch 17 Nov 2009

By [Lynne M. Robinson](#)

Wished I had bought this ages ago, only had it a few weeks but I can really feel the muscles working, I find 20 mins on Urge setting then 20 mins on Stress setting works best (I have mixed).

Was this review helpful to you?

53 of 53 people found the following review helpful

Brilliant product 22 Jun 2010

By [Trish](#)

Bought this device five weeks ago. Developed both stress and urge incontinence very suddenly following a chest infection and the resultant cough, cough, coughing. Suddenly I was finding that after I had passed urine, I would stand and more urine would pour out uncontrolled. I couldn't stop and start passing urine as I had been able to do in the past, I couldn't stop it at all once I had started. I was no longer able to hold my bladder for more than a couple of hours, I was wearing sanitary protection all the time. Every sneeze, cough or sudden laugh would ensure a squirt of wee. I was mortified. I kept on doing normal pelvic floor exercises but felt no improvement whatsoever. Also, more worryingly, when I bent down, I could feel a deep dragging sensation as though something was bulging or out of place. I suspect this was the start of a prolapse. I read the reviews on this product and decided to buy. Initially it made me feel a bit queasy/anxious having something electrical inside myself and I was scared that the sensations would be too uncomfortable. However, I found I could tolerate a setting of 45ish and then within days I had built up to the maximum 99.5. I use it prior to bed most days for 20 minutes. Initially I would use it for 20 minutes before work too as it seemed to help get rid of the dragging bulging sensation. Sometimes I set it for 90 minutes and doze off to sleep. I initially used the stress setting but have found the mixed setting definitely works

best for me. Anyway....the dragging heavy sensation has completely gone. I can now hold my bladder for 5-6 hours, which is back to normal for me. I still can't stop my urine flow on demand but from not being able to stop it at all, I am able to stop it after around 5 seconds. If I prepare myself prior to sneezing, I can now stop a leak. Laughing still catches me out a little but I no longer need to use sanitary towels all the time. The product information says you can expect results after 8 weeks but already it has changed my life. Definitely highly recommended.