

kGoal is a new and revolutionary interactive training system (device+app) designed to motivate and guide women as they measure and track their pelvic floor muscle exercises.

Its squeezable air pillow leverages
360 degree sensing technology
that triggers real-time
biofeedback to help
users feel and see
their progress.

It's like having a gym, physical therapist, and tracking system in the palm of your hand.

More than 75% of women experience incidents of poor bladder control during their life



Sexual Health and Bladder Control

kGoal improves the **awareness and strength** of the pelvic floor muscles and can help restore vaginal and pelvic muscle tone.

Poor bladder control is often a result of childbirth and hormonal changes, but can be better improved with effective pelvic floor muscle training.

Key Device Features



Biofeedback kGoal offers unique 360 degree sensing technology providing tactile biofeedback



Performance tracking kGoal measures and tracks muscle strength, endurance, and encourages compliance as users view their progress over time



Customized workout routines created by our team of experts, enabling user specific exercises



Comfort kGoal's squeezable and adjustable pillow allows users to tailor fit to their anatomy



kGoal is made with 100% body safe materials including Class VI medical grade silicone



kGoal is compatible with Apple and Android devices with Bluetooth 4.0 capability. *It requires iOS v8 or Android v4.3 or higher. See our website for more information.



Where can I purchase kGoal? www.starnbergmed.co.nz
Contact Starnberg Medical info@starnbergmed.co.nz



