



The leading pelvic health app helping people adhere to their pelvic floor muscle exercise programmes

90%

of users had increased
their exercise adherence

90%

do pelvic floor muscle
exercises when prompted
by the app

78%

of users have experienced
some improvement in
their condition

50%

of users have been
using for over 3
months

squeezyapp.co.uk



Download on the
App Store



GET IT ON
Google Play



**Support your patients by
inviting them to download**



The original
Squeeze for Women



Squeezy
for Men



Squeezy
for Cystic Fibrosis

A condition management platform seamlessly connected to Squeezy

**Providing patients' real-time PFME adherence records,
ICIQ-UI PROMs and bladder diary results at a glance.**

livingwith.health/pelvichealth

Living With Pelvic Health Clinician Dashboard



Patient app

Aiming to help clinicians

- ✓ Increase patient adherence
- ✓ Reduce appointment length
- ✓ Improve patient outcomes
- ✓ Reduce treatment cycle lengths
- ✓ Reduce number of patients needing surgery