

**[EQUIPMENT REVIEW]****Vaginal Cones****Ganvir Shyam D.<sup>1</sup>, Thokal Deepti C.<sup>2</sup>, Shewale Sonyabapu B.<sup>3</sup>, Dumore Pradnya Y.<sup>4</sup>**<sup>1</sup>Principal & Prof., <sup>2</sup>Asso. Prof., <sup>3</sup>Asst. Prof., <sup>4</sup>Asst. Prof., Community PT. D.V.V.P.F's College of Physiotherapy, Ahmednagar. Maharashtra.**Vaginal Cones:**

Resistance in the form of weights has been used to increase strength and endurance of Pelvic Floor Muscles. Attempts to find a means of applying graded resistance to the PFM led to the development and marketing of vaginal cones in 1988.

**Mechanism of Action:** The theory underpinning cone usage is that there is increased reflex activity of the PFM to support and retain the cone against gravity, and to counteract downward slippage.

**Structure of Cones:** Sets of five to nine small, progressively weighted cylinders, ranging from 10 to 100 g or as a set of weights which fit into a single cone.

Each cone is about the size and shape of a tampon and has a nylon string attached to one slightly tapered end to facilitate removal from the vagina.

Some sets supply cones in two different diameters to accommodate the range in vaginal diameter.

**Selecting the appropriate cone :**The lightest cone is inserted into the vagina while in the semisquatting or half-lying position, or standing with one foot up on a chair.

The cone is inserted with the pointed end and string downwards and must be placed far enough into the vagina to lie just above the level of the pelvic floor.

The patient then stands and walks around. If the cone can be retained for 1 minute, the patient progresses on to the next cone, which is slightly heavier, and so on until a cone slips out in under 1 minute.

The heaviest cone that can be retained for 1 minute is used for exercise.

**Treatment sessions:** It is usually suggested that twice a day the patient inserts a cone and walks around for up to 15 minutes. If the cone slips down it is pushed back up.

Once the cone can be retained for 15 minutes without slipping, progress is made to the next cone. Over time, coughing, stairs and other activities of daily living may be introduced as a progression.

Herbison et al 2002) of research using cones concluded that there is some evidence that cones are better than no active treatment in the treatment of Stress Incontinence.

A study done by Jagadeeswari J & et al, Effectiveness of Vaginal Cone Therapy On Urinary Incontinence Among Women in Saveetha Medical College Hospital, Thandalam, Chennai, 2019 concluded that vaginal cone therapy is the effective non-pharmacological method, cost-effective method and had no side effects which can be used to treat Female Urinary Incontinence.

**Vaginal Cones**

\*Corresponding author

**Kumbhar-Sonawane Harshada**

Email : talk2harshada@gmail.com

Associate Professor, Deccan Education Society, Brijlal Jindal College of Physiotherapy, Pune

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