

efemia

Canter with Confidence



SCAN ME

It is a catch 22 situation, horseback riding is a great way to strengthen the pelvic floor and thereby prevent pelvic floor disorders, yet at the same time, for many women, it is often a challenge to ride without wetting the saddle. It is a common but overlooked problem. The purpose of this study was to learn how women cope with horse riding induced leakage and to determine if Efemia Bladder Support is acceptable to use during horse riding.

How did we do the study?

We invited 59 British and Swedish women to join the study and sent them a free start(er)-set. 39 of the women answered our questionnaire after having tried Efemia whilst horse riding for at least one month. Their average age was 49 years, they rode an average of eight hours per week, and they all had problems with urine leakage during horse riding.



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I've just come back from a riding safari that meant having to do long canters. Efemia was a complete game changer.

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Thank you for giving me a chance to try this and experience that I can ride again, without being embarrassed afterwards.

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Did it help to use Efemia Bladder Support?

Yes! 81% (8 of 10) reported that Efemia reduced their urine leakage and 68% (7 of 10) reported that Efemia facilitated their riding.

When asked, on a scale 0-10, how likely it was that they would continue to use Efemia or recommend it to a friend, the most frequent answer was 10 (very likely) and the median answer was 7.

