

NHS



Connected by



Starting your pelvic floor exercises early in pregnancy can reduce stress incontinence in late pregnancy and after birth.

SOURCE: Cochrane

squeezezyapp.com



of users had increased their exercise adherence*



do pelvic floor muscle exercises when prompted by the app*



of users have been using for over 3 months*

* SOURCE: Results from our 2015 + 2017 user surveys

