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(57) Abstract :  
 ABSTRACT SENSOR-BASED PRESSURE PROBE SYSTEM FOR IMPROVING THE EFFICACY OF KEGEL EXERCISES The present disclosure describes a sensor-based pressure system for improving the efficacy of Kegel exercises. It comprises of pressure sensor/ probe 102, microcontroller 104, analog-to-digital Converter (ADC) 106, display 108, bluetooth module 110, temperature sensor 112, power supply 114, data logging and analysis software 116, enclosure 118 and user interface (Buttons or Touch-sensitive Controls) 120. The sensor-based pressure probe system 100 enhances the efficacy of Kegel exercises with its accurate pressure measurements, real-time feedback and monitoring capabilities, data analysis features and wireless Bluetooth connectivity for remote monitoring by users and healthcare professionals.

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