

TIGHT FOR LIFE

# Kegel 8<sup>®</sup>

## Exercise Cones

Pelvic Exercise Made Easy

This system is clinically proven to strengthen the pelvic floor muscle to help with the control and prevention of stress incontinence. It can also be used as an enhancement to your sexual pleasure or as a preparation for pregnancy.

There are all sorts of reasons why a woman's pelvic floor muscles may become weakened such as pregnancy and childbirth, constipation, repeated heavy lifting or changes in hormone levels with age. Before you use the system it is important to read this booklet carefully; it contains all the information you need to ensure you are getting the most out of your exercises.

If you would like further information please visit [www.kegel8.co.uk](http://www.kegel8.co.uk) or call our help line Monday - Friday 9am - 5pm on 01482 888785.

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## Exercise Cones

Pelvic Exercise Made Easy



Guide to strengthening  
the pelvic floor muscles

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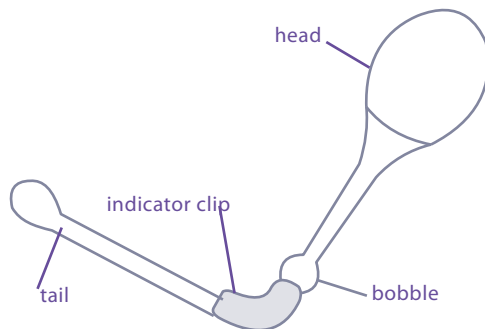
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## Kegel8 Exercise Cones

The Kegel8 Pelvic Floor Toning System is specifically designed to strengthen the pelvic floor muscles and contains three toners of varying size and weight.

This allows you to select the most appropriate, then progress on to the smaller or heavier toner as and when you feel ready.



- 1 large pale pink 24g toner (the lightest)
- 1 medium pink 37g toner
- 1 small dark pink 48g toner (the heaviest)
- 1 Guide to strengthening the pelvic floor
- 1 container for the toners

# What is my Pelvic Floor and why Should I Strengthen it?

The pelvic floor consists of layers of muscle and fibrous tissue that are attached inside the pelvic bones and form a supportive sling or hammock underneath the pelvis. Many women are often not aware of the important job they do because they are internal.

The pelvic floor muscles help to support the bladder, womb and bowel. They allow us to have control over our bladder and bowel and protect against stress incontinence, urge incontinence, prolapse and bowel problems. Healthy pelvic floor muscles aid bladder control, increase sexual sensation and can help guard against bowel problems.

These muscles commonly become weak during pregnancy and childbirth but women who have never had any children may also experience problems.

Heavy lifting, being overweight chronic constipation, hormonal changes especially at the menopause, having a chronic cough and even just getting older all have an effect on the health of the pelvic floor muscles.

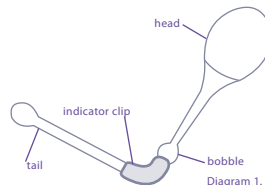


## 1. Using The System

It's important to make sure that the toners are washed in hot, soapy water then rinsed in clean hot water and finally dried gently with a lint-free cloth or tissue before every use. It's also important to ensure you are able to exercise these muscles correctly. Follow the instructions below to check:

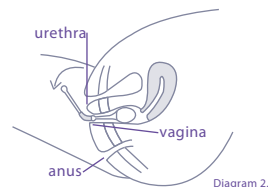
- a) Lie down on the floor or bed, having removed your underwear.

Take the large pale pink toner with the indicator clip still attached (see Diagram 1) and insert it (like a tampon) into your vagina, until the halfway 'bobble' is just about touching the outer lips of the vagina. The end should be pointing upwards (see Diagram 2).



If the toner is too big, try the medium toner instead.

- b) Once you have found the toner you feel most comfortable with, contract/tighten your pelvic floor muscles around it. You do this by pretending you are trying to control wind or stop passing urine mid-stream. It's as if you are lifting the muscles up inside you. If you are exercising the correct muscles you will see the tip of the end of the toner move downward (see Diagram 3).



If the end is moving upwards it's an indication that you are tightening the wrong muscles. Try again, until you are able to perform the exercise correctly.

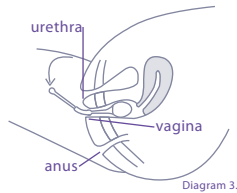


Diagram 3.

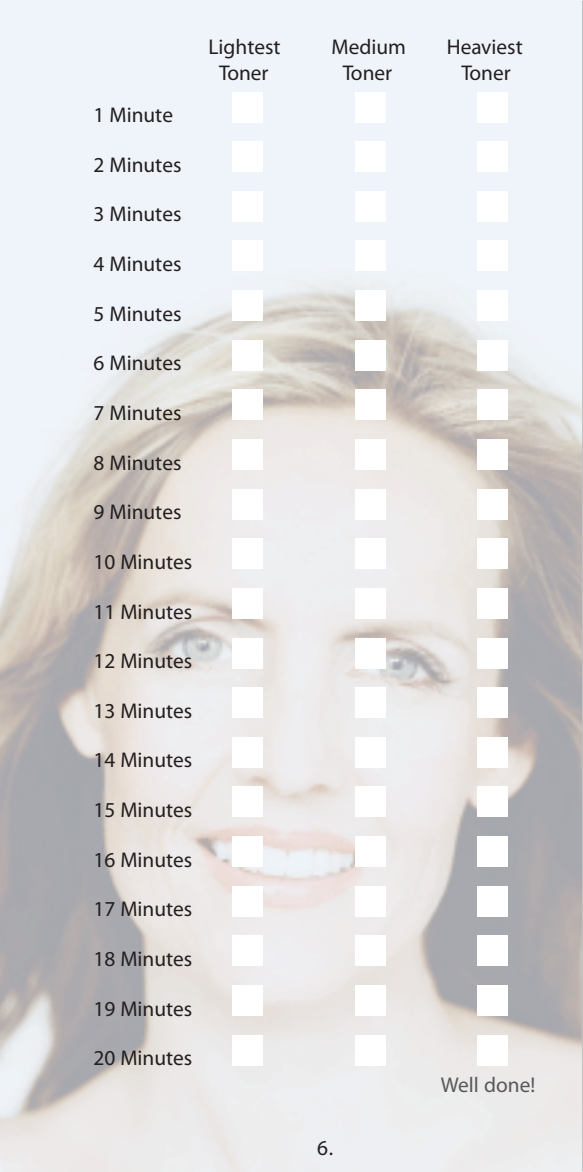
When you are sure you have achieved this, you need to find the heaviest toner you can keep in while standing still for one minute. If you wish, you can now remove the indicator clip from the toner.

- c) Take the same-sized toner as you used in steps a) and b) and assume a standing position with your knees slightly bent. Insert the toner into your vagina as before. It may help to raise one foot while you are doing this, but return to your original standing position when it is successfully inserted.
- d) Try to hold the toner in for one minute. If it starts to fall out, then this is the right size and weight for you to start exercising with - your 'Starter Toner'.
- e) If the toner is still in place after five minutes then you need to try a smaller, heavier toner. Your 'Starter Toner' should be one you can only just keep in for one or two minutes, while standing.
- f) If you can't keep any of the toners in place, then you need to return to step a) and go through the process again. If you continue to have problems, seek professional assistance, your GP or Nurse will be able to help.
- g) When you have identified your 'Starter Toner', you are ready to start exercising.

## 2. Exercises

- a) Using your Starter Toner the aim is to exercise every day and try to lengthen the amount of time you can comfortably hold the toner inside you while standing. On day one, you would hold it in for one minute, day two -two minutes etc... until on day twenty you are able to retain the toner for twenty minutes.
- b) When you are able to keep the toner in place for twenty minutes, try moving about with it inside you or completing everyday tasks like vacuuming or walking round the house.
- c) When you can achieve step b) successfully, it is time to move on to a smaller, heavier toner. You will probably need to reduce your training time to begin with until you feel comfortable.
- d) Eventually you will reach a plateau in your training, i.e. you will not be able to increase the time you can retain the toner. This will become your Maintenance Toner. The time and activity you can do while using it will become your Maintenance Exercise.

It may take up to twelve weeks of regular daily exercise before you notice a difference, but even severely weakened muscles can be strengthened so keep trying! However, if you cannot hold any of the toners in place then you should seek specialist advice, your GP or Nurse will be able to help.



	Lightest Toner	Medium Toner	Heaviest Toner
1 Minute	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Well done!

### 3. Keeping your Pelvic Floor Muscles Healthy

Aim to use your Maintenance Toner every day to keep your pelvic floor muscles healthy. If your period or something else prevents you from exercising, when you restart you may need to reduce your exercising time or size of toner. Check the strength of your pelvic floor regularly by trying to hold your Maintenance Toner for twenty minutes.

### 4. If you have Problems Removing the Toner

The toner should fall out naturally at the end of every exercise session. However, if it becomes stuck in the vagina (maybe due to a prolapse) you will need to remove it yourself. Don't panic, just lie down, relax your pelvic floor muscles and very gently pull on the toner.

If you are concerned or cannot remove the toner, consult your GP.

### 5. Cleaning the System

Before and after every use it is essential to make sure you have cleaned the toner in hot, soapy water or a gentle sterilising solution such as Milton. Rinse the toners in clean, hot water, then pat dry with a lint-free cloth. Store the toners in the container provided.

**Note to professionals:**

The system may be heat sterilised using a steam Autoclave at 134°C for 15 minute cycles.

## 6. Frequently Asked Questions

How do I know if I am doing the exercises correctly?

When the indicator clip is attached, the tail of the toner will move downward when contracting the pelvic floor muscles correctly. See Diagram 2, page 3.

When will I start to feel the benefits?

Using the system every day you should start to feel the difference in two or three weeks. However, it depends on how weak your muscles are to begin with and the programme will take at least twelve weeks to work properly.

It is hard for me to insert the toner, is there anything I can do to help?

Try covering the head of the toner in a gentle lubricant such as Eden Silk Lubricant. If you still have trouble it is worth speaking to your GP or Nurse

I have completed the twelve week programme and can do all of the exercises but still suffer with stress incontinence or lack of sexual sensation, what should I do?

In these rare cases it is recommended you speak to a specialist such as your GP or Nurse for advice.

Can I use the system when I am pregnant?

No, the system should not be used during pregnancy.

How soon after childbirth may the system be used?

Wait until any stitches have healed and you feel comfortable. A good idea is to speak to your health visitor at your post-natal check-up.

What else can I do to help strengthen my pelvic floor muscles?

As well as using the system everyday, it is advisable to:

- Try to avoid straining when having a bowel movement.
- Keep your weight within a healthy range and keep fit.
- Avoid lifting heavy items alone.

Precautions:

If you have thrush or any other vaginal infection you should not use the toners until it is completely cleared. You should not share your system with anybody else. If you have had a vaginal prolapse or recent surgery then you should not use the system. Do not use the toner if you are menstruating, are under sixteen or have just had intercourse

## 7. The Kegel8 Product Range

So often when we try to perform our pelvic floor exercises we fail - either we can't locate them properly or they are too weak to squeeze. That's where the Kegel8 excels - it precisely targets the correct muscles and whilst you relax it does the squeeze and release exercises for you. It is simple to use

Developed to make pelvic exercises quick efficient and easy. As you relax the Kegel8 goes to work making you fit for life – whatever your age. Kegel8 takes the guesswork out of locating the correct muscles, especially weak ones and then exercises them.

### The Kegel8:

- \* Helps combat bladder weakness and embarrassing wind & leakage.
- \* Restores and improves pelvic control.
- \* Improves intimate sensations for you and your partner.
- \* Quickly targets the correct muscles and works them like never before.
- \* Fully adjustable to suit your level of weakness.
- \* Adaptable – as you get stronger your Kegel8 works even harder.
- \* Comfortable, discreet and safe
- \* Each programme has been devised by a physiotherapist

It's so easy just read a book, watch TV or check your e-mails while the Kegel8 brings your pelvic floor back to back to full-strength, restoring bladder control and improving intimate sensation.

### The Kegel8 Ultra



- \* Impressive 14 Exercise Programs
- \* Symmetrical dual channel technology
- \* Deep muscle stimulation
- \* Ideal for more severe conditions

### The Kegel8 Tight & Tone



- \* 9 Comprehensive Exercise Programs
- \* Perfect starter machine
- \* Suitable for mild weakness
- \* Asymmetrical dual channel technology

## VAT FREE

The Kegel8 Tight & Tone and Ultra are grade 1 medical devices. If you purchase it for a medical condition you could get your VAT back!

Available from quality  
pharmacies and online at  
[www.kegel8.co.uk](http://www.kegel8.co.uk)

Notes:

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