



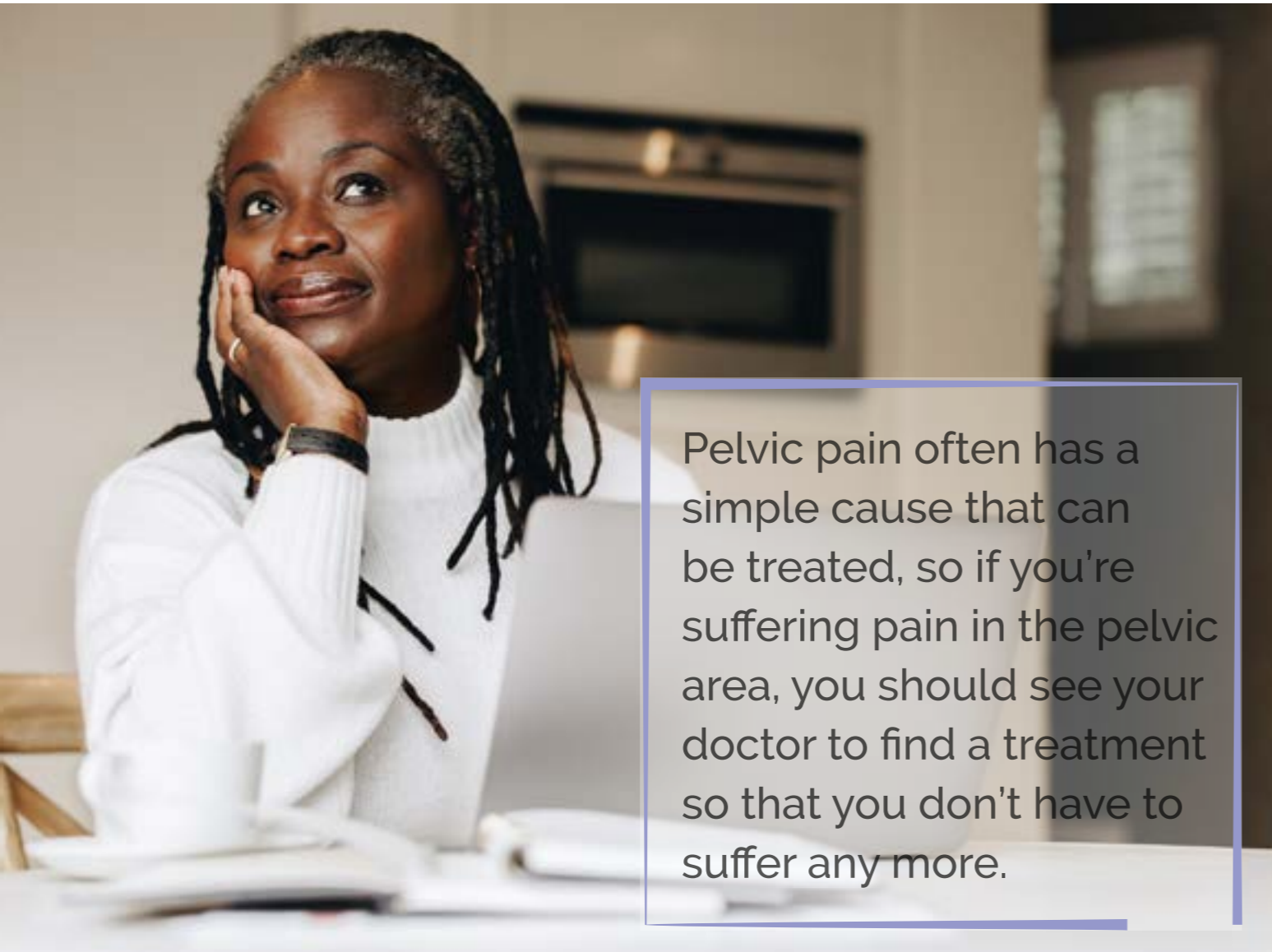
Always by your side

## Learn more about Pelvic Pain

If you are experiencing pelvic pain  
you shouldn't suffer in silence.

Written in collaboration with  
Amanda Savage, one of the UK's  
leading pelvic health specialists.  
MCSP MSt (Cantab).





Pelvic pain often has a simple cause that can be treated, so if you're suffering pain in the pelvic area, you should see your doctor to find a treatment so that you don't have to suffer any more.

## *Hello & welcome*

Many people suffer from pelvic pain. This pain can be localised to the vagina or anus or felt in the surrounding abdomen and other parts of the pelvis.

Your GP will work with you to investigate and treat the cause but sometimes, even once the original problem is resolved, the brain can continue to produce pain messages and sensations.

Many people have to learn to live with pelvic pain, possibly with the help of medication. Common pelvic pain conditions are vulvodynia, endometriosis, bladder pain syndrome (interstitial cystitis), or chronic pelvic pain syndrome. Also, there are many natural ways you can help reduce the sensations of pelvic pain and become more comfortable and active.

So read on...

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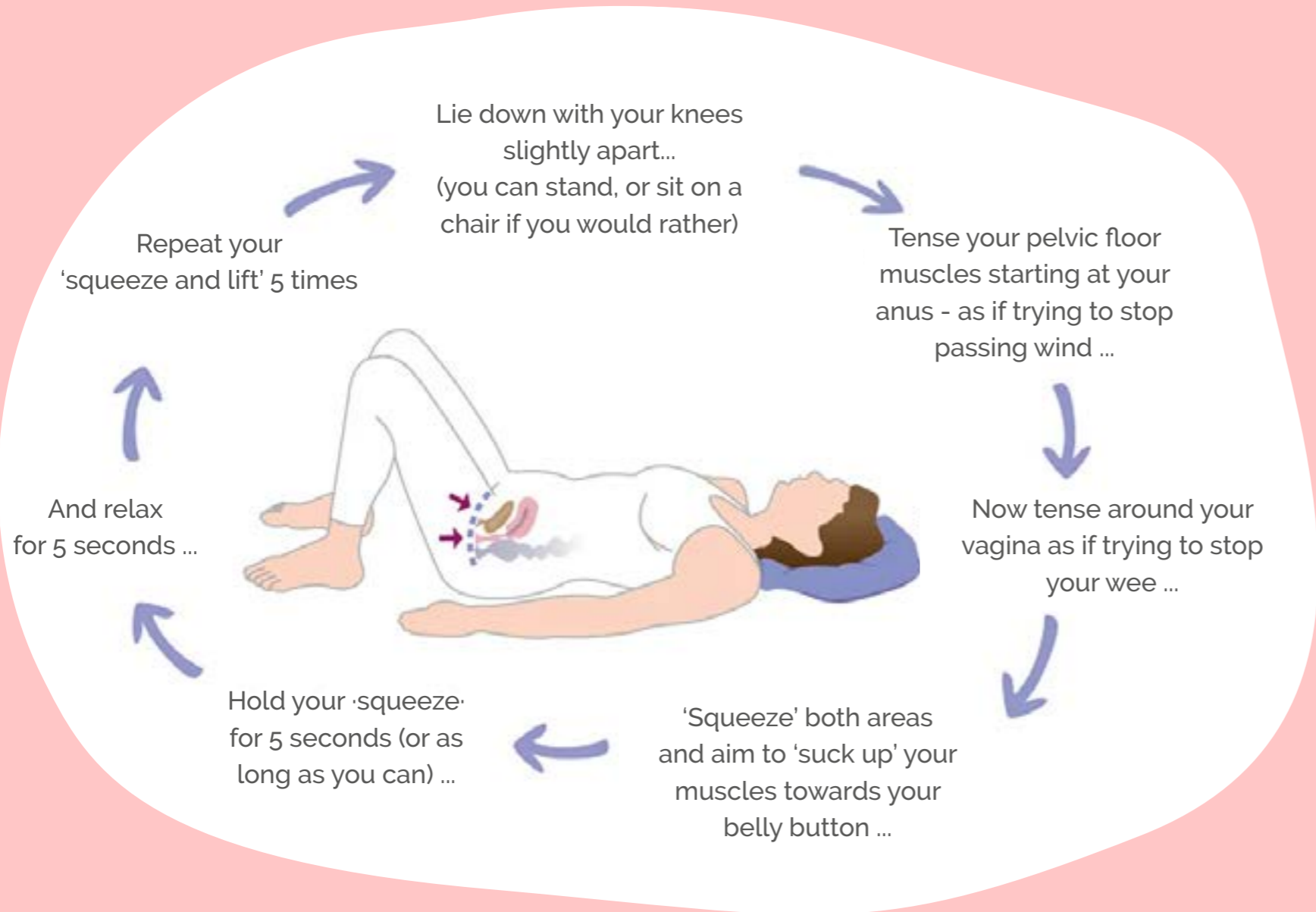
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# Nuture and care for your pelvic floor

The pelvis is lined with pelvic floor muscles at the base and sides. These muscles need to have good tone and firmness to make the area feel supported. They need to be able to contract strongly for bladder and bowel control when needed. The muscles also need to be able to relax properly to fully empty the bladder and bowel and for sex to be comfortable.

Please remember: - You can do pelvic floor exercises lying down but also sitting or standing.  
- Be sure to properly relax your muscles between lifting and squeezing.



If you need more help getting started see our pelvic floor playlist on YouTube.



Kege18®  
Pelvic Floor Exercise  
Techniques

## Use a pelvic floor toner.

### Kegel8® Ultra 20

An electrical STIM machine can be used with different settings to achieve different goals:

- You can use an exercise programme with a vaginal or anal internal probe, to practise awareness of both contracting and relaxing the pelvic floor muscles correctly.
- Or you can use a low frequency current to enhance relaxation and blood flow to the pelvis. Stimulation using a TENS setting, with electrode pads on the skin, activates helpful chemical reactions in the brain which help to reduce pain.

The Kegel8 accurately locates your pelvic floor muscles and exercises them for you. The **“smile”** feature shows you in real time when your pelvic floor muscles are in work and rest mode.

Most women notice results with the Kegel8 Ultra 20 after only 4 weeks...

Medically Proven



## Did you know?

Too much pelvic floor exercise, or incorrect Kegel exercises can make your pelvic muscles sore and tight. That's why exercising with a **Kegel8 Electronic Pelvic Toner** is great because it lets your muscles relax and recover for the right amount of time between exercises.

1

Week 1

With 45 minute sessions, your toner will help you find your pelvic floor muscles.

4

Week 4

You'll start to feel a real difference. More control, less leaks, more confidence.

12

Week 12

Your pelvic floor is strong and you have reduced pain in the pelvic area.

## How to know if you are squeezing correctly

If you don't need to use electronic stimulation and you can already contract your pelvic floor muscles correctly, the next step is to practise doing your exercises independently, which nurtures the mind-muscle connection further. But you need to do them regularly & effectively.

### Biofeedback Trainer

Our Kegel8® Biofeedback trainer can be helpful for you to check that you are doing your exercises correctly, especially if you need to focus on relaxing fully between contractions.

Just like with any bit of gym kit, it is fun to have tasks to do and targets to reach. If you tend to get distracted when exercising, using a device that makes you concentrate can be motivating and help get them done.

### How does it work?

The Kegel8 Biofeedback device shows you what you are doing with your muscles when you contract them independently. The soft, air-filled vaginal probe connects to the small handheld monitor. With each Kegel, you squeeze the probe and the monitor displays the strength of your squeeze on a scale of 1 to 6.



★★★★★ Trustpilot

"A biofeedback device, like the Kegel8 Trainer, can be helpful to "see" your muscles working. Especially if you find it difficult to relax between contractions. The Kegel8 Trainer has a slim soft vaginal probe which reacts to pressure changes showing you when you have tightened your muscles, but also showing you when you have relaxed properly between contractions." - Verified buyer.



A man and a woman are performing a yoga stretch on purple mats. The man is in the foreground, wearing a blue t-shirt, with his head and arms resting on the mat. The woman is in the background, wearing a blue and black athletic top, also in a similar stretch. The background is softly blurred, showing a window with light coming through.

## 7 Ways to Help Reduce Pelvic Pain

## 1. Check your posture and habits

Many people with pelvic pain have developed habits of guarding and protecting the pelvic area. You might have been sitting awkwardly, changed your walking style, or feel tense and anxious. These awkward positions can make muscles around your back and legs strained, asymmetrical and tired. Squashed postures compress your pelvic organs.

Notice yourself in mirrors, shop windows or reflective surfaces. Maybe, ask a friend to take a photo of you standing and sitting (ideally without telling you) so that you can check your posture.



## 2. Breathe Well

Fortunately, our breathing pattern and our pelvic floor muscle movement pattern are similar and interconnected. Breathing is easier to understand, feel and control than the hidden away pelvic floor. So if you want to connect to your pelvic floor - start by noticing how you breathe.

Overworking or accidentally gripping our pelvic floor muscles can increase pain in the pelvis. When we are not thinking about them we want them to gently (gently!) contract and relax, very low key, very little. Just enough to keep blood flowing through them, to nourish their feeder nerves. We want movement to keep the tissues stretchy and flexible. We want to be on standby for whatever we decide to do next.

Take moments through the day to tune in to your breathing and from there to your pelvic floor muscles. For more information, watch this video below:



Kegel8®  
How Can Breathing Help  
Bladder Control?

### 3. S-T-R-E-T-C-H

The muscles around the pelvis must work together to control and move the core of the body. When you have symmetry and alignment around the pelvis you can sit comfortably on a chair, stand on both feet the same, transfer your weight seamlessly and effortlessly from one leg to the other as you walk or climb stairs. Your back feels comfortable, pelvic floor & hamstrings are flexible. Your bowels empty easily, bladder fills happily and stays under your control, with pelvic organs staying securely & comfortably in position.

At the end of each day stretch out muscles around the pelvis that have been working hard and may be tempted to stay over-contracted. Or the ones that have become habitually shorter from living with pain. Stretch to help find their relaxed position, full length and shape.

- Do not try to force a muscle into a position or stretch it doesn't like.
- Be mindful of symmetry - trying to help your tighter side "catch up" with your "better" side rather than trying to over-achieve from your normal.
- Encourage your brain to "let go" of tension by sending relaxing messages via your nervous system.
- Use your breath to stretch your body from the inside.
- Become more tuned into the feeling of both tension and relaxation in your body so that you can make better choices throughout your day.



#### Happy Baby Pose.

Lie on your back and bend your thighs outward, going out and over your hips slightly. Hold onto your ankles with both hands and slowly pull your legs toward your chest. Hold your legs in place for a minute while taking deep, slow breaths.

#### Butterfly Stretch

Lower your knees so they are pointing outwards, with your legs, knees, and hips forming butterfly wings. Keep both of your feet together and continue breathing deeply while you maintain this position. This exercise can be done either lying down or sitting up.



Hold each posture for up to **30 seconds**. Repeat each posture up to **3 times**.



#### Hip Flexion.

Get into a basic lunge position, with your right knee cushioned on the towel and the leg extended behind you. Step your left leg forward, keeping your knee bent at a 90-degree angle, lean forward, pushing your weight onto your left leg. Hold this stretch for up to 30 seconds, then change legs.



## 4. Tips for Establishing Good Bowel Habits

Keeping your stool soft is key and this requires adequate hydration and exploring your diet to make passing a regular stool without straining easier.

### Increase fibre intake

Fibre is extremely important in your diet, however, always increase your fibre gradually or you will find yourself suffering with bloating and gas. Aim to eventually reach the target of 30-40g of fibre per day. Foods rich in fibre include wholegrains, pulses, fruits and vegetables.

### Cut out the fizz

Remove caffeinated drinks as they stress the bowel and are diuretics which further dry out the body and hence, the stools. Maintaining excellent hydration, preferably with room temperature or warm drinks such as herbal teas, is key to preventing constipation.



### Routine is key

Bowels love a routine and you can train a “bowel habit”. Try to establish a morning ritual that your body can get used to and lets you empty your bowel regularly before you become constipated. Move about as you get up. Have something to eat and drink to help kick-start your gut peristalsis (this is how food is moved through the digestive tract). Listen for the messages from your body telling you to go.

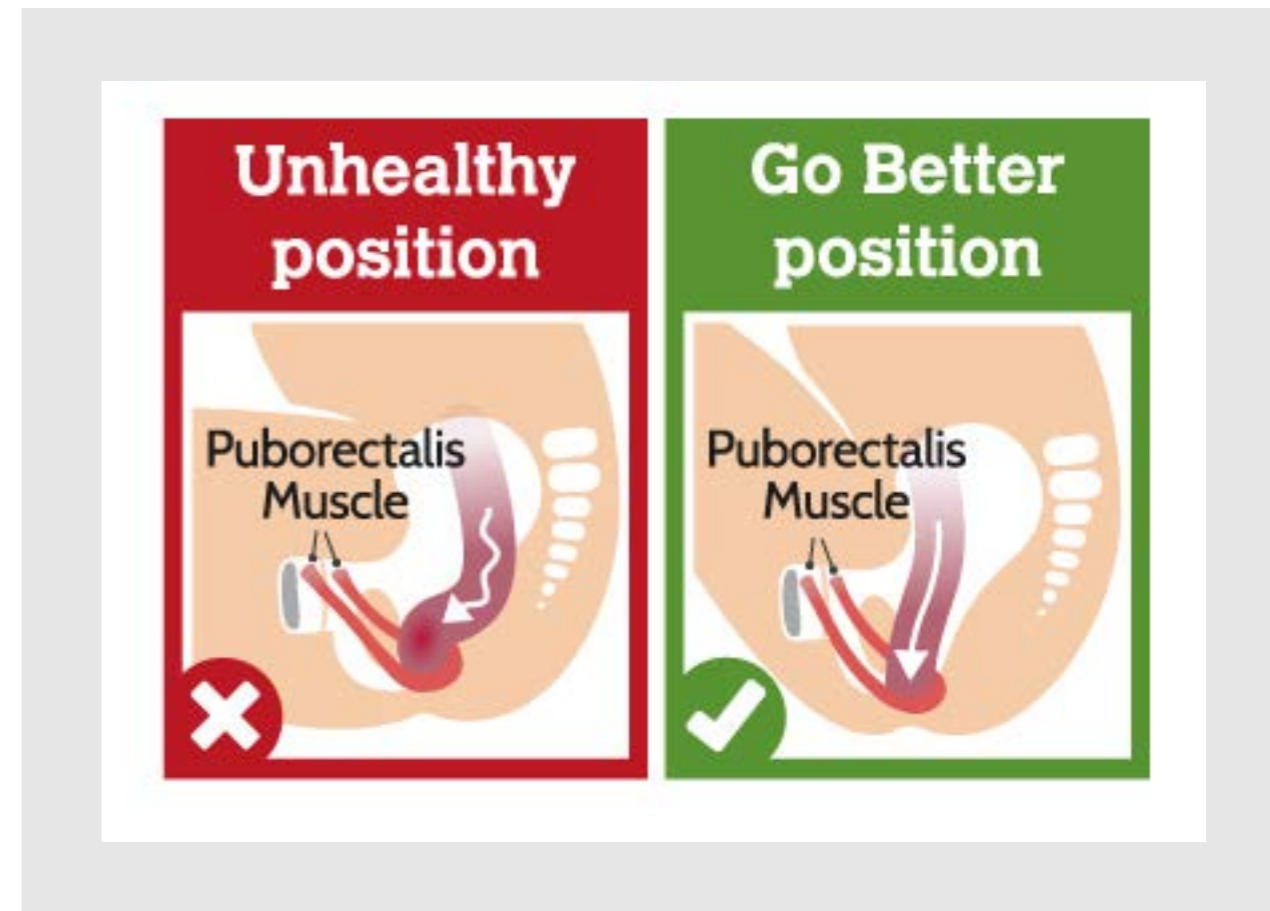


### Be patient!

Emptying the bowel is a natural thing that the body does best on automatic pilot. It is not something that 'we' do. Give your body time. Many people find reading a book a good way to stay still!

### Support

Many people find it helpful to support their perineum and pelvic floor as they pass a stool. Take a pad of toilet tissue and press it over the whole of your perineum, just leaving the small anal sphincter free. Press upwards to support your soft bits as the poo is coming down. This will also direct the poo backwards to come out the anal passage easily.



### Elevate your knees when you poo

Humans are designed to 'go' in a squatting position, so that the bowels can empty properly. When you sit on a standard toilet your colon is kept partially closed by a muscle called the puborectalis. Try a toilet stool such as the Go Better toilet stool to achieve the squatting position on the toilet.

Want to try before you buy? Try propping your feet up on a stack of old books (7"-8" high is optimal) next time nature calls. If you find that this squatting position makes it easier to go, you can invest in a nice, specially designed, wipe-clean Go Better toilet stool with confidence.

## 5. Move to Feel Good

Exercise is good for us. Movement brings blood flow to the pelvis to nourish the nerves and muscles, reduces inflammation and boosts our immune system. Exercise builds strength and endurance in all the pelvic muscles and stimulates the release of 'happy chemicals' from the brain.

Aim to establish some good daily habits. You will need to pace yourself and vary your activities to find the sweet spot of exercise which makes you feel good without aggravating your situation. Activities to explore include:

### Swimming

Lovely, as you are weightless: start with a 20 minute session, vary your strokes, add an extra length each week, build up to 2-3 sessions if this is your thing.



### Walking

Try using walking poles for balance and even weight distribution. Start with 3 short 10 minute walks a day (NHS Active 10 Walking Tracker App) or follow a graded walk/run programme (NHS Couch 2 5K App).

### Weights

Using light handweights 0.5-1kg free weights for biceps, lat lifts and reaches. Work in intervals of 30 seconds slow reps, rest 30 seconds, repeat. Just 5 minutes total to start then build up the intervals and introduce new patterns. Start sitting, progress to standing.

### Yoga

Yoga or pilates –try a well supervised beginners class, pay good attention to your technique, and take it slowly.

## 6. Get on top of anxiety

You may have noticed that stress affects your symptoms. Work to manage your stress levels through regular movement to feel good, getting enough sleep, seeking support from friends and family. Practicing mindfulness is highly recommended to help your brain re-set its sense of fear, anxiety and sensations. There are many free guided mindfulness practices on the internet and in Apps.



## 7. Manage your medications

Pain medications work best if used as prescribed. Regular smaller doses to keep pain at bay is better than waiting until you are in pain and having to troubleshoot. Don't make up your own system!

Keep your gut biome happy by eating lots of varied coloured foods, reducing processed foods, adding in a “fermented food” like sauerkraut or kaffir and keeping hydrated.



## Kegel8 bespoke programmes

The Kegel8 Ultra 20 has **20 electrical stimulation programmes** to improve pelvic floor muscle strength, co-ordination and relaxation as well as to directly calm the bladder nerves.

**Amanda Savage**, pelvic health physiotherapist, has devised a series of step by step 12 week guided pathways (using a carefully chosen mix of these programmes) for 9 common conditions. Our **Let's Get Started Guide** includes pathways for:

1. More effective pelvic floor exercises
2. Bladder weakness and stress incontinence
3. Uncontrollable gas/wind and bowel control
4. Menopause, perimenopause and post menopause
5. Pelvic organ prolapse
6. Pelvic pain
7. Postpartum recovery
8. Vaginal looseness and lack of sensation
9. Rehabilitation after gynaecological surgery

★★★★★ Trustpilot

*Much easier and more pleasant to use than I imagined!*

- verified buyer

"Wow - this is much less of a pain and faff to use than I thought it might be; it's actually super-easy, it's very quick to find the sections you need in the guide, run the preliminary programmes, and start working on your pelvic floor. I'm only two weeks in, and already finding an improvement to my my symptoms- I only wish I'd ordered much earlier. It's also not at all an unpleasant sensation - and best of all, apart from the fact it actually works, of course, is that it's also teaching me about how to tighten my own pelvic floor muscles at other times (turns out I've spent all these years not quite getting it right, despite investing in all sorts of other gadgets). Buy one today - you really won't regret it."



**You can use a probe or electrodes, whichever suits you better.**

**Shop Kegel8 accessories >**

*We hope you've enjoyed this guide*

Further reading at [Kegel8.co.uk](http://Kegel8.co.uk)

### **We're here to help!**

If you have questions or simply need some advice, please get in touch and our advisors will be on hand to help.

**T: +44 (0) 1482 496 932**

**E: [info@Kegel8.co.uk](mailto:info@Kegel8.co.uk)**

**W: [www.Kegel8.co.uk](http://www.Kegel8.co.uk)**

### **Our opening hours are:**

8am-4pm Monday to Friday\*

\*Closed bank holidays

### **Thinking about buying?**

We want to help you make sure you have the right device for your individual needs and that you can achieve results that last.

**Book a call with us below:**

**Book now>**



**Kegel8®** Savantini House, Foster Street, Kingston upon Hull, UK HU8 8BT

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