

Let's Get Started...

User Guide

With programme guide written by chartered
physiotherapist and women's health specialist
Amanda Savage MCSP MST



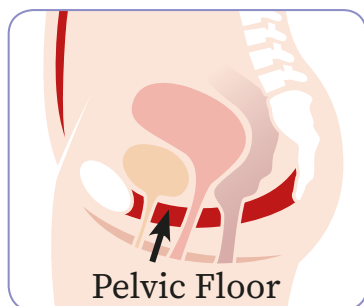
Welcome!

Thank you for choosing Kegel8® Ultra 20. This personal therapeutic device is designed to help you strengthen your pelvic floor in the comfort of your own home. Created especially for women, the Kegel8® Ultra 20 is a safe and effective neuromuscular stimulator (STIM) that works by producing electrical pulses that gently stimulate the muscles and nerve fibres in your pelvic area.

What Are the Benefits of Having a Stronger Pelvic Floor?

The pelvic floor is a sling of muscles that run from your pelvic bone (in the front) to your tailbone (in the back). Think of these muscles like a hammock that supports your reproductive organs, bladder and lower bowels.

Various life circumstances can weaken these muscles, such as pregnancy, childbirth, excessive weight gain,



surgery, or ageing. By using the Kegel8® Ultra 20, you will be effortlessly guided through a series of STIM-induced pelvic floor (kegel) exercises that will assist you in gradually restrengthening your pelvic floor

Advice For First Time Users

If this is your first time using a STIM device, you may be a bit apprehensive; that's totally normal. The Kegel8® Ultra 20 has been designed with the utmost attention to quality and comfort. Simply read this handy guide completely and follow the instructions for proper use, and you will have a positive experience.

If at any moment during your use of the Kegel8® Ultra 20 you have a question or concern, we are happy to assist you. You can reach one of our advisors by visiting our website www.kegel8.co.uk/contactus.

Welcome!	2
What Are the Benefits of Having a Stronger Pelvic Floor?	2
Advice For First Time Users	3
Who Can Use This Device?	6
Who Should Not Use This Device	7
Warnings and Safety Precautions	8
General Warnings	8
Hygiene	9
Quick Start Guide	10
Kegel8® Ultra 20 Checklist	10
Setting Up and Using Your Kegel8® Ultra 20	11
Using the Electrode Pads	14
List of Condition Programmes	15
Programme Descriptions	17
Sensitivity Testing	17
Pelvic Floor Exercises	18
Intimate Sensation	19
Stress Incontinence, Overactive Bladder, Nocturia, Frequency	20
Urge and Frequency and/or Stress Incontinence, Nocturia	21

Post Natal Incontinence/Prolapse/ Hysterectomy	21
Bowel Incontinence	22
Pain Relief	23
How to Create a Custom Program	25

Tailored Condition Guides by Amanda Savage Physiotherapist

1. More Effective Pelvic Floor Exercises	28
2. Bladder Weakness and Stress Incontinence	37
3. Uncontrollable Gas/Wind and Bowel Control	45
4. Menopause, Perimenopause and Postmenopause	52
5. Pelvic Organ Prolapse	61
6. Pelvic Pain	69
7. Postpartum Recovery	79
8. Vaginal Looseness and Lack of Sensation	86
9. Rehabilitation After Gynecological Surgery	94

Frequently Asked Questions

Product Support

Who Can Use This Device?

The Kegel8® Ultra 20 has been designed to help women who wish to address the following issues:

Stress Urinary Incontinence – A condition that causes urine leakage when pressure is applied to the bladder.

Overactive Bladder – A frequent and sudden urge to urinate that is difficult to control.

Faecal Incontinence – A condition where bowel movements, wind and gas cannot be controlled, leading to stool leakage.

Pelvic Pain and Back Pain – Because of the close relationship between the lower back and the pelvic region, strengthening the pelvic floor can relieve this type of discomfort.

Natural Ageing – Age-related loosening and weakening of the vaginal and pelvic muscles.

Painful Intercourse – Common causes of painful intercourse are weak vaginal walls, overactive vaginal walls, and chronic dryness, which can be alleviated by STIM-supported kegel exercises.

Lack of Sensation – Women with a weak pelvic floor may experience less sexual sensation.

Who Should Not Use This Device



The Kegel8® Ultra 20 should not be used under the following circumstances in a home setting without the guidance of a medical professional:

- If a woman is pregnant.
- If she's fitted with a demand-style cardiac pacemaker.
- If an individual has an undiagnosed pain condition.
- If a person has an undiagnosed skin, vaginal, or rectal condition.
- If a woman has an active pelvic cancer.
- If a person fails to understand the user instructions that accompany the Kegel8® Ultra 20.

The Kegel8® Ultra 20 should never be used under the following circumstances

- If a person is immersed in or near water.
- If a person is connected to a high-frequency device.
- If a person is operating a motor vehicle or potentially dangerous machinery.

Warnings and Safety Precautions

Before you begin using the Kegel8® Ultra 20, make sure to completely read the following information to ensure safe and proper use of your device.

General Warnings

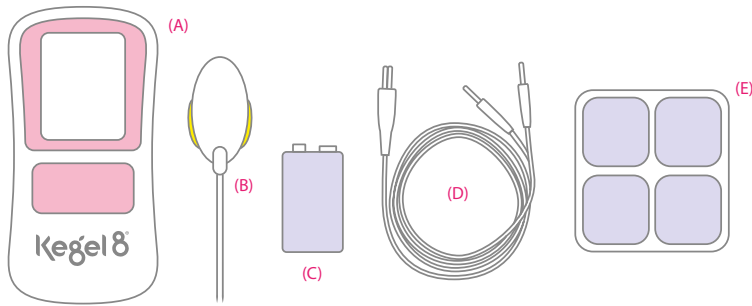
- Use the Kegel8® Ultra 20 only as directed.
- Keep the device out of reach of children.
- Do not immerse this device in water or any other liquid or expose it to rain or moisture.
- Do not use the Kegel8® Ultra 20 on any part of your body above your pelvis without guidance from a qualified physician.
- If you are uncertain about how to properly use this device, contact one of our dedicated advisors at the following link: www.kegel8.co.uk/contactus.
- Only use a 9v battery to power your Kegel8® Ultra 20. Avoid using Ni-cad rechargeable batteries.
- Although this device can be used independently, it's advised to use the Kegel8® Ultra 20 under the supervision of a physiotherapist or continence advisor if possible.

Hygiene

- Never share probes or electrodes with other people. These items are for personal use by a single person only.
- Always clean probes thoroughly after every use and store them away dry.
- Before applying electrode pads, make sure skin is clean and free from any oils, lotions or moisturisers.

Quick Start Guide

This section of your user manual is meant to be a go-to reference to help you with setting up your Kegel8® Ultra 20 device and getting comfortable with using it. We suggest reading through the entire manual at least once before moving forward with the following instructions.

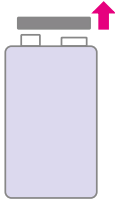


Kegel8® Ultra 20 Checklist

Your package should contain the following items:

- 1 x Kegel8® Ultra 20 device (A)
- 1 x Kegel8® Ultra 20 Probe (B)
- 1 x 9 Volt Battery (C)
- 2 x Kegel8® Ultra 20 Lead Wires (D)
- 4 x Kegel8® Ultra 20 Electrode Pads (E)
- 1 x Kegel8® Ultra 20 User Manual
- 1 x Product Guarantee Registration Form

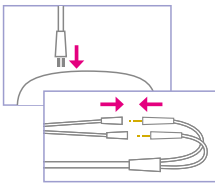
Setting Up and Using Your Kegel8® Ultra 20



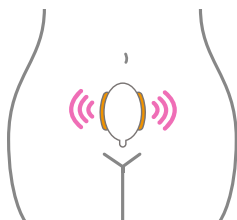
1. Insert the 9 Volt Battery - Remove the back cover of the Kegel8® Ultra 20. Take one 9-volt battery (one has been included with your device), and remove the black battery cap. Insert the battery into the device, and replace the back cover.



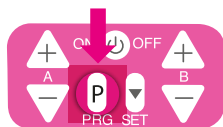
2. Prepare Your Probe - Wash your probe in warm, soapy water. Then rinse and dry thoroughly. Alternatively, you could clean your probe with a gentle antibacterial cleanser like our own Kegel8® Klean Cleaning Spray.



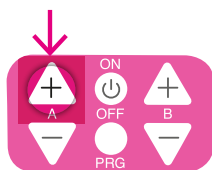
3. Connect the Probe to the Kegel8® Ultra 20 Device - Insert the lead wire into Channel A at the top left of the Kegel8® Ultra 20 device and connect your probe to the lead wire connectors. Turn On Your Kegel8® Ultra 20 - Press the on/off button once to turn on your device.



4. Insert Your Probe - Apply a small amount of water-based lubricant, such as KE Gel, on the metal parts of the probe. Insert the probe into your vagina, with the metal sides facing “hip-to-hip”. Avoid placing the probe too deeply, the tip should be inserted no further than 2 inches (5.5 cm) into your vagina.



5. Select a Programme - Choose an exercise programme by pressing the PRG button until the screen shows the programme you wish to use.



6. To proceed with a selected programme, press the A+ button to increase the current intensity (displayed as mA = milliamps). If the sensation is too strong, you can decrease it by pushing the A- button. The amount of current

needed to stimulate pelvic floor muscles varies from person to person. Starting from 0 mAs, you should increase the mA power to a level where you can feel the effects of the electrical pulse without it causing any discomfort.

For a sensation test or a neuromodulation programme you only need to feel a strong but comfortable sensation. For a muscle exercise programme you can gradually increase until you feel the muscles contract and relax with the electrical cycles. The sensation should never be painful. Some programmes have different phases. So if you feel a decrease in intensity as the phase changes, just use the + button to increase the mAs back up to a comfortable level.

TIP: For first time users, start with P01 - Sensation Test 1. This will ensure that you are able to feel the current safely. If you cannot feel the current perform P01 at 50mA once a day for 4 weeks before progressing onto P02.

Cleaning and Storage

After use, clean your probe with warm water, optionally spray on an antibacterial spray, and then wipe dry. With the lead wires still attached, store your probe with the Kegel8® Ultra 20 in the convenient carrying case which came with your unit.



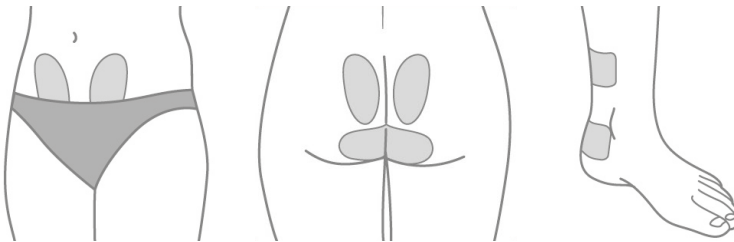
Using the Electrode Pads

The electrode pads that came with your device can be used for a variety of kegel8® Ultra 20 programmes. The diagram shows options for where you can place the electrode pads.



When using 2 pads (alone or with an internal electrode), simply connect a lead wire to a pair of electrode pads and insert the other end of the lead wire into Channel B at the top right of your device. Use Channel B controls to change the intensity of the current through the pads. If you are using skin electrodes you will not need to turn up the current very far to feel a sensation.

When using 4 pads, use 2 lead wires, with one in Channel A and one in Channel B. Use the corresponding controls to turn up the intensity of the current through each pair of pads individually. They do not have to be the same intensity



List of 20 Pre-Programmed Programmes

Green:	Sensation test - for testing your sensation levels
Lilac:	Muscle exercises - for strengthening your pelvic floor muscles
Pink:	Neuromodulation programmes - for calming overactive nerves, circulation, relaxation and pain relief

Prog. No.	Screen Codes	Programme Name	Time (mins)	Page
P01	RCV1	Sensation Test 1	30	17
P02	RCV2	Sensation Test 2	60	17
P03	EXE1	Pelvic Floor Muscle Exercises 1	45	18
P04	EXE2	Pelvic Floor Muscle Exercises 2	30	18
P05	EXE3	Pelvic Floor Muscle Exercises 3 (maintenance programme)	45	18
P06	SIMP	Sensation Improvement	20	19
P07	ENDU	Pelvic Floor Muscle Exercises 4 - Endurance	60	19
P08	SENS	Sensory modulation (TENS)	60	19

Continued overleaf...

Prog. No.	Screen Codes	Programme Name	Time (mins)	Page
P09	OAB	Overactive Bladder neuro-modulation	20	20
P10	STR1	Stress incontinence 1	40	20
P11	STR2	Stress Incontinence 2	40	21
P12	MIXDS	Mixed Incontinence	30	21
P13	FTRN	Functional Continence Training (with skin electrodes)	9	21
P14	PNC1	Postnatal / Post-Surgical Care 1	35	21
P15	PNC2	Postnatal / Post-Surgical Care 2	30	22
P16	BOW1	Bowel (Faecal) Incontinence 1	10	22
P17	BOW2	Bowel (Faecal) Incontinence 2	40	23
P18	PAIN	Chronic Pain Relief (with skin electrodes)	∞	23
P19	CIRC	Pelvic Floor Circulation	60	24
P20	RELX	Pelvic Floor Relaxation	20	24

Programme Descriptions

Sensitivity Testing

P01 - Sensation Test 1 Use this programme to test that you can feel the current safely.

Use the + button on the same side as you are plugged in to the machine to turn up the current (measured in mA). If you can feel a sensation (usually a warm tickling) from the internal probe below 50mA progress to the second sensation test PO2.

If you cannot feel a tickling sensation below 50mA it can be a sign of nerve damage or difficulty conducting messages. This is quite common after childbirth or surgery.

Use PO1 as your treatment programme, to help the nerves recover, at 50mA (or less), once a day for 4 weeks before progressing onto PO2. If you cannot feel sensation returning after 1 month of use please consult a medical professional for advice.

P02 - Sensation Test 2 This second test introduces new frequencies. If you can feel a sensation from the internal probe below 50mA, progress to one of the Kegel8 treatment programmes (P03-P20).

If you cannot feel a sensation below 50mA it can be a sign of nerve damage. Use PO2 at 50mA once a day

for a further 4 weeks.

If you do not feel sensation returning contact your doctor or physiotherapist for advice.

Pelvic Floor Exercises

P03 - Pelvic Floor Muscle Exercises 1 is a muscle exercise programme. Use to improve your awareness of how your muscles contract and relax. You will feel a short (6 second) muscle contraction then a long recovery rest before the next muscle contraction.

Phase 1: 15 minutes low frequency

Phase 2: 30 minutes higher frequency

P04 - Pelvic Floor Muscle Exercises 2 is a muscle exercise programme similar to P03. Use to improve your muscle endurance with a longer contraction time (8 seconds).

P04 changes through 4 phases moving from lower frequency to medium frequency patterns.

P05 - Pelvic Floor Muscle Exercises 3 is a muscle exercise programme ideal for a weekly maintenance session. The work/rest cycles are shorter so you will do many contraction cycles in the 45 minute session. 2 phases of medium and higher frequency.

Intimate Sensation

P06 - Sensation Improvement is a shorter 20 minute muscle exercise session of high frequency electrical current. Use to improve sensory awareness and create strong pelvic floor muscle contractions.

P07 - Pelvic Floor Muscle Exercises 4 is a long, one hour, muscle exercise programme. Use to improve endurance once muscles are stronger and only if they do not fatigue easily. You will feel repeated short muscle contraction cycles (5 seconds contract, 5 seconds relax).

P08 - Sensory Modulation (TENS) is a nerve-calming neuromodulation programme to calm oversensitive nerves. There are 2 phases of continuous current (also known as TENS) at different frequencies. This will improve blood flow to the pelvic floor muscles and has a soothing effect on nerves.

You can apply this current using an internal electrode or with electrode pads. You will feel a continuous current with contract and relax cycles. There are 2 phases. You do not need to feel the muscle contracting.

Stress Incontinence, Overactive Bladder, Nocturia, Frequency

P09 - Overactive Bladder Neuromodulation is a nerve-calming neuromodulation programme to calm oversensitive nerves. A low frequency current has a soothing effect on the bladder nerves. Use this for overactive bladder condition or symptoms of urgency, frequency and urge incontinence.

It can be applied close to the pelvic floor and bladder with the vaginal probe. It can also be effectively applied with ankle electrodes. These stimulate the tibial nerve which also helps calm the bladder.

You will feel the current in cycles of 10 seconds with 5 second rests. You do not need to feel the muscles contracting.

Use once a day for the first 6 weeks, after which you can increase to twice a day if comfortable.

P10 - Stress Incontinence 1 is a muscle exercise programme. Phase 1 10 mins of continuous low frequency current improves awareness of the muscle position, blood flow, nerve sensitivity. Relax in this phase. Phase 2 20 mins medium frequency current to stimulate the fast and slow pelvic floor muscle fibres by contracting for 5 seconds then relaxing for 5 seconds in cycles.

P11 - Stress Incontinence 2 is a muscle exercise programme similar to P10. Both phases actively exercise the muscles by contracting for 5 seconds then relaxing for 5 seconds in cycles.

Urge and Frequency and/or Stress Incontinence, Nocturia

P12 - Mixed Incontinence is a neuromodulation programme for application with 4 skin electrode pads.

P13 - Functional Continence Training is a muscle exercise programme for application with 4 skin electrode pads. It requires you to stand, sit and walk while running the programme. See the Technical Instructions for Use (IFUS) for indepth instructions for this programme.

Post Natal Incontinence/Prolapse/Hysterectomy

P14 - Postnatal / Post Surgical Care 1 is a gentle start pelvic floor muscle exercise programme for muscles that are vulnerable, for example after a birth, gynaecological surgery or when coping with the pressure of prolapse.

A vaginal probe can be used 12 weeks after birth or surgery.

Phase 1 20 mins of continuous low frequency current improves awareness of the muscle position, blood flow, nerve sensitivity. Relax in this phase

Phase 2 15 mins high frequency current to stimulate the pelvic floor muscle fibres by contracting for 6 seconds then relaxing for 18 seconds in cycles (1:3). This pattern prevents fatigue.

P15 - Postnatal / Post Surgical Care 2 is also a gentle start pelvic floor muscle exercise programme for muscles that are vulnerable, for example after a birth, gynaecological surgery or when coping with the pressure of prolapse.

It is very similar to P14. In the second phase slightly longer muscle contraction time (8 seconds) with a similar 1:3 rest cycle to reduce muscle fatigue.

Bowel Incontinence

P16 - Bowel (Faecal) Incontinence 1 is a muscle exercise programme.

If you have weak posterior muscles or anal sphincter this programme can be applied using a vaginal probe or anal probe.

You will feel repeated short muscle contraction cycles (5 seconds contract, 5 seconds relax) in 2 phases of different frequency current

This programme can be tiring for the muscles, you might start with one phase only to begin.

P17 - Bowel (Faecal) Incontinence 2 is a muscle exercise programme.

If you have weak posterior muscles or anal sphincter this programme can be applied using a vaginal probe or anal probe.

This programme is similar to P16 with current at a higher frequency. Similar short contraction cycles (5 seconds contract, 5 seconds relax) in one phase of 40 minutes.

Pain Relief

P18 - Chronic Pain Relief is a nerve-calming neuromodulation programme to calm oversensitive nerves.

This programme is a high frequency current (known as high frequency TENS) in a cycle pattern (5 seconds current flow, 15 seconds rest), for use with one or 2 pairs of skin electrode pads. This programme will be helpful for chronic pain problems such as back pain, period pain, pelvic pain and vulvodynia.

P19 - Pelvic Floor Circulation is a nerve-calming neuromodulation programme to calm oversensitive nerves. This programme is a low frequency continuous current (known as low frequency acupuncture-like TENS).

This programme will be helpful for muscle cramps or tight pelvic muscles.

Use this programme with a vaginal probe or skin electrode pads.

P20 - Pelvic Floor Relaxation is a nerve-calming neuromodulation programme to calm oversensitive nerves using an internal probe.

This short programme has 2 phases of low frequency continuous current. Phase 1: 10 mins of current in cycles (3 seconds current flow, 7 seconds no current flow). You can concentrate on fully relaxing any tension in your pelvic floor muscles in cycle with the current. Phase 2: similar to P19, 10 mins continuous low frequency current.

How to Create a Custom Program

Many women find that the pre-set programmes built into the Kegel8® Ultra 20 are ideal for treating their pelvic floor problems; however, in some situations, a medical professional may advise using a different type of programme. The Kegel8 Ultra 20 has a custom programme feature that allows doctors/clinicians to create up to 3 programmes designed specifically for you. For details about how a custom programme is created, refer to the Technical Instructions for Use (IFUS) that came with your device.

Tailored Condition Guides

Address Your Specific Issue(s)



The following 9 condition guides were written by Amanda Savage, a specialist physiotherapist.

Amanda is a member of the Professional Network of Pelvic Obstetric & Gynaecological Physiotherapy and a graduate of the University of Cambridge.

These guides combine several of the pre-set Kegel8® Ultra 20 programmes into structured routines for addressing specific problems. You can think of them as targeted therapy once you're familiar with using your device.

Use the following table to easily navigate to the conditioning guide that best fits your issue.

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List of Condition Guides

1. More Effective Pelvic Floor Exercises
2. Bladder Weakness and Stress Incontinence
3. Uncontrollable Gas/Wind and Bowel Control
4. Menopause, Perimenopause and Postmenopause
5. Pelvic Organ Prolapse
6. Pelvic Pain
7. Postpartum Recovery
8. Vaginal Looseness and Lack of Sensation
9. Rehabilitation After Gynecological Surgery



1. More Effective Pelvic Floor Exercises

Many women practice pelvic floor kegel exercises to improve bladder or bowel control and pelvic support. If they've found these exercises difficult to perform, the use of a STIM machine like the Kegel8® Ultra 20 helps with attaining results easier and faster.

STIM machines are ideal for people who really don't know where their muscles are or how to activate them. They're also good for very weak muscles that can only contract a few times before they fatigue. STIM devices are also useful for people who find that they get easily distracted when doing traditional kegel exercises; using a stimulation device makes it easier to concentrate.

These are some of the primary benefits of using a STIM device to assist with kegel exercises:

- Sensations created by the electrical impulses help your brain to correctly identify the location of your pelvic floor muscles.
- A STIM device will stimulate the muscles to work (contract). It's possible to change the settings to favour different types of muscle fibre, and to do exercises in different ways, for example, longer or shorter muscle holds.
- You can practise contracting your muscles along with the machine to prepare for “real life” scenarios where you won't have access to the device.
- The machine can help you to “hold” a muscle contraction while you concentrate on learning to breathe at the same time. You can practice using pre-set programmes or set up a custom programme of your own.
- You can use the skills you learn when working with the machine to improve your pelvic floor practise when exercising without the machine.



Preparation

IMPORTANT: Before proceeding with this condition exercise, make certain to run built-in programmes P01 and P02. These are sensitivity tests to help you determine if it's safe for you to move forward with the following exercise. (see page 17 - 18).

Prog. No.	Screen Codes	Programme Name	Time (mins)	Page
P01	RCV1	Sensation Test 1	30	17
P02	RCV2	Sensation Test 2	60	18

If during the test you notice a problem with sensation, do not proceed. Instead, arrange a visit with your doctor or physiotherapist.

- If no problem, proceed to week 1.
- If worried that there is a problem with sensation, arrange an appointment with your GP or a specialist physiotherapist

First Month 1 2 3 4

Goal: “Find and Feel” your pelvic floor muscles

1 2 3 4 Week 1: Use P03

P03 features long recovery rests between muscle contractions.

Phase 1: 15 minutes low frequency

Phase 2: 30 minutes higher frequency

- Allow the sensations to come and go in cycles of stimulation and rest periods. Aim to learn where your pelvic floor muscles are.
- Get used to finding a comfortable mA setting.
- Use only alternate days as you get used to the probe.

1 2 3 4 Week 2: Use P03

If week 1 has been comfortable, use your stimulation device daily for 6 days, then have a rest day.

Take an extra “rest” day if at all uncomfortable or experiencing any type of irritation.

If your internal tissues are tender or easily irritated, continue an alternate day pattern.

1 2 3 4 Week 3 - 4: Use P04

Features longer muscle contraction times (8 seconds) with a similar long rest time in each cycle. Four phases to change between stimulation frequencies more often.

Now help your brain to copy the machine work by intermittently “joining in” with some of the stimulation cycles.

Try to work your pelvic floor muscles with your mind, drawing in and up when you feel the stimulation. Don't worry if you can only join in for the first few seconds. Let the machine do the rest of the work.

Notice your breathing - make sure that you ARE breathing even when you are contracting your muscles.

Second Month: 1 2 3 4

Goal: Improve your muscle (and brain!) skills

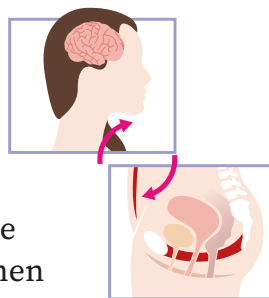
1 2 3 4 Week 1 - 4: Use P10

This is a shorter overall programme, but it's time to work yourself a little harder in phase 2 by joining in with the machine more and having shorter rests between contractions.

Phase 1: 10 minutes of continuous low-frequency current improves awareness of the muscle position, blood flow, nerve sensitivity. Relax in this phase - relaxing muscles completely is also a skill we need (to urinate, empty the bowels and for enjoyable sex).

Phase 2: 20 minutes medium frequency current to stimulate the fast and slow pelvic floor muscle fibres by contracting for 5 seconds then relaxing for 5 seconds in cycles.

- Help your brain to learn what to do: Join in with some of these contractions, trying to contract for the entire 5 seconds. Join in for 1 minute, then let the machine do the work for 1 minute or count joining in for 6 cycles, then letting the machine do 6 cycles.
- Increase the number of exercise sessions in a week: Use 6 days out of 7 (or alternate days if your internal tissues are sensitive).
- Change the positions in which you practise. You could do one session lying, one session sitting, and if you have no problem retaining the probe, one session standing (but stand STILL - don't try walking about!)



Third month 1 2 3 4

Goal: Develop more pelvic floor skills

1 2 3 4 Week 1 - 4: Use P11

This month join in with some of the contractions in both phases (these are fairly short cycles now, 5 seconds contract, 5 seconds rest).

Phase 1: 10 minutes.

Phase 2: 20 minutes., sitting and standing). Especially standing now as this is where life takes place!

Try some more advanced skills: change your focus through the practise session:

- When you join in with the contractions, focus your attention on the back area of the pelvic floor (as if stopping wind.)
- Then try to use all of the muscle, the back area, the front around the bladder tube and even the side walls!
- Aim to hold your muscles with your mind as well as with the machine for the entire contraction part of the cycle. Make sure you are not fading before the contraction is over.

Remember to exercise in different positions (lying, sitting and standing). Especially standing now as this is where life takes place!

Or: work with P04 again

- Longer muscle contractions and rests (8 seconds each). Practise these other more advanced skills:
- Try to hold 2 seconds longer than the machine contraction.
- Be extra aware of completely relaxing in the rest part of the cycle.
- Are you breathing all through the cycle?
- During the contractions - could you move your arms (try some biceps curls, or backstroke) and hold your muscles at the same time and breathe?!
- Remember to exercise in different positions (lying, sitting and standing). Especially standing now as this is where life takes place!

Symptom review

Maintenance or seek more help?

How are you getting on? Compare how you feel now to how you felt in Week 1.

Are some problems and worries gone?

What's still bothering you?

Not making the progress you hoped? Reach out to one of our advisors by visiting our website:

www.kegel8.co.uk/contactus

Doing well - fantastic - move on to the Maintenance programme!

Maintenance ↻

Maintain your results!

Use P05: Weekly maintenance.

A mix of frequencies to maintain fast and slow twitch muscle fibres.

Phase 1: 15 minutes.

Phase 2: 30 minutes.

Remember to join in with some of the contractions to keep your brain well connected to the pelvic floor muscle work!



2. Bladder Weakness and Stress Incontinence

Stress incontinence is leakage that occurs when the bladder is under pressure or high impact, such as when you cough, sneeze, laugh or jump. Exercising with a STIM device makes the pelvic floor muscle fibres repeatedly contract and release to encourage them to grow and have a better blood and nerve supply. Like traditional kegel exercises, machine-assisted exercises need to target both quick and slow muscle fibres.

If you have symptoms such as the urgent and frequent need to urinate or experience leakage before you can make it to the toilet, you may also need to strengthen and tone your pelvic floor muscles. In this case, start by following the same routine as those with purely stress incontinence worries.

If your bladder feels predominantly “jumpy” or “irritable”, you can also use your stimulation machine to “calm” the nerves to the bladder muscle. There is an extra programme to use for this, which you could introduce at week 4 once you have established your muscle training routine.

- Sensations created by the electrical impulses help your brain to correctly identify the location of your pelvic floor muscles.
- A STIM device will stimulate the muscles to work (contract). It's possible to change the settings to favour different types of muscle fibre, and to do exercises in different ways, for example, longer or shorter muscle holds.
- You can practise contracting your muscles along with the machine to prepare for “real life” scenarios where you won't have access to the device.
- The machine can help you to “hold” a muscle contraction while you concentrate on learning to breathe and move at the same time.
- You can practise using pre-set programmes or set up a custom programme of your own.
- You can use the skills you learn when working with the machine to improve your pelvic floor practise when exercising without the machine.

Preparation

IMPORTANT: Before proceeding with this condition exercise, make certain to run built-in programmes P01 and P02. These are sensitivity tests to help you determine if it's safe for you to move forward with the following exercise. (see page 17 - 18).

Prog. No.	Screen Codes	Programme Name	Time (mins)	Page
P01	RCV1	Sensation Test 1	30	17
P02	RCV2	Sensation Test 2	60	18

If during the test you notice a problem with sensation, do not proceed. Instead, arrange a visit with your doctor or physiotherapist. PO1 SENSITIVITY TEST. See details in Technical Instructions for Use (IFUS).

- If no problem, proceed to week 1.
- If worried that there is a problem with sensation, arrange an appointment with your GP or a specialist physiotherapist

First Month 1 2 3 4

Goal: “Find and Feel” your pelvic floor muscles

1 2 3 4 Week 1: Use P03

P03 features long recovery rests between muscle contractions.

Phase 1: 15 minutes low frequency

Phase 2: 30 minutes higher frequency

- Allow the sensations to come and go in cycles of stimulation and rest periods. Aim to learn where your pelvic floor muscles are.
- Get used to finding a comfortable mA setting.
- Use only alternate days as you get used to the probe.

1 2 3 4 Week 2: Use P03

- If week 1 has been comfortable, use your stimulation device daily for 6 days, then have a rest day.
- Take an extra “rest” day if at all uncomfortable or experiencing any type of irritation.
- If your internal tissues are tender or easily irritated, continue an alternate day pattern.

1 2 3 4 Week 3 - 4: Use P04

Features longer muscle contraction times (8 seconds) with a similar long rest time in each cycle. Four phases to change between stimulation frequencies more often.

- Now help your brain to copy the machine work by intermittently “joining in” with some of the stimulation cycles.
- Try to work your pelvic floor muscles with your mind, drawing in and up when you feel the stimulation. Don't worry if you can only join in for the first few seconds. Let the machine do the rest of the work.



Week 4: Check in

1 2 3 4 If Urgency, frequency and urge incontinence persisting at week 4 add a neuromodulation programme for alternating sessions.

PO9 is a low frequency (10Hz) long stimulation [10 sec] / short rest [5 sec] programme that runs for 20 minutes. Treatment options:

Vaginal probe only • A pair of ankle electrodes on one ankle (single channel) • One or two pairs of electrodes over sacrum (using two channels)

You do not need to join in with these contractions. Relax, let the sensations flow.

Second Month 1 2 3 4

Goal: Improve your muscle (and brain!) skills

1 2 3 4 Week 1 - 4: Use P10

This is a shorter overall programme, but it's time to work yourself a little harder in phase 2 by joining in with the machine more and having shorter rests between contractions.

Phase 1:

10 minutes of continuous low-frequency current improves awareness of the muscle position, blood flow, nerve sensitivity. Relax in this phase.

Phase 2:

20 minutes of medium frequency current to stimulate the fast and slow pelvic floor muscle fibres by contracting for 5 seconds then relaxing for 5 seconds in cycles.

- Join in with some of these contractions, trying to contract for the full 5 seconds.
- Join in for 1 minute, then let the machine do the work for 1 minute or count joining in for 6 cycles, then letting the machine do 6 cycles.
- Use 6 days out of 7 (or alternate days if your internal tissues are sensitive)

Third month

Goal: Develop more pelvic floor skills

Week 1 - 4: Use P11

This month join in with some of the contractions in both phases.

Phase 1:

10 minutes—Focus on the back area of the pelvic floor (as if stopping wind).

Phase 2:

20 minutes—When you join in try to use ALL of the muscle, the back area, the front around the bladder tube and even the side walls!



Week 4: Check in

1 2 3 4 If Urgency, frequency and urge incontinence persisting: Continue PO9 alternating sessions.

Symptom review

1 2 3 4 Maintenance or seek more help?

How are you getting on? Compare how you feel now to how you felt in Week 1.

Are some problems and worries gone?

What's still bothering you?

Do you need to focus another month on strength exercises or more time with the programme that calms the bladder?

Not making the progress you hoped? Reach out to one of our advisors by visiting our website:

www.kegel8.co.uk/contactus

Doing well - fantastic - move on to the Maintenance programme!

Maintenance

Maintain your results!

Use P05: Weekly maintenance.

A mix of frequencies to maintain fast and slow twitch muscle fibres.

Phase 1: 15 minutes.

Phase 2: 30 minutes.

Are you working on good bladder habits and doing your pelvic floor exercises without the machine too?

Remember to join in with some of the contractions to keep your brain well connected to the pelvic floor muscle work!



3. Uncontrollable Gas/Wind and Bowel Control

The anal sphincter muscle is positioned right in the middle of the collective muscles that make up the pelvic floor. If you have symptoms of uncontrollable gas, wind, bowel urgency or frequency (needing to go more than you used to), and faecal incontinence (having an accident before you reach the toilet) you will benefit from exercises that strengthen your pelvic floor muscles.

A STIM machine like the Kegel8® Ultra 20 can be used to help you gain more control. To gain greater strength, you can stimulate the pelvic floor muscles using an electrode inside the vagina (this reaches very close to the anal area as well as all the other muscles) or you can use an electrode designed to go inside the anal canal if you want to target the anal sphincter itself more intensely.

Preparation

IMPORTANT: Before proceeding with this condition exercise, make certain to run built-in programmes P01 and P02. These are sensitivity tests to help you determine if it's safe for you to move forward with the following exercise. (see page 17 - 18).

Prog. No.	Screen Codes	Programme Name	Time (mins)	Page
P01	RCV1	Sensation Test 1	30	17
P02	RCV2	Sensation Test 2	60	18

If during the test you notice a problem with sensation, do not proceed. Instead, arrange a visit with your doctor or physiotherapist.

- If no problem, proceed to week 1.
- If worried that there is a problem with sensation, arrange an appointment with your GP or a specialist physiotherapist

First Month 1 2 3 4

Goal: “Find and Feel” your pelvic floor muscles

1 2 3 4 Week 1: Use P03

P03 features long recovery rests between muscle contractions.

Phase 1: 15 minutes low frequency

Phase 2: 30 minutes higher frequency

Allow the sensations to come and go in cycles of stimulation and rest periods. Aim to learn where your pelvic floor muscles are.

- Get used to finding a comfortable mA setting.
- Use only alternate days as you get used to the probe.

1 2 3 4 Week 2: Use P03

If week 1 has been comfortable, use your stimulation device daily for 6 days, then have a rest day.

- Take an extra “rest” day if at all uncomfortable or experiencing any type of irritation.
- If your internal tissues are tender or easily irritated, continue an alternate day pattern.

1 2 3 4 Week 3 - 4: Use P04

Features longer muscle contraction times (8 seconds) with a similar long rest time in each cycle. Four phases to change between stimulation frequencies more often.

- Now help your brain to copy the machine work by intermittently “joining in” with some of the stimulation cycles.
- Try to work your pelvic floor muscles with your mind, drawing in and up when you feel the stimulation. Don’t worry if you can only join in for the first few seconds. Let the machine do the rest of the work.
- Then focus your attention more on the back area of the pelvic floor (as if stopping wind).
- Don’t worry if you can only join in for the first few seconds. Let the machine do the rest of the work.

Second Month ① ② ③ ④

Goal: Improve your muscle (and brain!) skills

① ② ③ ④ Week 1 - 4: Use P15 (BOWL1)

This is a long programme in 2 phases - you may feel Phase 1 is enough exercise for you initially.

Phase 1: 20 minutes of medium frequency current to stimulate the fast and slow pelvic floor muscle fibres by contracting for 5 seconds then relaxing for 5 seconds in cycles.

Phase 2: 30 minutes of slightly higher frequency current.

- Join in with some of these contractions, trying to contract for the full 5 seconds.
- Join in for 1 minute, then let the machine do the work for 1 minute, or count joining in for 6 cycles, then letting the machine do 6 cycles.
- Switch between focusing your attention on the back part of the pelvic floor and then using the entire pelvic floor (front, back and sides).
- Use 6 days out of 7 (or alternate days if your internal tissues are sensitive).

Third month 1 2 3 4

Goal: Develop more pelvic floor skills

1 2 3 4 Week 1 - 4: Use P17

40 minutes of medium frequency current to stimulate the fast and slow pelvic floor muscle fibres by contracting for 5 seconds then relaxing for 5 seconds in cycles.

- Sometimes focus on the back area of the pelvic floor (as if stopping wind)
- Then focus on using ALL of the muscle; the back area, the front around the bladder tube and even the side walls!

Symptom review

Maintenance or seek more help?

- How are you getting on? Compare how you feel now to how you felt in Week 1.
- Are some problems and worries gone? What's still bothering you?
- Do you need to focus another month on strength exercises or more time with a programme that calm the bowel nerves?

As with bladder weakness and incontinence, patients can use the neuromodulation programme PO9 (via vaginal or anal probe and/or surface electrode configurations)

Not making the progress you hoped? Reach out to one of our advisors by visiting our website:

www.kegel8.co.uk/contactus

Doing well - fantastic - move on to the Maintenance programme!



Maintenance

Maintain your results!

Use P05: Weekly maintenance.

A mix of frequencies to maintain fast and slow twitch muscle fibres.

Phase 1: 15 minutes.

Phase 2: 30 minutes.

- Are you working on good bowel habits and doing your pelvic floor exercises without the machine too?
- Remember to join in with some of the contractions to keep your brain well connected to the pelvic floor muscle work!



4. Menopause, Perimenopause and Postmenopause

Menopause is a stage in a woman's life where she ceases to menstruate. Perimenopause is a 5-10 year phase prior to menopause, where women experience the gradual decline of oestrogen. As you move through these stages of life, you may notice symptoms that suggest your pelvic floor muscles need some attention. This could be bladder or bowel control issues, feeling “unsupported” in the vagina, or a change in your enjoyment of sex.

A STIM device can be used to improve your pelvic floor tissues' health and strength so that you are less inclined to experience problems associated with a weakened pelvic floor. Common issues that can accompany menopause and perimenopause are:

Stress Incontinence - the leakage women experience when the bladder is under pressure or high impact - like when you cough, sneeze, laugh or jump. Exercising to strengthen and tone the pelvic floor muscles helps improve closure of the bladder tube to prevent leakage.

Pelvic Organ Prolapse - the movement of internal organs downwards in the pelvis. Exercising to strengthen & tone the pelvic floor muscles helps improve the support shelf for your organs and increases your core muscle strength to help with lifting and carrying activities.

Urgency and Frequency of Urination - when you don't feel you can get to the toilet in time or when you feel the need to use the toilet more frequently. Exercising the pelvic floor muscles will improve bladder control.

Sexual Sensation - exercising to strengthen and tone the pelvic floor helps improve the movement you can create and feel during sex. You can also use a STIM device to help you learn to relax as well as to increase blood flow to the vaginal tissues for increased sensation.

Take a moment to consider which symptoms you have developed or worry you, then follow the programme below to help with those symptoms.

Preparation

IMPORTANT: Before proceeding with this condition exercise, make certain to run built-in programmes P01 and P02. These are sensitivity tests to help you determine if it's safe for you to move forward with the following exercise. (see page 17 - 18).

Prog. No.	Screen Codes	Programme Name	Time (mins)	Page
P01	RCV1	Sensation Test 1	30	17
P02	RCV2	Sensation Test 2	60	18

If during the test you notice a problem with sensation, do not proceed. Instead, arrange a visit with your doctor or physiotherapist.

- If no problem, proceed to week 1.
- If worried that there is a problem with sensation, arrange an appointment with your GP or a specialist physiotherapist

First Month 1 2 3 4

Goal: “Find and Feel” your pelvic floor muscles

1 2 3 4 Week 1: Use P03

P03 features long recovery rests between muscle contractions.

Phase 1: 15 minutes low frequency

Phase 2: 30 minutes higher frequency

Allow the sensations to come and go in cycles of stimulation and rest periods. Aim to learn where your pelvic floor muscles are.

- Get used to finding a comfortable mA setting.
- Use only alternate days as you get used to the probe.

1 2 3 4 Week 2: Use P03

If week 1 has been comfortable, use your stimulation device daily for 6 days, then have a rest day.

- Take an extra “rest” day if at all uncomfortable or experiencing any type of irritation.
- If your internal tissues are tender or easily irritated, continue an alternate day pattern.

1 2 3 4 Week 3 - 4: Use P04

Features longer muscle contraction times (8 seconds) with a similar long rest time in each cycle. Four phases to change between stimulation frequencies more often.

- Now help your brain to copy the machine work by intermittently “joining in” with some of the stimulation cycles.
- Try to work your pelvic floor muscles with your mind, drawing in and up when you feel the stimulation.
- Don't worry if you can only join in for the first few seconds. Let the machine do the rest of the work.

Second Month 1 2 3 4

Goal: Improve your muscle (and brain!) skills

1 2 3 4 Week 1 - 4: Use P10

This is a shorter overall programme, but it's time to work yourself a little harder in phase 2 by joining in with the machine more and having shorter rests between contractions.

Phase 1: 10 minutes of continuous low-frequency current improves awareness of the muscle position, blood flow, nerve sensitivity. Relax in this phase.

Phase 2: 20 minutes of medium frequency current to stimulate the fast and slow pelvic floor muscle fibres by contracting for 5 seconds then relaxing for 5 seconds in cycles.

- Join in with some of these contractions, trying to contract for the full 5 seconds.
- Join in for 1 minute, then let the machine do the work for 1 minute or count joining in for 6 cycles, then letting the machine do 6 cycles.
- Use 6 days out of 7 (or alternate days if your internal tissues are sensitive)



Week 4: Check in

1 2 3 4 If Urgency, frequency and urge incontinence persisting: Continue PO9 alternating sessions.

P09 is a low frequency (10Hz) long stimulation 10s/ short rest 5s programme which runs for 20 minutes. Use the probe or ankle electrode pads for best results. You do not need to join in with these contractions. Relax, let the sensations flow

Third month 1 2 3 4

Goal: Develop more pelvic floor skills

1 2 3 4 Week 1 - 4: Use P11

This month join in with some of the contractions in both phases.

Phase 1:

10 minutes—Focus on the back area of the pelvic floor (as if stopping wind).

Phase 2:

20 minutes—When you join in try to use ALL of the muscle, the back area, the front around the bladder tube and even the side walls!

Symptom review

Maintenance or seek more help?

- How are you getting on? Compare how you feel now to how you felt in Week 1.
- Are some problems and worries gone? What's still bothering you?
- Do you need to focus another month on strength exercises or more time with the programme that calms the bladder?
- Are you working on good bladder habits and doing your pelvic floor exercises without the STIM device too?
- Are you thinking about improving your overall fitness and participation in both strength and cardiovascular exercise?
- Are you eating well to nourish your changing body?

Not making the progress you hoped? Reach out to one of our advisors by visiting our website:

www.kegel8.co.uk/contactus

Doing well - fantastic - move on to the Maintenance programme!

Maintenance

Maintain your results!

Use P05: Weekly maintenance.

A mix of frequencies to maintain fast and slow twitch muscle fibres.

Phase 1: 15 minutes.

Phase 2: 30 minutes.

- Are you working on good bladder habits and doing your pelvic floor exercises without the machine too?
- Remember to join in with some of the contractions to keep your brain well connected to the pelvic floor muscle work!

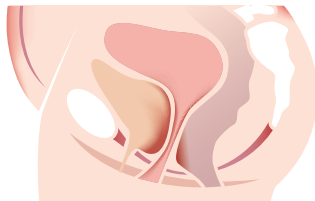
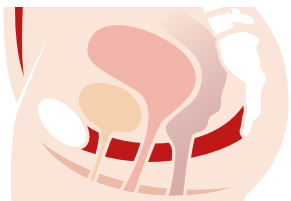


5. Pelvic Organ Prolapse

Pelvic Organ Prolapse causes discomfort in the vagina or pelvis and can affect bladder control or bladder or bowel emptying.

Doing regular pelvic floor exercise sessions several times a day will build up your muscle tone to make a thicker support shelf for the organs to rest on. The muscles need to be good at holding without tiring and need to be able to react quickly to give extra support when you are lifting and carrying things.

Improving your pelvic floor muscle strength and endurance also helps bladder and bowel control. Learning to release the muscles completely also helps with bladder and bowel emptying.



Preparation

IMPORTANT: Before proceeding with this condition exercise, make certain to run built-in programmes P01 and P02. These are sensitivity tests to help you determine if it's safe for you to move forward with the following exercise. (see page 17 - 18).

Prog. No.	Screen Codes	Programme Name	Time (mins)	Page
P01	RCV1	Sensation Test 1	30	17
P02	RCV2	Sensation Test 2	60	18

If during the test you notice a problem with sensation, do not proceed. Instead, arrange a visit with your doctor or physiotherapist.

- If no problem, proceed to week 1.
- If worried that there is a problem with sensation, arrange an appointment with your GP or a specialist physiotherapist

First Month 1 2 3 4

Goal: “Find and Feel” your pelvic floor muscles

1 2 3 4 Week 1: Use P03

P03 features long recovery rests between muscle contractions.

Phase 1: 15 minutes low frequency

Phase 2: 30 minutes higher frequency

- Allow the sensations to come and go in cycles of stimulation and rest periods. Aim to learn where your pelvic floor muscles are.
- Get used to finding a comfortable mA setting.
- Use only alternate days as you get used to the probe.

1 2 3 4 Week 2: Use P03

If week 1 has been comfortable, use your stimulation device daily for 6 days, then have a rest day.

Take an extra “rest” day if at all uncomfortable or experiencing any type of irritation.

If your internal tissues are tender or easily irritated, continue an alternate day pattern.

1 2 3 4 Week 3 - 4: Use P04

Features longer muscle contraction times (8 seconds) with a similar long rest time in each cycle. Four phases to change between stimulation frequencies more often.

- Now help your brain to copy the machine work by intermittently “joining in” with some of the stimulation cycles.
- Try to work your pelvic floor muscles with your mind, drawing in and up when you feel the stimulation.
- Then focus your attention more on the back area of the pelvic floor (as if stopping wind).
- Don’t worry if you can only join in for the first few seconds. Let the machine do the rest of the work.

Second Month 1 2 3 4

Goal: Improve your muscle (and brain!) skills

1 2 3 4 Week 1 - 4: Use P10

This is a shorter overall programme, but it's time to work yourself a little harder in phase 2 by joining in with the machine more and having shorter rests between contractions.

Phase 1:

10 minutes of continuous low-frequency current improves awareness of the muscle position, blood flow, nerve sensitivity. Relax in this phase.

Phase 2:

20 minutes of medium frequency current to stimulate the fast and slow pelvic floor muscle fibres by contracting for 5 seconds then relaxing for 5 seconds in cycles.

- Join in with some of these contractions, trying to contract for the full 5 seconds.
- Join in for 1 minute, then let the machine do the work for 1 minute or count joining in for 6 cycles, then letting the machine do 6 cycles.
- Use 6 days out of 7 (or alternate days if your internal tissues are sensitive)

Third month ① ② ③ ④

Goal: Develop more pelvic floor skills

① ② ③ ④ Week 1 - 4: Use P11

This month join in with some of the contractions in both phases.

Phase 1:

10 minutes—Focus on the back area of the pelvic floor (as if stopping wind).

Phase 2:

20 minutes—When you join in try to use ALL of the muscle, the back area, the front around the bladder tube and even the side walls!

Symptom review

Maintenance or seek more help?

How are you getting on? Compare how you feel now to how you felt in Week 1. Are some problems and worries gone? What's still bothering you?

Are you working on good bladder & bowel habits, paying attention to your lifting and carrying techniques and doing your pelvic floor exercises without the machine too?

Not making the progress you hoped? Reach one of our advisors by visiting our website

www.kegel8.co.uk/contactus.

Doing well - fantastic - move on to the maintenance programme!

Maintenance

Maintain your results!

Use P05: Weekly maintenance.

A mix of frequencies to maintain fast and slow twitch muscle fibres.

Phase 1: 15 minutes.

Phase 2: 30 minutes.

- Are you working on good bladder habits and doing your pelvic floor exercises without the machine too?
- Remember to join in with some of the contractions to keep your brain well connected to the pelvic floor muscle work!



6. Pelvic Pain

If you're suffering from pelvic pain or anal or vaginal discomfort (including tightness and endometriosis), using a STIM device like the Kegel8® Ultra 20 can bring you relief. Vagina walls are layered with the pelvic floor muscles at the base and the sides.

These muscles need to have good tone and firmness to make the space feel supported. They need to be able to contract strongly for bladder and bowel control when needed. However, the muscles only need to work just “enough” in everyday life to be part of our supportive posture. They do not need to “grip”, or we can get a cramp or spasm.

Like with shoulders, backs, and hamstrings, there must be a balance between useful muscle work and “overwork”. Muscles that work too much without being rested and stretched can become short or “tight”. We now also understand that the pelvic floor muscles must be able to “switch off”, stretch out and relax fully, both spontaneously and on command. Muscles that can’t switch off tire easily and, as a result, offer poor bladder control.

Muscles that are overworked can also become painful as well as make the pelvic organs feel compressed. This pain can be localized to just the vagina or sometimes felt in the surrounding abdomen and other parts of the pelvis. Pelvic floor muscles need to be able to properly relax to be able to fully empty the bladder and bowel and for sex to be comfortable.



A STIM machine can be used with different settings to achieve different goals. You can use a programme to practise awareness of both contracting and relaxing the pelvic floor muscles. Stimulation can also be used to activate helpful chemical reactions in the brain, which help to reduce pain.

Preparation

IMPORTANT: Before proceeding with this condition exercise, make certain to run built-in programmes P01 and P02. These are sensitivity tests to help you determine if it's safe for you to move forward with the following exercise. (see page 17 - 18).

Prog. No.	Screen Codes	Programme Name	Time (mins)	Page
P01	RCV1	Sensation Test 1	30	17
P02	RCV2	Sensation Test 2	60	18

If during the test you notice a problem with sensation, do not proceed. Instead, arrange a visit with your doctor or physiotherapist.

- If no problem, proceed to week 1.
- If worried that there is a problem with sensation, arrange an appointment with your GP or a specialist physiotherapist

Relaxation

Goal: To relax your pelvic floor muscles and bring blood flow to the area.

Use P20: with vaginal probe

20 minutes of low-frequency current, in two 10 minute phases, improves awareness of the muscle position, blood flow to the tissues, and nerve sensitivity. Lie down, and relax as the low-frequency stimulation brings blood flow to the area.

Phase 1

Sensations will come and go in short 3 second cycles with 7 second rest periods. Take time to notice the sensations sent to your brain from this area. You may find that you get “used” to the sensations after 5-10 minutes and can turn the mA up a little higher. Aim for a strong but comfortable sensation.

Phase 2

Sensations will be continuous. Start to notice all of your body, try to relax your shoulders, legs and back muscles too. 20 minutes is a good time to boost blood flow while you switch “off” your body tension. It will be difficult at first! You might consider combining this pelvic floor programme with a mediation or mindfulness practise (before or after) if you know that relaxing is something you need to “learn” to do

Use P19: with vaginal probe or surface electrodes

60 minutes of continuous low-frequency current if you want to relax for longer without a change of phase.

Pain Relief

Goal: for pain relief

P18: Use with surface electrodes.

This is the same setting as you'd find on a transcutaneous electrical nerve stimulation (TENS) machine, a device similar to STIM, which is frequently used as an alternative to medication. This helps relieve the type of pain often associated with periods, vulvodynia, and general pain in the pelvic area. The high frequency electrical current diminishes your awareness of sensations coming from other places in your body. This stimulation programme is applied to the skin surface using the electrode pads on your back.

P19: with vaginal probe or surface electrodes

This programme has a similar effect and purpose but uses a different physiological effect to P18, (termed acupuncture-like TENS) The LOW frequency electrical current stimulates the release of pain-relieving chemicals from your brain. It can be applied with

skin electrodes or the internal vaginal electrode if this feels right for you. A continuous low-frequency current improves awareness of the muscle position, blood flow, and nerve sensitivity. Relax completely for up to 60 minutes.

P20 Use with the vaginal probe.

This programme has 2 phases. It can help to relieve the pain caused by overworking your muscles, especially if you feel you want to turn them off. This type of pain often feels like a burning or sharp sensation.

Phase 1

10 minutes of work/rest pattern to help you learn better when you are contracting your muscles and to notice when they are relaxing. Be mindful of the sensations and try to work with the machine to practise both skills.

Phase 2

10 minutes of continuous low-frequency current improves awareness of the muscle position, blood flow, and nerve sensitivity. Relax completely.

Awareness

Goal: Exercise to find and feel the pelvic floor muscles.

Week 1: Use P06

This 20-minute muscle exercise programme features long recovery rests between muscle contractions.

- Allow the sensations to come and go in cycles of stimulation and rest periods. Aim to learn where your pelvic floor muscles are.
- Get used to finding a comfortable mA setting.
- Use only alternate days as you get used to the probe.

Week 2: Use P06

If week 1 has been comfortable, use your stimulation device daily for 6 days, then have a rest day.

- Take an extra “rest” day if at all uncomfortable or irritable internally.
- If your internal tissues are tender or easily irritated, continue an alternate day pattern

Week 3 + 4: Use P10

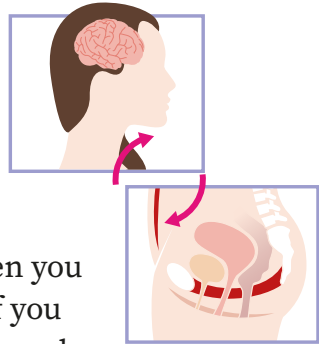
Phase 1

10 minutes of continuous low-frequency current improves awareness of the muscle position, blood flow, nerve sensitivity. Relax in this phase.

Phase 2

20 minutes at medium frequency current to stimulate the fast and slow pelvic floor muscle fibres by contracting for 5 seconds then relaxing for 5 seconds in cycles.

Help your brain to copy the machine work by intermittently “joining in” with some of the stimulation cycles. Try to work your pelvic floor muscles with your mind, drawing in and up when you feel the stimulation. Don’t worry if you can only join in for the first few seconds. Let the machine do the rest of the work.



- Try to relax completely for the full 5 seconds between the contractions.
- Take breaks whenever you feel tired and allow the machine to do all the work for a few minutes while you allow yourself to feel the sensations.
- If these contractions feel too “quick”, stay a week or so longer with PO6.
- Use 6 days out of 7 (or alternate days if your internal tissues are sensitive).

Second Month 1 2 3 4

1 2 3 4 Week 1 - 4: Use P11

This month join in with some of the contractions in both phases. Still paying lots of attention to relaxing fully between each contraction.

Phase 1

10 minutes—focus on the back area of the pelvic floor (as if stopping wind).

Phase 2

20 minutes—when you join in try to use ALL of the muscle, the back area, the front around the bladder tube and even the side walls!

Then use P19

Finish your sessions with 10-20 minutes relaxing with the circulation programme.

Symptom review

Maintenance or seek more help?

How are you getting on? Compare how you feel now to how you felt in Week 1. Are some problems and worries gone? What's still bothering you?

Not making the progress you hoped? Reach out to one of our advisors by visiting our website

www.kegel8.co.uk/contactus.

Doing well - fantastic - move on to the maintenance programme!

Maintenance ↻

Maintain your results!

Use P05: Weekly maintenance.

A mix of frequencies to maintain fast and slow twitch muscle fibres.

Phase 1: 15 minutes.

Phase 2: 30 minutes.

Then use: P20

Choose to relax and refocus on sensations for 20 minutes once a week, and anytime you are feeling tense, stressed or disconnected.



Precaution:

Less than 12 weeks since giving birth:
Do pelvic exercises without using a STIM device.

More than 12 weeks since giving birth:
Safe to follow this programme.



7. Postpartum Recovery

After giving birth, your pelvic floor muscles will be weakened and stretched by pregnancy and delivery. Doing regular pelvic floor exercise sessions several times a day will build up muscle strength and endurance (which you need for good bladder and bowel control). It will also provide you with the muscle tone you need to prevent prolapse, support your organs, and improve sexual sensation.

In the first 12 weeks after your baby is born, you're encouraged to do pelvic floor exercises but, as the body is still very fragile, it's not advised to use a muscle stimulation machine until after 12 weeks have passed. Until then, use traditional kegel exercises without the assistance of a device. After 12 weeks, you can use a muscle stimulation machine to help improve circulation to the pelvic floor and perineum and to help exercise the muscles.

Preparation

IMPORTANT: Before proceeding with this condition exercise, make certain to run built-in programmes P01 and P02. These are sensitivity tests to help you determine if it's safe for you to move forward with the following exercise. (see page 17 - 18).

Prog. No.	Screen Codes	Programme Name	Time (mins)	Page
P01	RCV1	Sensation Test 1	30	17
P02	RCV2	Sensation Test 2	60	18

If during the test you notice a problem with sensation, do not proceed. Instead, arrange a visit with your doctor or physiotherapist.

- If no problem, proceed to week 1.
- If worried that there is a problem with sensation, arrange an appointment with your GP or a specialist physiotherapist

First Month 1 2 3 4

Goal: “Find and Feel” your pelvic floor muscles

1 2 3 4 Week 1: Use P14

A 35-minute programme designed for new mothers
Phase 1: 20 minutes of continuous low-frequency current improves awareness of the muscle position, blood flow and nerve sensitivity. Relax in this phase.
Phase 2: 15 minutes higher frequency current to stimulate the fast and slow pelvic floor muscle fibres by contracting for 6 seconds and then relaxing for 18 seconds. Long rest phases are needed when your muscles are learning to work again.

- Allow the sensations to come and go in cycles of stimulation and rest periods. Aim to learn where your pelvic floor muscles are.
- Get used to finding a comfortable mA setting.
- Use only alternate days as you get used to the probe.

1 2 3 4 Week 2: P14

If week 1 has been comfortable, use your stimulation device daily for 6 days, then have a rest day.

Take an extra “rest” day if at all uncomfortable or irritable internally.

If your internal tissues are tender or easily irritated, continue an alternate day pattern.

① ② ③ ④ Week 3 + 4 Use P03

Features similar muscle contraction times (6 seconds) but now with balanced rest time (also 8 seconds) in each cycle. You will do more contractions in the same treatment time.

Phase 1

15 minutes of low frequency.

Phase 2

30 minutes higher frequency. Use daily if comfortable but do have a rest day if feeling at all tender or irritated.

Second Month ① ② ③ ④

① ② ③ ④ Week 1 - 4: Use P04

Features longer muscle contraction times (8 seconds) with a similar long rest time in each cycle. Four phases to change between stimulation frequencies more often.

- Now help your brain to copy the machine work by intermittently “joining in” with some of the stimulation cycles.

- Try to work your pelvic floor muscles with your mind, drawing in and up when you feel the stimulation.
- Don't worry if you can only join in for the first few seconds. Let the machine do the rest of the work.

Third month 1 2 3 4

Goal: Develop more pelvic floor skills

1 2 3 4 Week 1 - 4: Use P10

A little shorter overall programme but time to work yourself a little harder in phase 2 by joining in with the machine more and shorter rests between contractions.

Phase 1

10 minutes of continuous low-frequency current improves awareness of the muscle position, blood flow, nerve sensitivity. Relax in this phase.

Phase 2

20 minutes medium frequency current to stimulate the fast and slow pelvic floor muscle fibres by contracting for 5 seconds then relaxing for 5 seconds in cycles.

- Join in with some of these contractions, trying to contract for the entire 5 seconds.

- Join in for 1 minute, then let the machine do the work for 1 minute or count joining in for 6 cycles, then letting the machine do 6 cycles.
- Use 6 days out of 7 (or alternate days if your internal tissues are sensitive).

Symptom review

Maintenance or seek more help?

How are you getting on? Compare how you feel now to how you felt in Week 1. Are some problems and worries gone? What's still bothering you?

Not making the progress you hoped? Reach out to one of our advisors by visiting our website

www.kegel8.co.uk/contactus.

Doing well - fantastic - move on to the maintenance programme!

Maintenance

Maintain your results!

Use P05: Weekly maintenance.

A mix of frequencies to maintain fast and slow twitch muscle fibres.

Phase 1: 15 minutes.

Phase 2: 30 minutes.

Remember to join in with some of the contractions to keep your brain well connected to the pelvic floor muscle work!

Then use: P20

Choose to relax and refocus on sensations for 20 minutes once a week, and anytime you are feeling tense, stressed or disconnected.



8. Vaginal Looseness and Lack of Sensation

Vaginal looseness and lack of vaginal sensation are usually closely linked. Women don't have that many nerve endings inside the vagina. Women feel "pressure" and "deep touch" more than light sensations. The sexual pleasure women experience comes from the rubbing and build-up of friction against the vaginal walls.

The vaginal walls at the base and the sides are layered with the pelvic floor muscles. These muscles need to have good tone and firmness to make the space feel

tight and close to your partner, for the pleasure nerve endings to get activated and for you to be able to grip your partner (for more pleasure for both of you).



A STIM device can be used to both exercise the pelvic floor muscles (to help them grow thicker and stronger) and bring more blood flow to the area to improve nerve sensitivity and general awareness.

In this routine, we alternate between settings, first using a programme to make the muscle fibres repeatedly contract and release to encourage the muscle fibres to grow. The machine targets both the quick and slow muscle fibres, just like you need to do when you practise kegel exercises without a machine. Join in with some of these contractions to teach your brain how to work the muscles when you are not connected.

On another setting there is no contraction of the muscles, but the stimulation triggers nerve activity and increased blood flow - this is a good time to relax and “tune in” to the sensations that you can receive from the vagina area and become more body aware again.

Preparation

IMPORTANT: Before proceeding with this condition exercise, make certain to run built-in programmes P01 and P02. These are sensitivity tests to help you determine if it's safe for you to move forward with the following exercise. (see page 17 - 18).

Prog. No.	Screen Codes	Programme Name	Time (mins)	Page
P01	RCV1	Sensation Test 1	30	17
P02	RCV2	Sensation Test 2	60	18

If during the test you notice a problem with sensation, do not proceed. Instead, arrange a visit with your doctor or physiotherapist.

- If no problem, proceed to week 1.
- If worried that there is a problem with sensation, arrange an appointment with your GP or a specialist physiotherapist

First Month 1 2 3 4

Goal: “Find and Feel” your pelvic floor muscles

1 2 3 4 Week 1: Use P06

This 20-minute muscle exercise programme features long recovery rests between muscle contractions.

- Allow the sensations to come and go in cycles of stimulation and rest periods. Aim to learn where your pelvic floor muscles are.
- Get used to finding a comfortable mA setting.
- Use only alternate days as you get used to the probe.

1 2 3 4 Week 2: Use P03

If week 1 has been comfortable, use your stimulation device daily for 6 days, then have a rest day.

- Take an extra “rest” day if at all uncomfortable or irritable internally.
- If your internal tissues are tender or easily irritated, continue an alternate day pattern.

1 2 3 4 Week 3 - 4: Alternate Days P06 & P19

Now help your brain to copy the machine work by intermittently “joining in” with some of the stimulation cycles.

- Try to work your pelvic floor muscles with your mind, drawing in and up when you feel the stimulation.
- Don't worry if you can only join in for the first few seconds. Let the machine do the rest of the work.

P19

Relax as the low-frequency stimulation brings blood flow to the area.

- Take time to notice the sensations sent to your brain from this area. You may find that you “get used” to the sensations after 5-10 minutes and can turn the mA up a little higher.
- Aim for a strong but comfortable sensation. This programme lasts 60 minutes, but just 20 minutes is adequate to boost blood flow.

Second Month 1 2 3 4

1 2 3 4 Week 1 - 4: Use P10

This is a little shorter overall programme, but time to work yourself a little harder in phase 2 by joining in with the machine more and shorter rests between contractions to encourage your muscles to keep growing.

Phase 1

10 minutes of continuous low-frequency current improves awareness of the muscle position, blood flow, nerve sensitivity. Relax in this phase.

Phase 2

20 minutes medium frequency current to stimulate the fast and slow pelvic floor muscle fibres by contracting for 5 seconds then relaxing for 5 seconds in cycles.

- Join in with some of these contractions, trying to contract for the full 5 seconds.
- Join in for 1 minute, then let the machine do the work for 1 minute or count joining in for 6 cycles, then letting the machine do 6 cycles.
- Use 6 days out of 7 (or alternate days if your internal tissues are sensitive).

Third month 1 2 3 4

Goal: Develop more pelvic floor skills

1 2 3 4 Week 1 - 4: Use P11

This month join in with some of the contractions in both phases.

Phase 1

10 minutes—focus on the back area of the pelvic floor (as if stopping wind).

Phase 2

20 minutes—when join in try to use ALL of the muscle, the back area, the front around the bladder tube and even the side walls!

P19

Finish your sessions with 10-20 minutes relaxing with the circulation programme.

Symptom review

Maintenance or seek more help?

How are you getting on? Compare how you feel now to how you felt in Week 1. Are some problems and worries gone? What's still bothering you?

Not making the progress you hoped? Reach out to one of our advisors by visiting our website

www.kegel8.co.uk/contactus.

Doing well - fantastic - move on to the maintenance programme!

Maintenance

Maintain your results!

Use P05: Weekly maintenance.

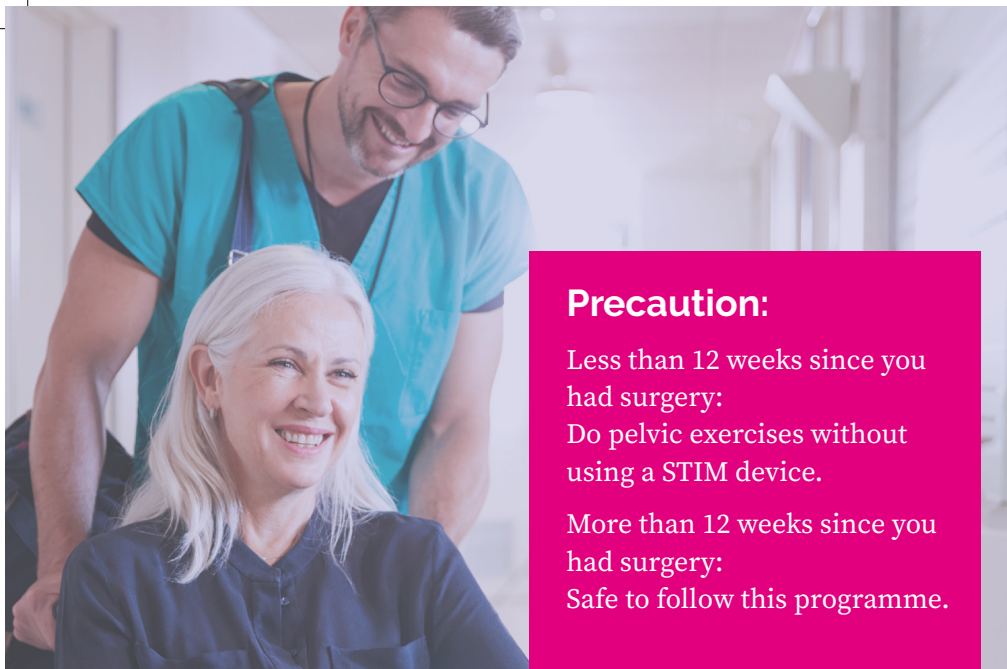
A mix of frequencies to maintain fast and slow twitch muscle fibres.

Phase 1: 15 minutes.

Phase 2: 30 minutes.

Feeling stressed or disconnected?

Choose P19 to relax and refocus on sensations.



Precaution:

Less than 12 weeks since you had surgery:

Do pelvic exercises without using a STIM device.

More than 12 weeks since you had surgery:

Safe to follow this programme.

9. Rehabilitation After Gynaecological Surgery

Many women need surgery because of a bladder, bowel or prolapse issue. In some cases, a woman may have been working on her pelvic floor muscle exercises before an operation.

After surgery you will want to get back to your normal routine as soon as possible. However, gynaecological surgery can have an incredible impact on pelvic floor muscles, with women often finding that they feel weak, unsupported or de-conditioned in the weeks following their operation.

This is partly because the surgical work in the area affects the blood flow, nerves, and surrounding tissues; you will also be a bit sore and less active for a few weeks during recovery.

Doing regular pelvic floor exercise sessions several times a day, straight away after your surgery, will help the healing process by improving blood circulation to the area, reducing swelling, and strengthening your muscles so they can support you.

The next step is to build up good muscle strength and endurance again which you need for secure bladder and bowel control. Exercises will also improve the muscle tone which we need to prevent pelvic organ prolapse, to feel supported.

In the first 12 weeks after your surgery you should do pelvic floor exercises, but as the body is healing and sensations can be altered, it is not advised to use a muscle STIM device. After 12 weeks post-op, the Kegel8® Ultra 20 can be used to exercise the pelvic floor muscles.

Preparation

IMPORTANT: Before proceeding with this condition exercise, make certain to run built-in programmes P01 and P02. These are sensitivity tests to help you determine if it's safe for you to move forward with the following exercise. (see page 17 - 18).

Prog. No.	Screen Codes	Programme Name	Time (mins)	Page
P01	RCV1	Sensation Test 1	30	17
P02	RCV2	Sensation Test 2	60	18

If during the test you notice a problem with sensation, do not proceed. Instead, arrange a visit with your doctor or physiotherapist.

- If no problem, proceed to week 1.
- If worried that there is a problem with sensation, arrange an appointment with your GP or a specialist physiotherapist

First Month

Goal: “Find and Feel” your pelvic floor muscles

Week 1: Use P03

Features long recovery rests between muscle contractions.

Phase 1: 15 minutes of low frequency.

Phase 2: 30 minutes higher frequency.

- Allow the sensations to come and go in cycles of stimulation and rest periods. Aim to learn where your pelvic floor muscles are.
- Get used to finding a comfortable mA setting.
- Use only alternate days as you get used to the probe.

Week 2: Use P03

- If week 1 has been comfortable, use your stimulation device daily for 6 days, then have a rest day.
- Take an extra “rest” day if at all uncomfortable or irritable internally.
- If your internal tissues are tender or easily irritated, continue an alternate day pattern.

1 2 3 4 **Week 3 + 4 Use P04**

Features longer muscle contraction times (8 seconds) with a similar long rest time in each cycle. Four phases to change between stimulation frequencies more often.

- Now help your brain to copy the machine work by intermittently “joining in” with some of the stimulation cycles.
- Try to work your pelvic floor muscles with your mind, drawing in and up when you feel the stimulation.
- Don’t worry if you can only join in for the first few seconds. Let the machine do the rest of the work.

Second Month 1 2 3 4

Goal: Improve your muscle (and brain!) skills

1 2 3 4 Week 1 - 4: Use P10

This is a little shorter overall programme, but time to work yourself a little harder in phase 2 by joining in with the machine more and shorter rests between contractions to encourage your muscles to keep growing.

Phase 1

10 minutes of continuous low-frequency current improves awareness of the muscle position, blood flow, nerve sensitivity. Relax in this phase.

Phase 2

20 minutes medium frequency current to stimulate the fast and slow pelvic floor muscle fibres by contracting for 5 seconds then relaxing for 5 seconds in cycles.

- Join in with some of these contractions, trying to contract for the full 5 seconds.
- Join in for 1 minute, then let the machine do the work for 1 minute or count joining in for 6 cycles, then letting the machine do 6 cycles.
- Use 6 days out of 7 (or alternate days if your internal tissues are sensitive)

Third month

Goal: Develop more pelvic floor skills

Week 1 - 4: Use P11

This month join in with some of the contractions in both phases.

Phase 1

10 minutes—focus on the back area of the pelvic floor (as if stopping wind).

Phase 2

20 minutes—when join in try to use ALL of the muscle, the back area, the front around the bladder tube and even the side walls!

Symptom review

Maintenance or seek more help?

How are you getting on? Compare how you feel now to how you felt in Week 1. Are some problems and worries gone? What's still bothering you?

Are you working on good bladder & bowel habits, paying attention to your lifting and carrying techniques and doing your pelvic floor exercises without the machine too?

Not making the progress you hoped? Reach out to one of our advisors by visiting our website

www.kegel8.co.uk/contactus.

Doing well - fantastic - move on to the maintenance programme!

Maintenance

Maintain your results!

Use P05: Weekly maintenance.

A mix of frequencies to maintain fast and slow twitch muscle fibres.

Phase 1: 15 minutes.

Phase 2: 30 minutes.

Remember to join in with some of the contractions to keep your brain well connected to the pelvic floor muscle work!

Then use: P20

For pelvic tightness and vaginal tightness, use the vaginal probe with P20 on a very low frequency to help relax your muscles.

Frequently Asked Questions

We hope that this guide has helped you get familiar with the Kegel8® Ultra 20. Please refer to the Technical Instructions for Use (IFUs) that accompanied this unit for further details about exercise programmes and caring for your device.

Screen & Display questions

On the LCD screen what does mA stand for?

MA is an abbreviation for milliamperere or milliamp. A milliamp is a unit of measurement equal to one-thousandth of an amp. An amp or ampere is a unit of electrical current. By using such a small current you are able to safely operate the Kegel8® Ultra 20 from the comfort of your home while still attaining significant results.

Why are there two channels on the top of the device?

There are two channels because the Kegel8® Ultra 20 enables you to use different ways to apply the current. Channel A (left- hand side) is for a vaginal probe and Channel B (right-hand side) is for an anal probe or attaching electrodes. The two channels also allow you to use up to 4 electrode pads at the same time. We have a range of electrode pads, vaginal probes, and anal probes available online at www.kegel8.co.uk.

Why are there two mA numbers at the bottom of the LCD screen?

The two large numbers at the bottom of the display represent the amount of electricity being output through Channel A and Channel B of your device. The Kegel8® Ultra 20 comes with one or two probes depending on the version of your device. The two large numbers at the bottom of the display represent the amount of electricity being output through Channel A and Channel B of your device.

Programme questions

How do I know which programme to use?

Your Kegel8® Ultra 20 comes complete with a library of built-in exercise programmes relieving you of the need to guess which programme to use. Our table on page 15 - 16 will help you choose or browse our section with advice from a specialist physiotherapist about how to use your machine best to help with 9 of the common medical conditions.

How do I know how high to turn the mA setting?

The amount of current needed to stimulate pelvic floor muscles varies from person to person. Starting from 0mAs, you should increase the mA power to a level where you can feel the effects of the electrical pulse without it causing any discomfort.

When conducting my pelvic muscle exercises I aim to use my Kegel8® Ultra 20 at mA 40 but on some programmes it drops to 30 - why is that?

While the programme goes through its preset routine, the rate and length of the electrical pulses vary. Some pre-set programmes have 2 or more phases. The rate (Hz) and length (μ S) of the electrical impulses will vary. When the phase changes, the mAs drop (or stop) so that the new type of current does not take you by surprise. If you feel a decrease in intensity, or no current at all, just use the + button to increase the mAs back up to a comfortable level.

Why can't I get the mAs to increase past 6, 7 or 8?

This is an issue that is usually caused by the probe not making effective contact with your muscles. We recommend that you try using your Kegel8® Ultra 20 while lying down or sitting with your legs elevated. This will help to prevent the probe from falling out of position. If the probe's metal strips are not in direct contact with your muscles, the mAs cannot go higher and the current cuts off for your safety. You can also get better results by using a water-based lubricant, such as KE Gel.

This could also be an issue with your probe or lead wire. To test your probe and lead wire, please visit www.kegel8.co.uk/help/testing-your-kegel8.html for further instructions.

Probe & Battery questions

Why does the probe twist or not stay in place?

To work correctly, the metal strips on your probe need to be in direct contact with your muscles. We recommend that you sit with your legs held tightly together, or to use your Kegel8® Ultra 20 while lying down or with your legs elevated.

Why can I only feel muscle stimulation on one side?

This could be due to:

The position of the probe. To work correctly, the metal strips on your probe need to be in direct contact with your muscles. We recommend that you sit with your legs held tightly together and squeeze your pelvic floor as much as possible against the probe. You can also get better results by using a water-based lubricant such as KE Gel.

You may have nerve damage to one side. This type of nerve injury can occur during childbirth (caused by the pressure from the baby's head during delivery). It means you have less sensation on one side. If this is the case, we recommend you purchase a Perisize probe, which allows you to vary the intensity of each side of the probe. Increasing the intensity on the side that is in contact with your desensitised area can help to promote resprouting of the damaged nerves.

How far should I insert the vaginal probe?

Avoid placing the probe too deeply, the front end should be inserted no further than 2 inches (5.5 cm) into your vagina. It should not press on your cervix.

I find it painful inserting the probe. What should I do?

Try using a water-based lubricant such as KE Gel. If this does not help, see your doctor as you may be suffering from vaginal atrophy, which causes dryness and thinning of the vaginal walls. It can be treated quite easily, so don't worry, you will soon be able to use your Kegel8® Ultra 20.

How long will the 9v battery that came with my device last?

If you use the Kegel8® Ultra 20 daily, the battery should last about 3 months. You can get replacements from us or at your local supermarket - please choose a quality 9v battery that will not leak. You will know when your battery is low because a battery icon will flash on your Kegel8® Ultra 20 screen.

How long will my probe last?

With normal use, your probe should last between 12 - 18 months. We recommend you replace your probe after this time to ensure you continue to get the best possible results from your Kegel8® Ultra 20.

When to use your Kegel8 Ultra 20

How soon after the birth of my baby can I start with my Kegel8® Ultra 20?

In the first 12 weeks after your baby is born, you're encouraged to do pelvic floor exercises to help you regain strength but, as the body is still very fragile, it's not advised to use a muscle stimulation device like the Kegel8® Ultra 20 until after 12 weeks have passed.

If I have an IUD, Mirena coil, or pessary, can I use this device?

Yes. The Kegel8® Ultra 20 does not affect any of these devices.

Can I use Kegel8® Ultra 20 while I am pregnant?

No. Clinical guidelines advise against using any vaginal STIM devices during pregnancy.

I have had pelvic surgery. How soon can I start using the Kegel8® Ultra 20?

Using the Kegel8® Ultra 20 after pelvic surgery can help to speed recovery, however, every case is unique so make certain to first consult with your doctor.

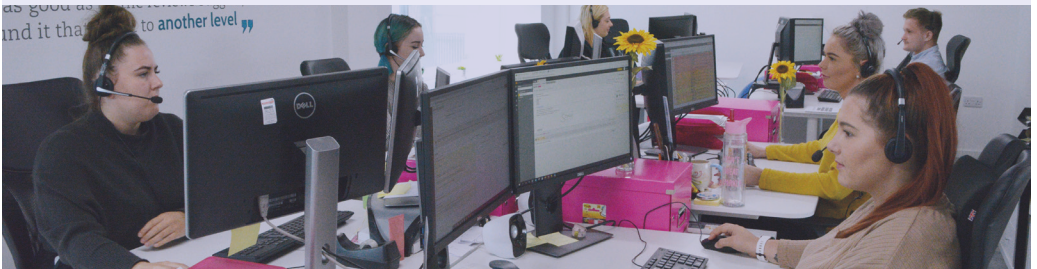
Can I use my Kegel8® Ultra 20 when I have my period?

Yes, you can use the Kegel8® Ultra 20 during your period, however, if blood flow is heavy, you may prefer to avoid using the vaginal probe until your flow is lighter.

Product Support

We hope that this guide has helped you get familiar with the Kegel8® Ultra 20. Please refer to the Technical Instructions for Use (IFUS) that accompanied this unit for further details about exercise programmes and caring for your device.

If at any moment you have a question and cannot find the answer in this guide, we are happy to assist you.



You can reach one of our specialist Kegel8 advisors by booking a telephone appointment or live chat by visiting our website www.kegel8.co.uk/contactus.

We hope you enjoy using your Kegel8® Ultra 20!

More than just a retailer



With over 16 years experience in women's health, we have helped 1000's of women to overcome their problems with clinically backed solutions.