

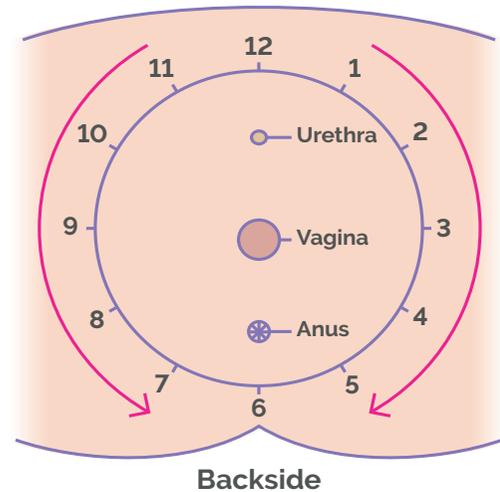
Using the Kegel8® Barbell for Pelvic Pain Relief

Before use for pelvic pain relief, we recommend you contact a pelvic pain Physiotherapist who can help you with your home treatment.

If you are experiencing pelvic pain, you can use the Kegel8® Barbell as a trigger point release massage device, relaxing the pelvic floor muscle that are causing pelvic pain.

Your Kegel8® Barbell can be warmed to help relax your muscles and improve circulation. Pelvic pain trigger points are often just inside the vagina and are easily reached by the Kegel8® Barbell.

Guidelines for using your Kegel8® Barbell for pelvic pain relief:



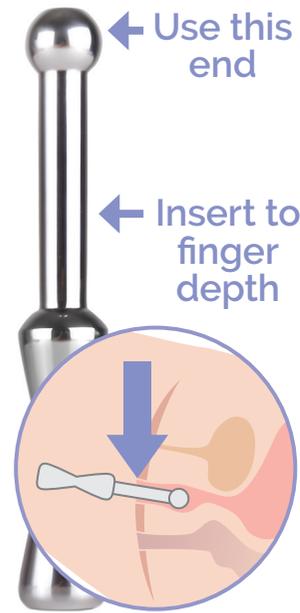
- 1 Gently insert the ball end of the Kegel8® Barbell into your vagina, no further than the length of your index finger.
- 2 Once inserted, slowly move the Kegel8® Barbell clockwise from 1 to 5 on the pelvic clock, against your muscles.
- 3 Apply pressure, gently rubbing from 11 to 7 anticlockwise on the pelvic clock.
- 4 When you hit a sore point, gently massage the painful area for 15 seconds. You can slowly build up this tolerance to 60-90 seconds of massage.

Kegel8® Tip:

Ensure you take slow and deep breaths whilst you perform trigger point release.



Avoid applying pressure around 12 or 6 on the pelvic clock as these house sensitive structures (e.g. the urethra and the rectum). Unless otherwise directed by your Physiotherapist.



Temperature Therapy

Warming and Cooling Your Kegel8® Barbell for Pain Relief

To help with pain relief, your Kegel8® Barbell may be warmed or cooled prior to use. To do this, the Kegel8® Barbell may be dipped in warm or cold water.

Warm Kegel8® Barbell:

Before intercourse, pelvic floor exercise, or trigger point massage

Cool Kegel8® Barbell:

After intercourse, pelvic floor exercise, or for haemorrhoid* relief

*Use this cold relief to reduce the inflammation and itchiness of haemorrhoids by gently pressing the Kegel8® Barbell to the affected area(s).

Caring for Your Kegel8® Barbell

When you are finished with your Kegel8® Barbell, you are ready to remove it:

1. Get comfortable. This may be in the same position you took to insert the Kegel8® Barbell.
2. Relax your muscles and gently pull the Kegel8® Barbell from your vagina.
3. Once removed, clean your Kegel8® Barbell with body-friendly Kegel8® Cleaning Spray, or wash in warm, soapy water. Rinse thoroughly to avoid any soap residue, and dry with a lint-free cloth or tissue. Keep your Kegel8® Barbell in the provided cotton bag for added protection.

Kegel8® Tip:

It's important to relax when removing the Kegel8® Barbell. If you are not relaxed, your muscles may clench, causing you to feel that you are unable to remove it. In the unlikely event that you are unable to remove the Kegel8® Barbell, please consult your GP for further instruction.



Our friendly advisors are available Monday – Friday, 9am – 5pm.

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You can feel comfortable in asking us anything.

**We are not just a sales team.
We are here to help you.**

Kegel8® BARBELL



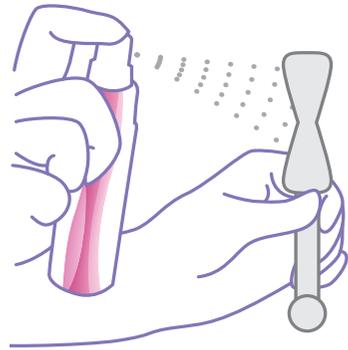
Pelvic Floor Exerciser & Therapy Wand

Welcome

Thank you for choosing the Kegel8® Barbell Pelvic Floor Exerciser & Therapy Wand. You are now one step closer to having a stronger, healthier pelvic floor.

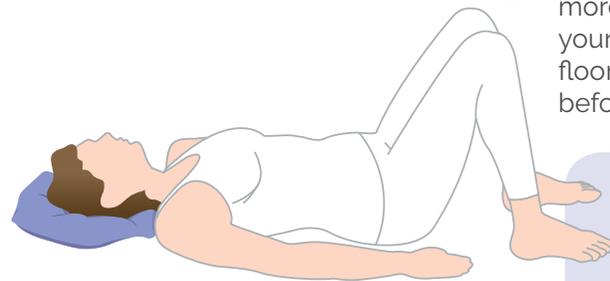
Created especially for women, the Kegel8® Barbell Pelvic Floor Exerciser & Therapy Wand is a clinically proven way of strengthening the pelvic floor muscles and relieving pelvic pain.

Getting Started



- 1 Give your Kegel8® Barbell a thorough clean before you begin. You can use our body-friendly, antibacterial Kegel8® Cleaning Spray or give your Kegel8® Barbell a wash in warm, soapy water. Rinsing thoroughly afterwards to avoid any irritation from soap. Ensure your Kegel8® Barbell is a comfortable temperature before use.

- 2 Lie down on your back with one or more pillows beneath your head. Bend your knees with both feet flat on the floor. Ensure you are comfortable before inserting the Kegel8® Barbell.



Kegel8® Tip:
To ease insertion, we recommend that you use a good quality, water-based and hormone-free lubricant such as the Kegel8® KE Kegel Exercise Gel Lubricant.

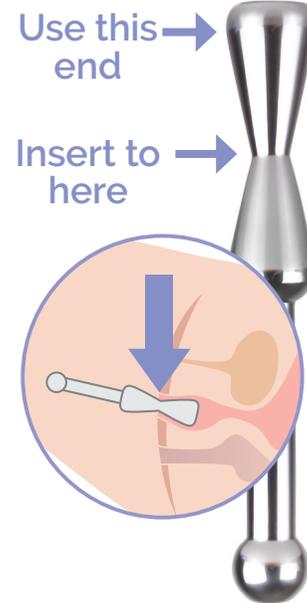


3 For Pelvic Floor Exercises see page 2

4 For Pelvic Pain Relief see page 4

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Using Your Kegel8® Barbell for Pelvic Floor Exercise



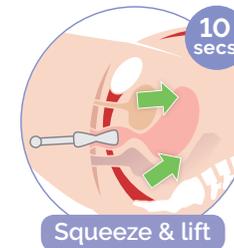
The 300g weight of your Kegel8® Barbell makes it a great resistance device for Kegel exercising. To practice your pelvic floor exercises using the Kegel8® Barbell, follow these steps:

- 1 With the larger end of the Kegel8® Barbell inserted, slowly contract and tighten your pelvic floor muscles.
Starting squeezing at your anus as if you're trying to control wind. Use the same muscles to tighten around your vaginal opening.
- 2 Squeeze and lift these muscles towards your stomach (make sure you don't push downwards!).
- 3 Congratulations! That is one Kegel: read on to see which exercise plan is right for you...

Endurance Kegels Exercise Plan

Endurance (or 'slow') Kegels are designed to target the slow twitch muscle fibres. These are the muscle fibres that are responsible for prolonged bladder and bowel control – enabling you to get to the toilet in time, or to last longer through the night.

- 1 Squeeze and lift the Kegel8® Barbell using your pelvic floor muscles (as described above) and hold steady for 10 seconds.
- 2 Release and relax your pelvic floor muscles for 5 seconds. You will feel the Kegel8® Barbell move to the entrance of your vagina. Make sure you do not let it fall out. If you feel like it may fall out, lie down when exercising.
- 3 Repeat this exercise 10 times.

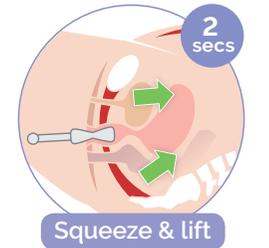


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Speed Kegels Exercise Plan

Speed (or 'fast') Kegels are designed to target fast twitch muscle fibres. These are the muscle fibres that should respond quickly to support your bladder under sudden bursts of pressure like coughing, jumping and running.

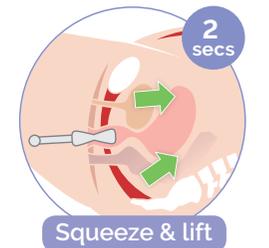
- 1 Squeeze and lift the Kegel8® Barbell as high as you can, and hold for 2 seconds.
- 2 Release and relax your pelvic floor muscles for 2 seconds.
- 3 Repeat this exercise 10 times.



Relaxation Kegels Exercise Plan

Relaxation Kegels are designed to put you in tune with your pelvic floor muscles. Relaxation is as important as strength in terms of keeping your pelvic floor muscles healthy.

- 1 Squeeze and lift the Kegel8® Barbell slowly and hold as high as you can for 2 seconds.
- 2 Slowly relax your muscles, lowering the Kegel8® Barbell all the way down until you feel the head near the opening of your vagina. If you feel like it may fall out, lie down when doing this exercise.
- 3 Repeat this exercise 10 times.



Get superior results with the **Kegel8® Pelvic Toner Lubricant & Care Pack**

www.kegel8.co.uk

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