Kegel 8® TIGHT & TONE

Treatment Programmes

Programme: P01 **Total time: 20 minutes**

Pain Relief		Phase 1
Phase time	minutes	20
Mode		Cont
Frequency work	Hz	3
Pulse duration	µS	150
Ramp up time	secs	1.0
Ramp down time	secs	0
Work time	secs	Cont
Rest time	secs	0
Alternating		
Synchronous		*

Programme: P02 **Total time: 20 minutes**

Urge Incontinence		Phase 1
Phase time	minutes	20
Mode		W/R
Frequency work	Hz	10
Pulse duration	µS	250
Ramp up time	secs	1.0
Ramp down time	secs	0
Work time	secs	5
Rest time	secs	5
Alternating		
Synchronous		*

Programme: P03 **Total time: 20 minutes**

Stress Incontinence 1		Phase 1
Phase time	minutes	20
Mode		W/R
Frequency work	Hz	40
Pulse duration	µS	200
Ramp up time	secs	1.0
Ramp down time	secs	0
Work time	secs	6
Rest time	secs	15
Alternating		
Synchronous		*

Programme: P04 **Total time: 20 minutes**

Stress Incontinence 2		Phase 1
Phase time	minutes	20
Mode		W/R
Frequency work	Hz	30
Pulse duration	µS	200
Ramp up time	secs	0.8
Ramp down time	secs	0
Work time	secs	5
Rest time	secs	8
Alternating		
Synchronous		*

Programme: P05 **Total time: 20 minutes**

Frequency/Urge 1		Phase 1
Phase time	min	20
Mode		W/R
Frequency work	Hz	10
Pulse duration	µS	200
Ramp up time	secs	1.0
Ramp down time	secs	0
Work time	secs	5
Rest time	secs	5
Alternating		
Synchronous		*

Programme: P06 **Total time: 20 minutes**

Frequency/Urge 2		Phase 1
Phase time	min	15
Mode		Cont
Frequency work	Hz	10
Pulse duration	µS	200
Ramp up time	secs	1.0
Ramp down time	secs	0
Work time	secs	Cont
Rest time	secs	0
Alternating		
Synchronous		*

Programme: P07 **Total time: 25 minutes**

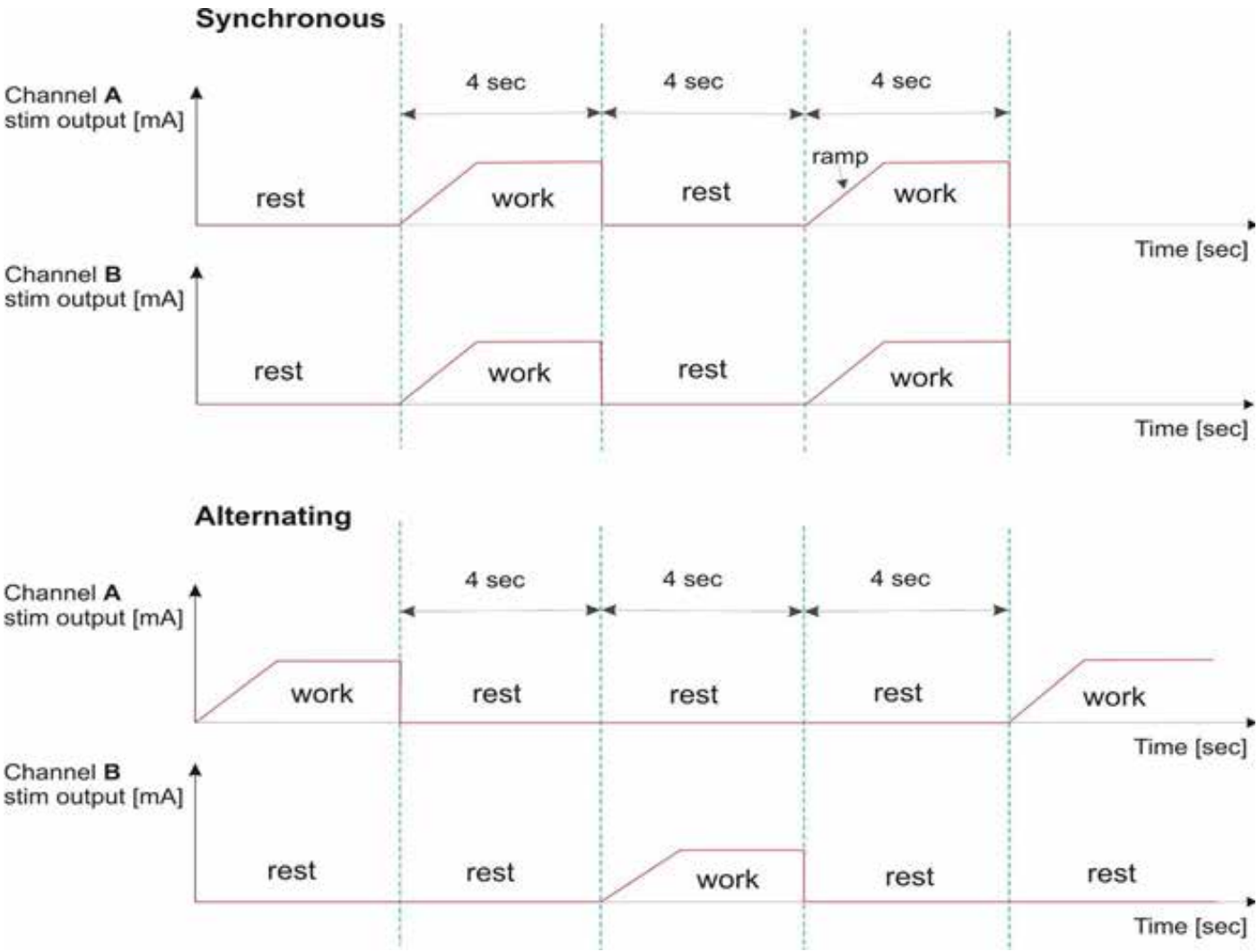
Lack of Sensitivity		Phase 1	Phase 2	Phase 3	Phase 4	Phase 5
Phase time	min	3	10	5	4	3
Mode		W/R	W/R	W/R	W/R	W/R
Frequency work	Hz	3	10	20	30	40
Pulse duration	µS	250	250	250	200	200
Ramp up time	secs	0.8	0.8	0.8	0.7	0.7
Ramp down time	secs	0	0	0	0	0
Work time	secs	4	4	4	4	4
Rest time	secs	4	4	4	4	4
Alternating						
Synchronous		*	*	*		

Programme: P08 **Total time: 60 minutes**

Pelvic Floor Work Out		Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6	Phase 7
Phase time	mins	3	5	15	15	5	5	12
Mode		W/R	W/R	W/R	W/R	W/R	W/R	W/R
Frequency work	Hz	20	3	10	20	30	40	10
Pulse duration	µS	250	250	250	250	200	200	250
Ramp up time	secs	0.8	0.8	0.8	0.8	0.6	0.6	0.8
Ramp down time	secs	0	0	0	0	0	0	0
Work time	secs	4	4	4	4	4	4	4
Rest time	secs	4	4	4	4	4	4	4
Alternating								
Synchronous		*	*	*	*	*	*	*

Programme: P09	**Total time: 20 minutes**	
Building up Endurance		Phase 1
Phase time	min	20
Mode		W/R
Frequency work	Hz	20
Pulse duration	µS	250
Ramp up time	secs	0.8
Ramp down time	secs	0
Work time	secs	5
Rest time	secs	5
Alternating		
Synchronous		*

Output forms for synchronous and alternating



Alternating

For Example: If work = 4 seconds and Rest = 4 seconds. And we are set to Alternating:-
ChA is set to 20mA and ChB to 30mA

Then for the first 4 seconds WORK chA at 20mA channel B is REST at 0 mA
The next 4 seconds both ChA & B are off at 0 mA: REST
The next 4 seconds WORK ChB at 30MA Cha is REST at 0 mA
The next 4 seconds REST ChA & ChB at 0 mA
The next 4 second WORK ChA at 20MA CHB is REST off at 0 mA
etc keeps repeating.