



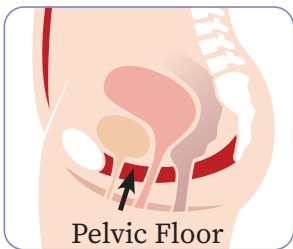
Welcome!

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.com/contactus.

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

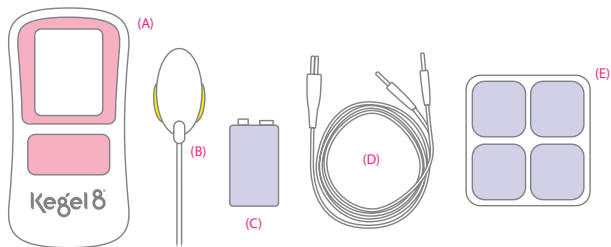
- Never share probes or electrodes with other people. These items are for personal use by a single person only.
- Always clean probes thoroughly after every use and store them away dry.
- Before applying electrode pads, make sure skin is clean and free from any oils, lotions or moisturisers.

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.

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.

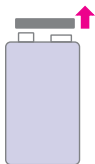


Kegel8® Ultra 20 Checklist

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

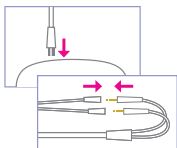
Setting Up and Using Your Kegel8® Ultra 20



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.) Insert the battery into the device, and replace the back cover.



2. Prepare Your Probe/Electrodes - Wash your probe in warm, soapy water (body safe/ intimate soap) or use a gentle antibacterial cleanser. Then rinse and dry thoroughly. This does not need to be done with your electrodes, but ensure the skin is clean and dry instead.



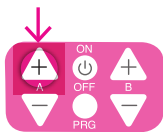
3. Connect the Probe/Electrodes to the Kegel8® Ultra 20 Device - Insert the lead wire into Channel A at the top left of the device and connect your probe/electrodes to the lead wire connectors. Turn on your Kegel8® Ultra 20 - Press the on/off button once to switch on.



4. Insert Your Probe/Attach Your Electrodes - Apply a small amount of Kegel8 Conductivity Gel, on the metal parts of the probe. Insert the probe into your vagina, with the metal sides facing “hip-to-hip”. Avoid placing too deep; you should be able to touch the base of the probe with your finger tip, approx. one knuckles depth inside the vagina entrance. If using electrodes, place in the desired position and ensure they are stuck effectively.



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.

TIP: To pause a programme, press the P button. When you're ready to continue press the + button.

For a sensation test or a neuromodulation programme, start at 0 and increase the mA level until you feel a slight tingling/knocking sensation. This feeling indicates that the programme is starting to work. You should then keep the device at this level for your sensation test and the first week of your routine, before increasing the mA level by 1-2 mA's every 1-2 weeks. Setting the mA level too high, is unnecessary and will cause the pelvic floor or surrounding muscles to over work and may cause discomfort.

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, if you feel a decrease in intensity as the phase changes, just use the + button to increase the mAs back 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.

Using the Electrode Pads

The electrode pads that came with your device can be used as an alternative to the internal probe, below are options for where you can place the electrode pads. **Please note, ankle positioning should only be used for P09 (TTNS), it is not appropriate for any other programme.**



When using 2 pads, simply connect a lead wire to a pair of electrode pads and insert the other end of the lead wire into Channel A on the top left of your device. Place on the skin and use Channel A controls to change the intensity of the current. you will not need to turn it up 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.

Where to Apply Electrode Pads



Position 1
Abdomen



Position 2
Sacrum



Position 3
Ankle



1. More Effective Pelvic Floor Exercises

Many women practise 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 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.



1. More Effective Pelvic Floor Exercises

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 19 - 20).

Prog. No.	Screen Codes	Programme Name	Time (mins)	Page
P01	RCV1	Sensation Test 1	30	19
P02	RCV2	Sensation Test 2	60	20

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 you're worried that there is a problem with sensation, arrange an appointment with your GP or a specialist physiotherapist.

TIP: For the first week of your routine, increase the mA until you feel a slight tingling sensation. After this, increase your mA's 1-2 levels every 1-2 weeks. If it becomes uncomfortable, lower it again.

1. More Effective Pelvic Floor Exercises

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.
- Only use 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. More Effective Pelvic Floor Exercises

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're contracting your muscles.

Second Month ①②③④

Goal: Improve your muscle (and brain!) skills

①②③④ Week 1 - 4: Use P10

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

Phase 2: 30 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.
- Change the positions in which you practise. You could do one session lying, one session sitting, and one session standing (but stand STILL - don't try walking about!)
- 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 (these are fairly short cycles now, 5 seconds contract, 5 seconds rest).

Phase 1: Focus on the back area of the pelvic floor (as if stopping wind). Practise this for 10 minutes.

Phase 2: 30 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!

TIPS

- 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

This month working with P04 try some more advanced skills by changing your focus throughout the session:

- 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. 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!

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 P02.

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 P01 as your treatment programme, to help the nerves recover, at 50mA (or less), once a day for 4 weeks before progressing onto P02. 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 P02 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 45-minute 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.

P04 - Pelvic Floor Muscle Exercises 2 is a 30-minute 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 between lower and medium frequencies.

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

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 one-hour nerve-calming neuromodulation programme to calm oversensitive nerves. There are 2 phases. The first 45-minute phase of low frequency continuous current, also known as TENS, will improve blood flow to the pelvic floor muscles and has a soothing effect on nerves. You can apply this current using an internal probe or with electrode pads on the lower back/sacrum area. You do not need to feel the muscle contracting, aim to relax completely. If using the internal probe, you can complete the full programme by continuing on to phase 2, for 15 minutes of high frequency stimulation in a work/rest pattern to exercise your pelvic floor muscles.

Stress Incontinence, Overactive Bladder, Nocturia and Frequency

P09 - Overactive Bladder Neuromodulation is a 20-minute 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 with the probe. It can also be applied with skin electrodes on the lower back/sacrum area, or the ankle for TTNS (details on page 47). See page 16 for pad placements.

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 40-minute muscle exercise programme.

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: 30 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.

P11 - Stress Incontinence 2 is a 40-minute muscle exercise programme similar to P10. Both phases actively exercise the muscles by contracting for 5 seconds then relaxing for 5 seconds in cycles.

P12 - Mixed Incontinence is a 30-minute programme in two even phases of stimulation in a work/rest pattern (5 seconds work, 8 seconds rest). Phase 1 is low frequency current which helps calm pelvic and bladder nerves. Phase 2 is high frequency stimulation which promotes development of the pelvic floor muscles. This can be applied with 4 skin electrode pads on the lower back/sacrum area.

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.

Postnatal Recovery and Post-Surgical Recovery

P14 - Postnatal / Post Surgical Care 1 is a 35-minute

gentle start pelvic floor muscle exercise programme for muscles that are vulnerable, for example after a birth, gynaecological surgery or from a prolapse.

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

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 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 10-minute 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

P17 - Bowel (Faecal) Incontinence 2 is a 40-minute muscle exercise programme.

If you have weak posterior muscles or anal sphincter this programme can be applied using a vaginal probe or anal probe, or with 4 skin electrode pads on the lower back/sacrum area.

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 10-minute 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 60-minute nerve-calming neuromodulation programme to calm oversensitive nerves. This programme is a low frequency continuous current (known as low frequency acupuncture-like TENS) in one phase of 60 minutes.

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 20-minute nerve-calming neuromodulation programme for oversensitive nerves using an internal probe. This short programme has 2 phases of low frequency continuous current.

Phase 1: 10 minutes 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: 10 minutes continuous low frequency current. Aim to completely relax your body and pelvic floor muscles.

How to Create a Custom Programme

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.