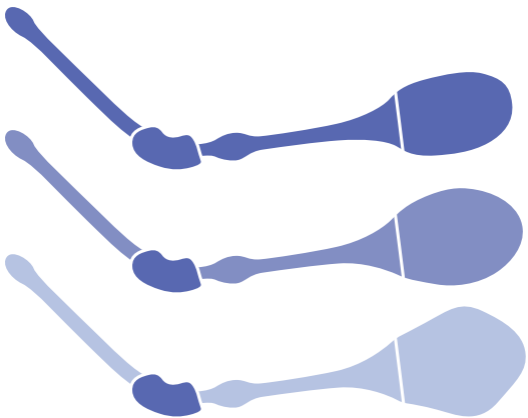


Kegel8[®]

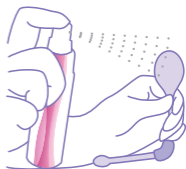


Kegel8[®] Weights
(Vaginal cones)

Quick Start Guide

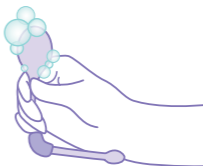
1. Clean your Weights

Give your Kegel8® Vaginal Weights a quick clean before you start. You can use our body-friendly, antibacterial Kegel8® Antibacterial Cleaning Spray.



2. Rinse thoroughly

Ensure your Weights are rinsed thoroughly before use to avoid any irritation from soap, and dry with a lint-free cloth.



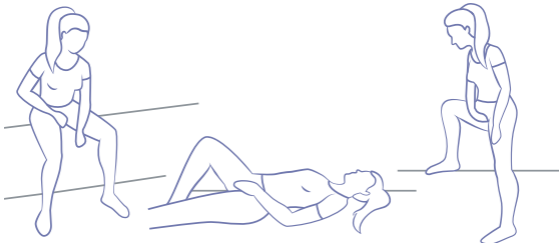
3. Attach the indicator clip

If it's not in place already, attach the indicator clip to your Weight, just beneath the half-way bobble.



4. Find a comfortable position

Get into a comfortable position. This may be lying down, but some women tend to sit on the edge of a seat or stand.



5. Apply lubricant

To ease insertion, we recommend that you use a good quality, water-based lubricant such as the Kegel8[®] Conductivity Gel.

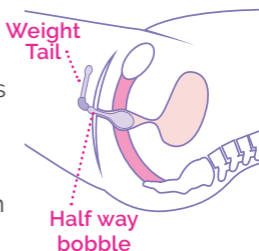


Kegel8 Tip:

Start with the lightest Weight and work your way up to the heaviest.

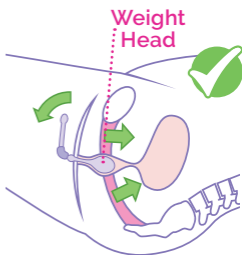
6. Insert your Weight

Hold your Weight with the tail pointing upwards towards your belly button and gently insert the weighted end into your vagina. Gently push it into place until the half-way bobble is at the entrance to your vagina.



7. Exercise

Contract and tighten your muscles around the Weight. Aim to squeeze and lift the Weight head up towards your stomach.



8. See results

If you are exercising correctly, the tail of the Weight should wave downwards.

Exercise Plan

There are 3 different types of exercises you should practice to improve your overall pelvic floor muscle strength.

Slow Endurance Kegels

Endurance Kegels help to maintain bladder and bowel control – enabling you to get to the toilet in time and last longer during the night.

1. Insert your chosen Weight from the three weights/sizes.
2. Squeeze and lift the Weight head and hold steady for 10 seconds.
3. Release and relax your muscles for 5 seconds.
4. Repeat this exercise 10 times.

Speed Kegels

Speed Kegels will help your pelvic floor muscles to respond quickly to support your bladder under sudden bursts of pressure like coughing, running, laughing etc.

1. Insert your chosen Weight.
2. Squeeze and lift the Weight head as high as you can and hold for 2 seconds.
3. Release and relax your muscles for 2 seconds.
4. Repeat this exercise 10 times.

Relaxation Kegels

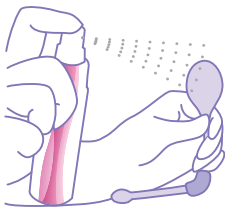
Keeping your pelvic floor muscles relaxed is as important as keeping them strong!

1. Insert your chosen Weight.
2. Squeeze and lift the Weight head slowly and hold for 2 seconds.
3. Slowly relax your muscles, lowering the Weight down until you feel the weighted end at the opening of your vagina (as if it might fall out!).
4. Repeat this exercise 10 times.

Once you've mastered these basic exercises, see the main manual for your advanced Physiotherapy Exercise Plan.

Caring for your Kegel8® Vaginal Weights

After use, clean your Kegel8® Vaginal Weights with a body-friendly, spray such as Kegel8® Antibacterial Cleaning Spray, or wash with warm, soapy water.



Be sure to rinse your Weights thoroughly to avoid any soap residue.

Dry with a lint-free cloth or tissue, and store away safely.

For more advice, visit www.kegel8.co.uk



Contact Us

Call us: +44 (0) 1482 496 932

Email us: info@kegel8.co.uk

Visit us: www.Kegel8.co.uk

Our friendly advisors are available
Monday – Friday, 8am – 4pm,

You can feel comfortable in
asking us anything.

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

Kegel 8[®]