



### 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 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.

# First Month 1 2 3 4

## Goal: "Find & Feel" your pelvic floor muscles

### 1 2 3 4 Week 1-2: Use P03

P03 features long recovery rests between muscle contractions. You can use a vaginal or anal electrode to run this programme. This programme is a gentle way to get started with using stimulation to exercise your muscles.

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.
- Use only alternate days as you get used to the probe.
- If week 1 is 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. or continue with an alternate day pattern.

#### OPTION: short workout

The muscles of the anal sphincter can feel sensitive or fatigue easily.

This can especially be the case if you are choosing to use an anal probe. You may prefer to use P16 initially which is a short 10 minute exercise programme with stimulation in a 5 second work/ 5 second rest 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). Again, 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 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.

- 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)



#### Check in

If Urgency, frequency or urge incontinence are persisting at week 4 add a neuromodulation programme for alternating sessions using P09.

If you're happy using the internal probe, P09 can be applied directly to the pelvic area. OR an alternative method of application using external skin electrodes at the ankle (TTNS) can be used, steps on how to do this can be found on page 47.

## Third month 1 2 3 4

### Goal: Develop more pelvic floor skills

#### 1 2 3 4 Week 1 - 4: Continue to use P17

Try some more advanced skills:

- Regularly change your focus from the back part of the pelvic floor and anal sphincter and then using the entire pelvic floor (front, back and sides).
- 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.
- Make sure you breathe when you contract your muscles.
- Relax properly in the rest part of the pattern.
- Remember to exercise in different positions lying, sitting and now standing.

## 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?

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

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

[www.kegel8.co.uk/contactus](http://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.

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