Programme Guide to the Kegel8® ULTRA 20

Programme number	Abbreviation on screen	Programme name	Time
P01	RCV1	Sensitivity Test	30mins
P02	RCV2	Improved Sensitivity	60mins
P03	EXE1	Pelvic Exercises	45mins
P04	EXE2	Intense Pelvic Exercises	30mins
P05	EXE3	Weekly Maintenance	45mins
P06	SIMP	Sensation Improvement	20mins
P07	ENDU	Pelvic Floor Endurance	60mins
P08	SENS	Pelvic Floor Sensitivity	60mins
P09	OAB	Overactive Bladder/Tibial Nerve Stimulation	20mins
P10	STR1	Intermediate Stress Incontinence	40mins
P11	STR2	Gentle Stress Incontinence	40mins
P12	MIXDS	Mixed Incontinence	30mins
P13	FTRN	Functional Continence Training (with skin electrodes)	9mins
P14	PNC1	Mild Prolapse, Hysterectomy & Postnatal Incontinence	35mins
P15	PNC2	Moderate Prolapse, Hysterectomy & Postnatal Incontinence	30mins
P16	BOW1	Bowel (Faecal) Incontinence 1	10mins
P17	BOW2	Bowel (Faecal) Incontinence 2	40mins
P18	PAIN	Chronic Pain Relief (with skin electrodes)	∞
P19	CIRC	Pelvic Floor Circulation	60mins
P20	RELX	Pelvic Floor Relaxation	20mins

Getting Started

1. Insert battery ensuring red ribbon strip is under the battery for easy removal.
2. Attach your lead wire into Channel A at the top left of your Kegel8 unit. Insert the two wires of your probe into the black and red connectors at the other end of your lead wire.
3. Lubricate and insert the probe vaginally, the metal parts should point 'hip-to-hip'. The base part stays outside the vagina. We recommend you use a good lubricant such as KE Gel it makes insertion more comfortable and conducts the electrical pulses more effectively to your muscles.
4. Press the ON button, then press the PRG button until the screen shows the programme that you wish to use.
5. To start the programme press the + button on the left hand side. Press the + button until you feel the machine giving your muscles a strong pull, but not so that it is uncomfortable. Pressing the - button decreases the mAs. On most programmes the machine will progress through 'work' and 'rest' so you'll see the mAs increase in 'work' mode and feel the pulse, then it will drop to '0' (zero) the 'rest' phase where your muscles will relax. It will automatically switch off at the end of the programme

First Timer? Let's test your sensation levels

P01 This sensitivity test will help you plan your exercise programmes. Increase the mAs (the + button, that's for the intensity) if you feel a tickling sensation from the probe below 50mA progress onto PO2. If you cannot feel a tickling sensation below 50mA you could have nerve damage. Perform P01 at 50mA twice a day for 4 weeks before progressing onto PO2.

P02 Improved Sensitivity Test, if you feel a sensation from the probe below 50 mA progress onto a Kegel8 treatment programme. If you cannot feel a tickling sensation below 50mA you could have nerve damage. Perform P02 at 50mA twice a day for a further 4 weeks.

If you still cannot feel any tickling sensation, consult your doctor for advice.

What programme(s) do you recommend for...?

Pelvic Floor Exercise

P03 Start strengthening your pelvic floor with these pelvic floor exercises once or twice a day. Use this programme twice a day for 6 weeks before progressing onto P04.

P04 Lets make exercising harder, use a probe for best results, twice a day if possible for 6 weeks.

P05 Weekly Maintenance - following P03 & P04 maintain your results doing this just twice a week.

Intimate Sensation

P06 Strengthens vaginal walls & improves sensation: use with probe once or twice a day. Once you are happy with results, use P05 Weekly Maintenance twice a week.

P07 To squeeze your muscles for longer during sex: use with probe once or twice a day. Once you are happy with results, use P05 Weekly Maintenance twice a week.

P08 Increase & improve sensation: use once per day as this is a very powerful programme. Do not go higher than 25mA with the probe, or 15mA with electrode pads. Position pads as in the '4 back electrodes' diagram. Once you are happy with results, use P05 Weekly Maintenance twice a week to maintain.

Stress Incontinence, Overactive Bladder, Nocturia, Frequency

P09 This programme can be used with just the probe, just the electrodes or a mixture of both. The most effective ways are with a vaginal probe or with the ankle electrodes. The ankle electrodes stimulate the tibial nerve which helps calm the bladder. Use once a day for the first 6 weeks, after which increase to twice a day if comfortable.

P10 Use a probe once or twice per day for 6 weeks you can then then progress onto P11.

P11 A probe will give you the best results use this twice a day if possible for 6 weeks. After 6 weeks of P10 and 6 weeks of P11 and if you are happy with your results you can maintain them with P05 Weekly Maintenance performed twice a week.

Urge & Frequency and/or Stress Incontinence, Nocturia

P12 Using skin electrodes once or twice per day can calm the bladder. See the diagram '4 back electrodes'. Continue for 6 weeks (or longer if necessary), maintain results with P05 Weekly Maintenance twice a week.

P13 Used in conjunction with manual exercises performed whilst sitting, and walking. Please refer to this programme in the full User Guide.

Post Natal Incontinence/Prolapse/Hysterectomy

P14 New mums, hysterectomy and moderate prolapse (grades 1/2) use this programme with a vaginal probe twice a day, for 3 days. Then use P03 Pelvic Exercise twice a day, for 2 days. Repeat the cycle until you feel an improvement (6-12 weeks). Maintain your results by using P05 Weekly Maintenance 2-3 times a week.

P15 New mums, hysterectomy and severe prolapse (grades 3/4) use this programme with a vaginal probe twice a day, for 3 days. Then use P03 Pelvic Exercise twice a day, for 2 days. Repeat the cycle until you feel an improvement (6-12 weeks). Maintain your results by using P05 Weekly Maintenance 2-3 times a week.

Bowel Incontinence

P16 If you suffer severe bowel incontinence use this programme with a vaginal probe twice a day, for 3 days. Then use P03 Pelvic Exercise twice a day, for 2 days. Repeat this cycle.

P17 If you suffer less severe bowel incontinence use this programme with a vaginal probe twice a day, for 3 days. Then use P03 Pelvic Exercise twice a day, for 2 days. Repeat cycle.

Pain Relief

P18 For period pain, pelvic pain and vulvodynia, this is a great TENS programme. Use this programme with electrode pads applied as seen in the diagram '4 back electrodes'. You can use this programme for as long, and as often as you need.

P19 For muscle cramps or tight pelvic muscles, use this programme with a vaginal probe.

P20 For pelvic tightness and vaginal tightness, this programme works at a very low frequency to help relax your muscles. Use a vagianl probe with this programme.

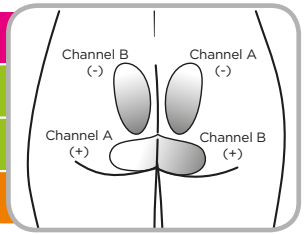
Using Kegel8 electrode pads

If you can't, or don't want to use a vaginal probe there are a number of programmes that you can use with electrode pads.

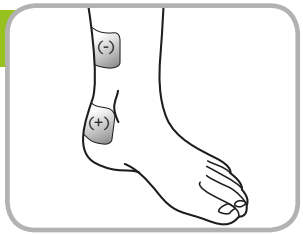
Programme number	Programme name	Electrode positioning
P08	Pelvic Floor Sensitivity	4 back electrodes
P09	Overactive Bladder/Tibial Nerve Stimulation	Probe and/or ankle electrodes
P12	Mixed Incontinence	4 back electrodes
P13	Functional Continence Training (with skin electrodes)	4 back electrodes
P17	Bowel (Faecal) Incontinence 2	2 front electrodes
P18	Chronic Pain Relief (with skin electrodes)	4 back electrodes

Where to apply the electrode pads

P08
P12
P13
P18



P09



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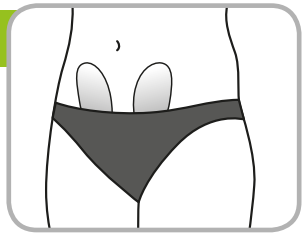

Visit **www.kegel8.co.uk/help-and-advice.html** for advice on caring for your probes and electrode pads

Please read the full manual for contraindications and further advice.

If you need any help getting started, or using your Kegel8 Ultra 20, contact our friendly Kegel8 Advisors who will be happy to help you.

Call: +44 (0) 1482 496 932

Email: info@kegel8.co.uk

www.kegel8.co.uk

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