

Kegel8's Guide to Connecting the Perispherpa U

Connect the wires on your Perisherpa U probe like this to use just the two "flat" electrodes to target your Pubo-Rectalis muscles. You do not need to connect the white wires on the probe. Your PC and PR muscles are your "top and bottom" pelvic floor muscles. This arrangement corresponds with Diagram A in the instruction manual.

White - Black
White - Red



Channel A Channel B



Connect the wires on your Perisherpa U probe like this to use just the two "side" electrodes to target your Pubo-Coccygeus muscles. You do not need to connect the red and black wires on the probe. Your PC and PR muscles are your "top and bottom" pelvic floor muscles. This arrangement corresponds with Diagram B in the instruction manual.

White - Black
White - Red



Channel A Channel B



Connect the wires on your Perisherpa U probe like this to use all four electrodes and to target both the Pubo-Rectalis and Pubo-Coccygeus muscles. Your PC and PR muscles are your "top and bottom" pelvic floor muscles. This arrangement corresponds with Diagram C in the instruction manual.

White - Black
White - Red



Channel A Channel B



*not to scale