

Kegel 8®



## Pelvic Floor Wand

Body-friendly  
Easy to use  
Designed for comfort



#GetAGrip

Kegel 8<sup>®</sup>

# Contents

---

Welcome to Kegel8 .....	5
What are Kegels? .....	6
About Your Kegel8 Pelvic Floor Wand .....	8
Getting Started .....	9
Kegel8 Beginner's Exercise Plan .....	12
Kegel8 Advanced Exercise Plan .....	16
Caring for Your Kegel8 Pelvic Floor Wand .....	21
Q&A's .....	22
More About Kegel8 .....	26

# Welcome to Kegel8

---

Thank you for choosing the Kegel8 Pelvic Floor Wand. You are now one step closer to having a stronger, healthier pelvic floor.

Created especially by women, for women, the Kegel8 Pelvic Floor Wand is a clinically proven pelvic floor toning system.

Using the Kegel8 Pelvic Floor Wand to exercise your pelvic floor muscles can:

- Help you avoid leaks and bladder weakness, keeping you in control
- Prevent pelvic floor problems, such as a prolapse
- Increase sexual satisfaction for you and your partner
- Increase muscle strength and blood flow to avoid the common causes of pelvic pain

If you're not currently experiencing the effects of pelvic floor weakness, such as leaks, you can use the Kegel8 Pelvic Floor Wand as a preventative measure to strengthen your pelvic floor as part of a fitness regime. It's important that you know about your pelvic floor and its muscles, including where they are, how to move them correctly, and just how strong yours are. This will reduce the likelihood of experiencing incontinence in the future, increase intimate sensation, and can even prepare your muscles for pregnancy and natural childbirth.

If you've already noticed some urine leakage, use the Kegel8 Exercise Plan within this guide and you will notice a huge difference! Your muscle tone will be restored, and you will enjoy greater bladder control, as well as an increase in self-confidence.

**Let's get started!** ▶▶▶▶▶▶▶▶▶▶

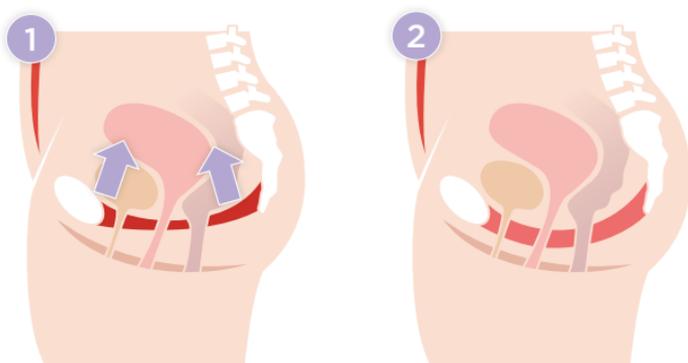
## What are Kegels?

---

Kegel exercises help to strengthen and tone the muscles and ligaments within your pelvic floor. These targeted exercises were first created in 1948 by Dr Arnold Kegel – hence the name. Your pelvic floor is responsible for:

- supporting the uterus, bladder and bowel;
- controlling the bladder and bowel, and
- providing intimate sensation

Kegel exercises are recommended by healthcare professionals to all women for maintaining a healthy pelvic floor. Like any muscle, your pelvic floor muscles naturally weaken over time. You need to exercise them to maintain their strength and effectiveness at keeping you continent and healthy. Manual Kegels can be performed by:



- 1 Starting at your anus, squeeze your pelvic floor muscles as tight as you can, as if you are holding in wind. Whilst holding this squeeze and keeping the muscles tight, squeeze your vaginal muscles and lift them up towards your stomach. A helpful way to perform this is by imagining your pelvic floor as an elevator; once you've tightened the correct muscles, squeeze the doors shut and lift your pelvic floor up a few levels.

- 
- 2 Once you have held this 'squeeze and lift', relax your pelvic floor muscles completely.

These exercises can be tough. If you have suffered from nerve damage, pelvic surgery or childbirth you may find pelvic floor exercises particularly difficult. You may be pushing down instead of pulling up, doing the exercises too often, or not enough, or even not allowing time for relaxation between squeezes.

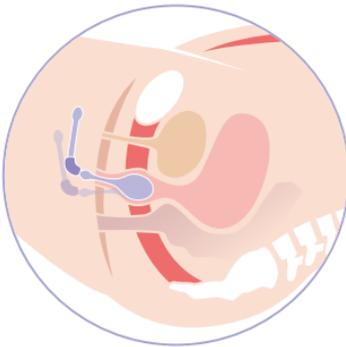
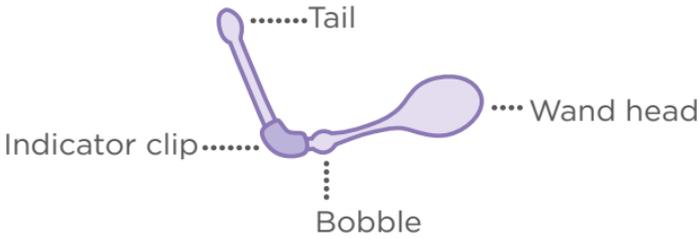
If you exercise too frequently and too often, you will not give your muscles time to recover, causing more damage than good.

The Kegel8 Pelvic Floor Wand has been designed to improve the effectiveness of your Kegel exercises. The Wand does this by providing resistance for exercise, letting you see that you are targeting the correct muscles, and keeping you motivated through Kegel8's Exercise Plan.

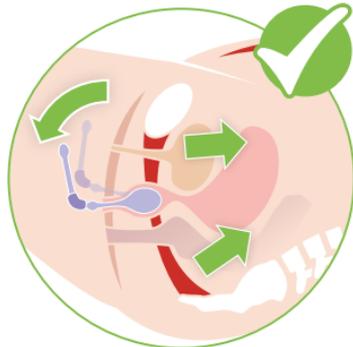
# About Your Kegel8 Pelvic Floor Wand

The Kegel8 Pelvic Floor Wand is designed specifically to help you locate, exercise and strengthen the pelvic floor muscles.

The Kegel8 Pelvic Floor Wand has a unique indicator clip which, when attached to your Wand, bends the tail that tells you if you are exercising correctly. When you squeeze your pelvic floor muscles correctly, you will see the tail waving downwards.



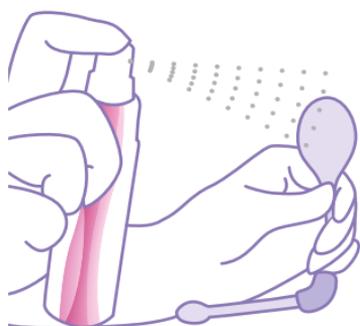
Pelvic floor muscles are relaxed - tail is up



Squeeze and lift and the wand waves down.

## Getting Started

---



Make sure you give your Kegel8 Pelvic Floor Wand a quick clean before you start. You can use our body-friendly Kegel8 Klean antibacterial spray to give the Wand a wipe down.

Alternatively, wash the Wand in hot, soapy water.



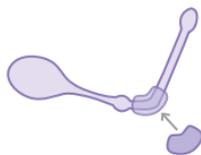
Ensure you rinse the Wand thoroughly before use to avoid any irritation from the soap, and dry with a lint-free cloth or tissue. If you are using the Wand in a clinical setting, it can be autoclaved.

*Ok, let's begin by perfecting your Kegels...*

---

### Locate Your Pelvic Floor Muscles

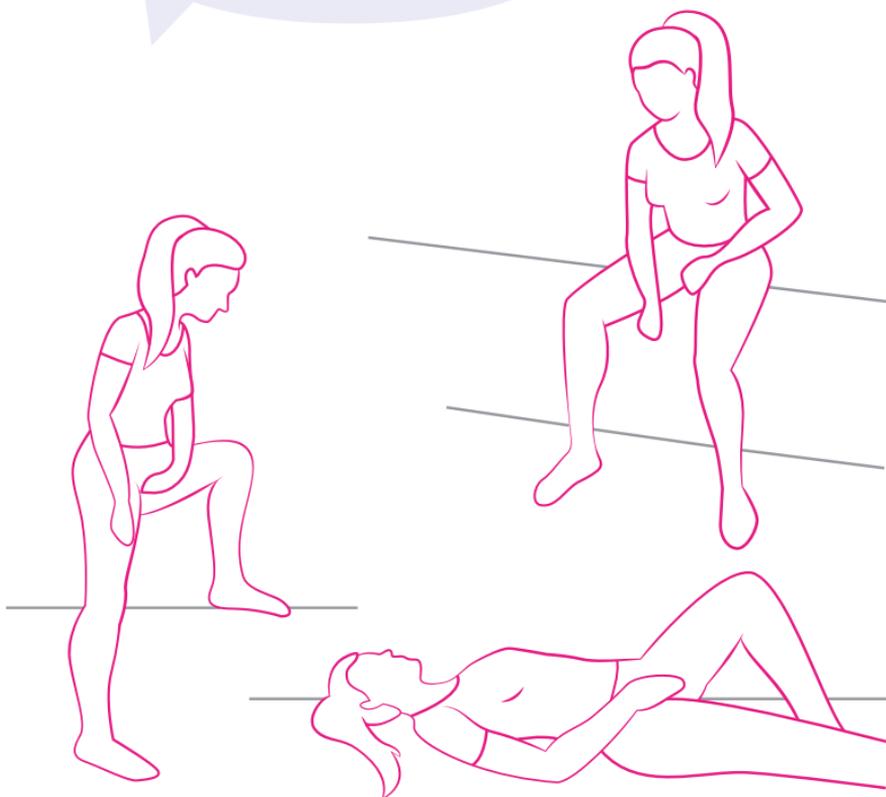
1. Attach the indicator clip to your Wand, just beneath the half-way bobble if it's not in place already.



2. Get into a comfortable position. To start with this may be lying down until you become familiar with inserting the Wand, but many women tend to sit on the edge of a seat or even stand.

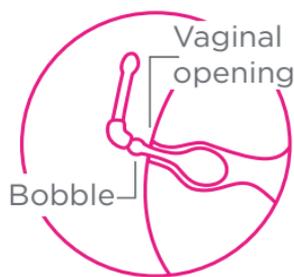
### Kegel8 Tip

To ease insertion, we recommend that you use a good quality, water-based lubricant such as the KE Gel



---

3. Hold your Wand with the tail pointing upwards and gently insert the weighted end of the Wand into your vagina. Continue to gently push the Wand into place. You can stop when the half-way bobble is at the entrance to your vagina.



4. Now, standing up or sitting on the edge of a seat, contract and tighten your muscles around the Wand. Remember, start at your anus and squeeze as if you're trying to control wind, and then include your vaginal muscles. You are aiming to squeeze and lift the Wand head up towards your stomach.

### Kegel8 Tip

If your pelvic floor muscles are not as strong as they used to be, you may find that when you stand, your Wand begins to fall out of place. If this happens, it may be best for you to exercise lying down to begin with as this will stop the Wand from falling out of position.

Remember, you are looking for the indicator tail of the Pelvic Floor Wand to **wave downwards** to show that you are exercising correctly by performing a Kegel contraction; **Squeeze and lift and the wand waves down!**

This may take practice but it's important that you stay focused; bad Kegels (where the Wand tail moves up instead of down) are pointless and can be potentially damaging. Once you've mastered the 'squeeze and lift', you've made the biggest step to strengthening your pelvic floor for a healthier you.

# Beginner's Exercise Plan

## The Kegels8 Exercise Plan

The Kegels8 Exercise Plan has been devised with a specialist women's health physiotherapist and is split into three types of training to target your muscles in different ways; with two intensity levels so you can continually improve your pelvic floor strength.

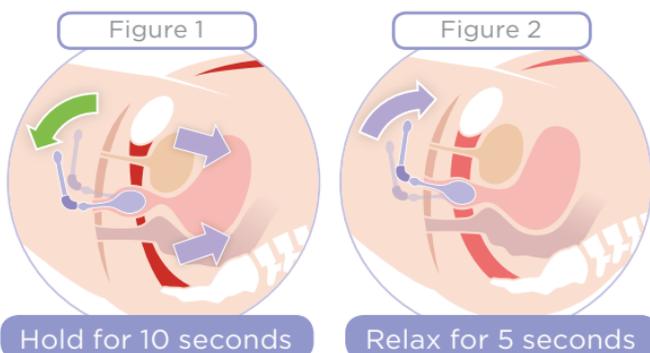
The three different types of exercises in this routine should be carried out one after the other.

### Exercise 1 - Endurance Kegels

Endurance (or, 'slow') Kegels are designed to target the slow twitch muscle fibres. These are the muscle fibres that are responsible for prolonged bladder and bowel control - enabling you to get to a toilet in time, or to last longer through the night.

1. Insert the Wand into your vagina as described in Getting Started (page 11).
2. Squeeze and lift the Wand head using your pelvic floor muscles as described in What are Kegels? (page 6) and hold steady for 10 seconds. (Figure 1)

**Squeeze and lift and the wand waves down!**



- 
3. Now release and relax your pelvic floor muscles for 5 seconds. (*Figure 2*)
  4. Repeat steps 2 and 3 ten times.

Can't hold your 'squeeze and lift' for 10 seconds? Just hold it for as long as you can. This may only be 8, 7, or just 6 seconds to begin with.

**Quality is more important than quantity...**

If you feel your muscles tiring, it's time to rest. Don't worry - if you can't manage ten repetitions or hold for 10 seconds, you can improve on your performance next time you exercise. Listen to your body and stop when your muscles begin to feel tired and you lose your Kegel technique, relaxation is just as important as contracting the muscles.

If you find ten repetitions easy, you can:

- a. Continue to do another five (or more) repetitions, or
- b. Progress onto our Advanced Kegel Exercise Routine (page 16)

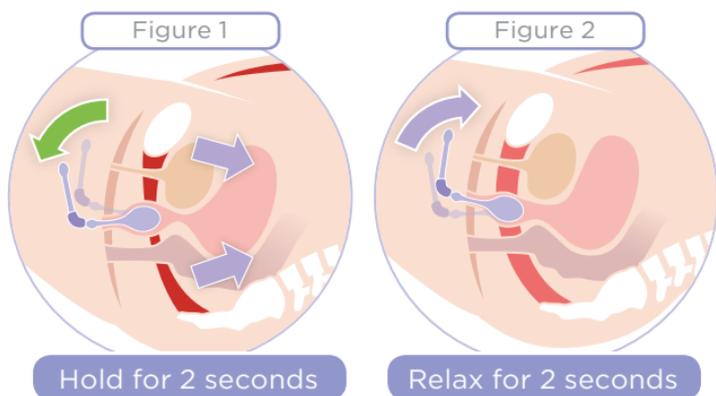
*Now let's move on to Exercise 2*

## Exercise 2 – Speed Kegels

Speed (or, ‘fast’) Kegels are designed to target fast twitch muscle fibres. These are the muscle fibres that should respond quickly to support your bladder under sudden bursts of pressure like coughing, sneezing, laughing, jumping, and running.

1. Insert the Wand into your vagina as described in Getting Started (page 11).
2. Squeeze and lift the Wand head as high as you can and hold for 2 seconds (Figure 1). Ensure that you squeeze to the best of your ability. You can do this by picturing your pelvic floor as a lift, taking the Wand up one floor, and then to the second or third floor. You may think that you are at your limit but try taking it to another floor – you may surprise yourself.
3. Now release and relax your pelvic floor muscles for 2 seconds. (Figure 2)
4. Repeat steps 2 and 3 ten times.

**Squeeze and lift and the wand waves down!**



Make sure you relax – this is when blood delivers oxygen to your muscles to strengthen them. Ensure that for these 2 seconds the Wand lifts up, your muscles feel completely relaxed.

---

Don't perform more than ten repetitions of fast Kegels at one time as muscle fatigue can be difficult to identify during such rapid muscle movement. Instead, you can build on this training by:

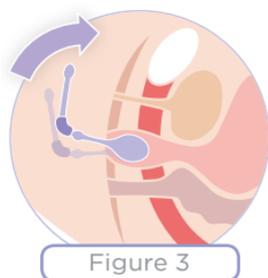
- a. Doing additional fast Kegels each time you put your pelvic floor under pressure, i.e. each time you laugh, sneeze etc.
- b. Progressing onto our Advanced Exercise Routine (page 16).

*Now let's move on to Exercise 3*

### Exercise 3 – Relaxation Kegels

Relaxation Kegels are designed to put you in tune with your pelvic floor muscles so that you can become more aware of your pelvic floor movement and ensure that you fully relax your pelvic floor muscles. Relaxation is as imperative as strength for your pelvic floor muscles to stay healthy.

1. Insert the Wand into your vagina as described in Getting Started (page 11).
2. Squeeze and lift the Wand head slowly and hold as high as you can for 2 seconds.
3. Then slowly relax your muscles, lowering the Wand all the way down until you feel the weighted end of the Pelvic Floor Wand at the opening of your vagina, as though it could fall out of place (Figure 3)
4. Repeat steps 2 and 3 ten times.



You can use the indicator tail to check your muscles are relaxing. When your muscles are fully relaxed you will notice the indicator tail move upwards. Now you can even try these exercises without your Wand; put your pants back on and give it a go!

# Advanced Exercise Plan

---

However strong your pelvic floor muscles are, if you have not yet completed the Beginner's Exercise Plan, we recommend you do so before progressing onto the Advanced Exercise Plan. This will help you familiarise yourself with the types of exercises that this plan uses and enable you to ensure that your technique is accurate in preparation for these more challenging exercises.

This exercise routine is divided into three different types of exercises.

## Exercise 1 - Advanced Endurance Kegels

Advanced Endurance (or, 'slow') Kegels are designed to target the slow twitch muscle fibres in your pelvic floor. These are the muscle fibres responsible for prolonged bladder control – enabling you to get to a toilet in time, or last longer through the night. This advanced approach is great for challenging you for better control of the Pelvic Floor Wand.

1. Insert the Wand into your vagina as described in Getting Started (page 11).

2. Whilst gripping the Wand, take a squat position – place your feet just a little over hip width apart. Keeping your back straight, bend your knees to a 90° angle, pushing your bum back as if sitting down on a chair.



- 
3. Hold this squat position and squeeze and lift the Wand, holding steady for 5 seconds.
  4. Keeping your back straight, stand back upright and release. Relax your pelvic floor muscles for 5 seconds.
  5. Repeat steps 2 to 4 five times.

Remember the positioning of the tail of the Wand from page 11 (Getting Started) – as you squeeze and lift the Wand head using your pelvic floor muscles, the tail will wave down.

You can develop this training further by increasing the number of repetitions or the length of time that you hold your squeeze. But remember, quality is more important than quantity, so if you feel your muscles tiring and you begin to lose technique, it is time to rest. Poor Kegel control can cause pressure on your pelvic floor.

You could even try doing three sets of this exercise per day instead of one long set. Your pelvic floor gets tired quickly, so little and often is best.

*Now let's move on to Exercise 2*

## Exercise 2 – Advanced Speed Kegels

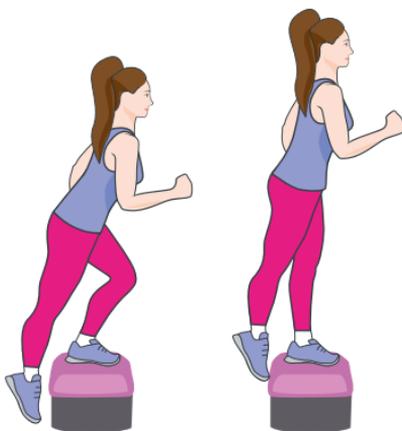
Advanced Speed (or, 'fast') Kegels are designed to target the fast twitch muscle fibres. These are the muscle fibres that should respond quickly to support your bladder under sudden bursts of pressure, e.g. coughing, sneezing, laughing, jumping, and running. This advanced approach also engages your core muscles, buttocks and thighs, as well as challenging you for greater control of the Pelvic Floor Wand.

---

1. Insert the Wand into your vagina as described in Getting Started (page 11).

2. Whilst retaining the Wand, position yourself in front of a step – this can be an aerobics step or the bottom step of the stairs in your house.

3. Step up onto the step, one foot after the other, and squeeze and lift the Pelvic Floor Wand and hold for 2 seconds. Although this is a quick movement, ensure you squeeze and lift to the best of your ability.



4. Immediately step down the step, one foot after the other. Release your squeeze and relax for 2 seconds.

5. With such quick movement it may help you to chant as you exercise: (up) squeeze, 1, 2, (down) release, 1, 2.

6. Repeat steps 3 and 4 ten times.

Remember the positioning of the tail of the Wand from page 8 – as you squeeze and lift, the tail of the Wand will wave down.

As with all of your Kegel exercises, the 2 second relaxation in this routine, although short, is really important. Ensure that for these 2 seconds the Wand drops down towards the entrance of your vagina and your muscles feel relaxed.

Don't perform more than ten repetitions of fast Kegels at one time, as muscle fatigue can be difficult to identify during such rapid muscle movement. Instead, you can build on this training by doing additional fast Kegels throughout the day whenever you put your pelvic floor under pressure, i.e. each time you cough, laugh, jump, sneeze etc.

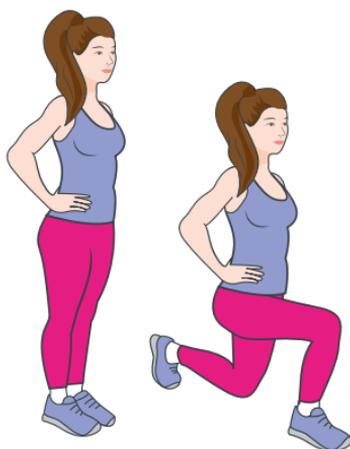
*Now let's move on to Exercise 3*

### Exercise 3 – Advanced Relaxation Kegels

Advanced Relaxation Kegels are designed to put you in tune with your pelvic floor muscles so that you become more aware of your pelvic floor movement and can be sure that you are fully relaxing. Relaxation is as important as strength for your pelvic floor muscles to keep healthy. This advanced approach uses your core muscles, buttocks and thighs, and ensures greater control of the Wand for the best possible results.

1. Insert the Wand head into your vagina as described in Getting Started (page 11).

2. Whilst retaining the Wand head with your pelvic floor muscles, take a lunge position – starting with your feet together, stride your left foot forward as far as you can without jeopardising your balance. Bend your back knee down towards the ground without resting it on the floor.



3. Hold this lunge position and squeeze and lift the Wand slowly and hold as high as you can for 2 seconds.

- 
4. Slowly relax your pelvic floor muscles, lowering the Wand all the way down until you feel the weighted end of the Wand at the opening of your vagina, as though it could fall out of place.
  5. Repeat steps 3 and 4 five times whilst holding your lunge position.
  6. Keeping your pelvic floor muscles relaxed, stand up, bringing your front foot back to your starting position. Now stride forward with the right foot and bend your back knee down towards the ground as you did before.
  7. Hold this lunge position and again, squeeze and lift the Wand slowly and hold as high as you can for 2 seconds.
  8. Slowly relax your muscles, lowering the Wand head all the way down until you feel the weighted end of the Pelvic Floor Wand at the opening of your vagina, as though it could fall out of place.
  9. Repeat steps 7 and 8 five times whilst holding your lunge position.

You can use the indicator tail to check that your muscles are relaxing. Perform the exercise in front of a mirror, and when your muscles are fully relaxed, you will notice the indicator tail move upwards.

## Caring for Your Kegel8 Pelvic Floor Wand

---

When you have completed your pelvic floor exercises, you can remove your Kegel8 Pelvic Floor Wand;

1. Get comfortable. This may be in the same position you took to insert the Wand before you began exercising.
2. Relax your muscles and gently pull on the tail of the Pelvic Floor Wand – much like you would pull the cord of a tampon to remove after use.
3. The Pelvic Floor Wand is likely to be easy to remove as your muscles will be tired from exercising; the lubricant you used will also help with removing the Wand.

### Kegel8 Tip

It is important to relax when removing the Pelvic Floor Wand. If you are not relaxed, your muscles may clench the Wand, causing you to feel that you are unable to remove it.

In the unlikely event that you are unable to remove the Pelvic Floor Wand, please consult your GP for further instruction.

## Caring for Your Kegel8 Pelvic Floor Wand

As before use, it is important to care for your Kegel8 Pelvic Floor Wand after use too. Clean the Wand with body-friendly Kegel8 Klean antibacterial spray, or give the Wand a wash in hot, soapy water. Be sure to rinse the Wand thoroughly to avoid any soap residue, and dry with a lint-free cloth or tissue.

## Q&As

---

### **When will I start to feel the benefits?**

The main reason Kegel exercises fail is because we give up on them too soon. Most women feel the benefit within a couple of weeks, and your partner may notice before you do! However, we urge you to continue and follow the Kegel8 Exercise Plan daily for 12 weeks. After 12 weeks you can maintain and improve your strength further by exercising with the Wand 2-3 times per week.

### **Can I stop exercising after 12 weeks?**

Exercising your pelvic floor is the same as any other exercise – when you stop, the effects of what you have achieved will fade over time. If your lifestyle routine just does not permit you to exercise with your Kegel8 Pelvic Floor Wand daily, then set yourself a target of 3 or 4 times per week. In between your exercise sessions we recommend you still perform your ‘squeeze and lift’ daily with no Wand to keep the pelvic floor muscles active – try doing them every time you stop at traffic lights when driving or every time you brush your teeth. You can also use a Kegel8 Electronic Pelvic Floor Toner for lasting results that need to be ‘topped up’ less frequently.

### **What difference will the Kegel8 Pelvic Floor Wand make to my manual pelvic floor exercises?**

Clinical evidence shows Kegel exercising with the weight of a resistance tool, such as the Kegel8 Pelvic Floor Wand, is more effective than without. A stronger pelvic floor means you are able to control bladder and bowel leaks, prevent prolapse (of pelvic organs such as bladder, uterus and bowel), not to mention improve your love life for you and your partner.

---

### **I don't feel as strong if I exercise in the evening as I do if I exercise in the morning – is this normal?**

This is perfectly normal. Like the rest of your body your pelvic floor muscles tire throughout the day from supporting your pelvic organs through daily activities. Especially if you are on your feet all day. Don't worry, if you need to exercise in the evening and your muscles feel tired, just use the Beginner's Exercise Plan – lighter exercise is better than none at all.

### **I have completed 12 weeks of exercising and can perform Kegels, but I still experience leaks and lack of intimate sensation – what should I do?**

Don't give up, results can be slow for some women and bladder leaks can also be due to medication, nerve damage, excess weight or prolapse. Speak with your GP or give us a call to explore your options. Some users progress onto an NMES (Neuromuscular electrical stimulation) exerciser, such as the Kegel8 Ultra 20 Electronic Pelvic Toner – these exercise the pelvic floor muscles for you using electronic stimulation. Electronic stimulation uses electrical pulses to give intense rehabilitation to the pelvic floor.

### **Can I use the Kegel8 Pelvic Floor Wand when I'm pregnant?**

We cannot recommend using the Kegel8 Pelvic Floor Wand whilst you are pregnant as there are no studies that have been completed for this due to ethical issues. However, it is vital that you continue to perform the 'squeeze and lift' Kegel exercises without the Pelvic Floor Wand. You can start Kegel exercising again with the Kegel8 Pelvic Floor Wand as soon as you are fit, healthy, and healed after the delivery of your baby. Make sure your health advisor gives you the all clear at your 6-week postpartum check up!

---

### **I have a Mirena coil IUD/vaginal mesh fitted, can I use the Kegel8 Pelvic Floor Wand?**

Yes, you can safely use the Kegel8 Pelvic Floor Wand. Vaginal mesh, or any coil that is fitted, is situated much higher than the Wand.

### **I'm suffering from a vaginal/urine infection - can I still use my Kegel8 Pelvic Floor Wand?**

If you are suffering from thrush, cystitis or any other form of intimate infection, we recommend you stop using your Kegel8 Pelvic Floor Wand until the infection has cleared up. You may be more sensitive to bacteria and feeling sore, swollen and just generally uncomfortable down there. Give yourself a break and let your body recover. If you suffer repeated infections this can be a sign of a weak pelvic floor, so treat the infection then get back on the Kegel8 Exercise Plan as soon as possible.

### **I suffer with severe vaginal dryness, how can I make my Kegel8 Pelvic Floor Wand experience more comfortable?**

If you suffer from severe vaginal dryness you may find it uncomfortable to use your Kegel8 Pelvic Floor Wand. Oestrogen cream is often prescribed to treat vaginal dryness (vaginal atrophy). If you are using oestrogen cream, we recommend waiting a month before using your Kegel8 Pelvic Floor Wand. This will allow time for moisture replacement in the vaginal tissue; after this, you should find that using the Kegel8 Pelvic Floor Wand is comfortable. You can then use the cream and Wand alongside each other. But always make sure you wait for the cream to be fully absorbed before using your Wand.

## Important Do's and Don'ts

---

Do wash your hands before using your Kegel8 Pelvic Floor Wand and follow our recommendations for cleaning the Wand.

Do use your Kegel8 Pelvic Floor Wand regularly; daily for 12 weeks following the Kegel8 Exercise plan, and then onto a maintenance programme of 2 or 3 times a week.

Do call us or seek medical advice if you have any difficulties or concerns with using your Kegel8 Pelvic Floor Wand on 01482 296932.

Don't share your Kegel8 Pelvic Floor Wand with anyone for hygiene reasons.

Don't use your Kegel8 Pelvic Floor Wand:

- Whilst using a vaginal diaphragm or cap
- During a pregnancy
- If you have a vaginal prolapse
- If you have a vaginal/urine infection

## More About Kegel8

---

Have you visited us at [www.kegel8.co.uk](http://www.kegel8.co.uk)? We're all about pelvic floor health and finding the best way for you to maintain a strong and healthy pelvic floor.

Keeping your pelvic floor muscles strong allows you to be in control. If you allow your muscles to weaken, you are likely to experience laughter leaks, loss of control of wind, lack of intimate sensation... these are all signs that your pelvic floor is crying out for help. Ignore them, and these signs will only get worse and could develop into urinary incontinence, faecal incontinence and even prolapse.

### Kegel8 is your solution

At Kegel8 we have the UK's No.1 electronic pelvic floor toners. These are clinical devices with medically approved programmes to target and exercise your pelvic floor muscles automatically, using neuromuscular electrical stimulation (NMES).

Our electronic pelvic floor toners are designed to suit your needs with programmes to strengthen your muscles, stop pesky leaks, treat prolapse and assist in recovery from hysterectomy.

We want you to have the solution that suits you! We offer extensive information on pelvic floor health and how our products can help so you can make the right choice for you.

**Go now to [www.kegel8.co.uk](http://www.kegel8.co.uk)**

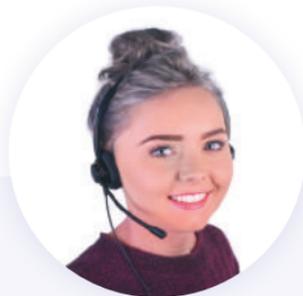
## Contact us

---

Call us: +44 (0) 1482 496 932

Email us: [info@kegel8.co.uk](mailto:info@kegel8.co.uk)

Visit us: [www.kegel8.co.uk](http://www.kegel8.co.uk)



Our friendly advisors are available  
Monday - Friday, 9am - 5pm.

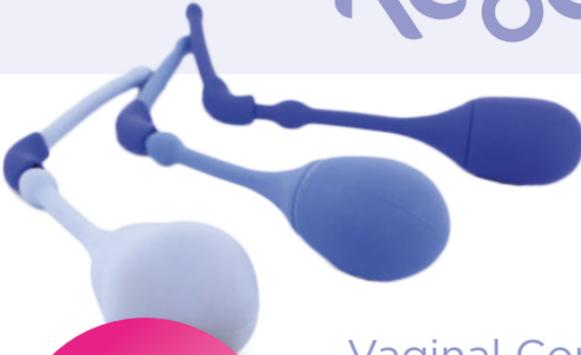
You can feel comfortable in asking  
us anything.

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

**Keigel 8<sup>®</sup>**

**CE**

# Kegel 8®



Available on  
prescription

## Vaginal Cones

Three different weights to  
develop muscle strength  
as you improve.  
Results in 12 weeks!

## Kegel8 Ultra 20 Electronic Pelvic Toner

Best selling Kegel8 with  
20 different clinically  
proven programmes

Best  
Seller!



## Biofeedback Pelvic Trainer

Keep a track on your  
progress, build &  
measure your strength.

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