

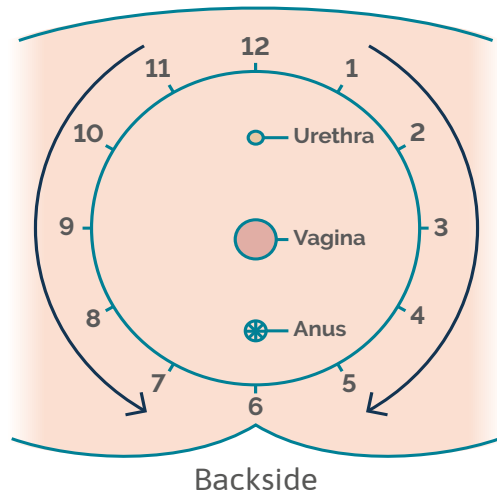
Using the Osalis Barbell for PELVIC PAIN RELIEF

Before use for pelvic pain relief, we recommend you contact a pelvic pain Physiotherapist who can help you with your home treatment.

If you are experiencing pelvic pain, you can use the Osalis Barbell as a trigger point release massage device, relaxing the pelvic floor muscles that are causing pelvic pain.

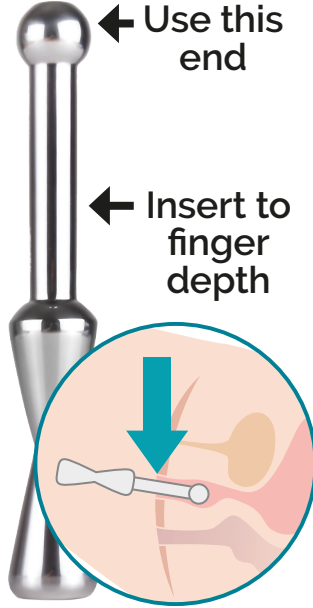
Your Osalis Barbell can be warmed to help relax your muscles and improve circulation. Pelvic pain trigger points are often just inside the vagina and are easily reached by the Osalis Barbell.

Guidelines for using your Osalis Barbell for pelvic pain relief:



Osalis Tip:
Ensure you take slow and deep breaths whilst you perform trigger point release.

⚠️ Avoid applying pressure around 12 or 6 on the pelvic clock as these house sensitive structures (e.g. the urethra and the rectum). Unless otherwise directed by your Physiotherapist.



TEMPERATURE THERAPY

Warming and Cooling Your Osalis Barbell for Pain Relief

To help with pain relief, your Osalis Barbell may be warmed or cooled prior to use. To do this, the Osalis Barbell may be dipped in warm or cold water.

- Warm Osalis Barbell:**
Before intercourse, pelvic floor exercise, or trigger point massage
- Cool Osalis Barbell:**
After intercourse, pelvic floor exercise, or for haemorrhoid* relief

*Use this cold relief to reduce the inflammation and itchiness of haemorrhoids by gently pressing the Osalis Barbell to the affected area(s).

Caring for Your OSALIS BARBELL

When you are finished with your Osalis Barbell, you are ready to remove it:

1. Get comfortable. This may be in the same position you took to insert the Osalis Barbell.
2. Relax your muscles and gently pull the Osalis Barbell from your vagina.
3. Once removed, clean your Osalis Barbell with body-friendly cleanser (such as Kegel8 Cleaning Spray), or wash in warm, soapy water. Rinse thoroughly to avoid any soap residue, and dry with a lint-free cloth or tissue. Keep your Osalis Barbell in the provided cotton bag for added protection.

Osalis Tip:
It's important to relax when removing the Osalis Barbell. If you are not relaxed, your muscles may clench, causing you to feel that you are unable to remove it. If your muscles do clench, there is no need to panic; take 3 deep breaths, relax, and try again. In the unlikely event that you are unable to remove the Osalis Barbell, please consult your GP for further instruction.



CAN WE HELP?

Visit our website to get in touch
www.stressnomore.co.uk/contactus



Instructions for Use

Barbell Pelvic Floor Exerciser
and Therapy Wand

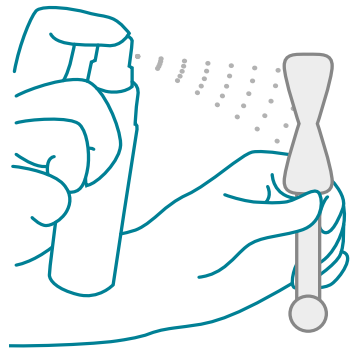
IFU7002_0522

WELCOME

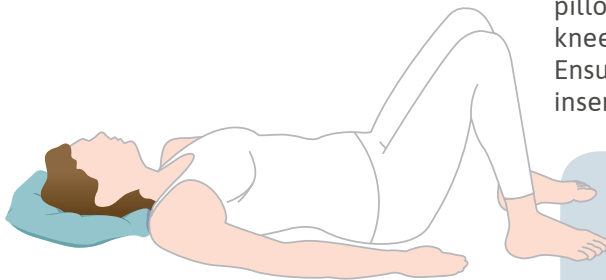
Thank you for choosing the Osalis Barbell Pelvic Floor Exerciser & Therapy Wand. You are now one step closer to having a stronger, healthier pelvic floor.

Created especially for women, the Osalis Barbell Pelvic Floor Exerciser & Therapy Wand is a clinically proven way of strengthening the pelvic floor muscles and relieving pelvic pain.

GETTING STARTED



- 1 Give your Osalis Barbell a thorough clean before you begin. You can use a body-friendly, antibacterial cleaning spray or give your Osalis Barbell a wash in warm, soapy water, rinsing thoroughly afterwards to avoid any irritation from soap. Ensure your Osalis Barbell is a comfortable temperature before use.



- 2 Lie down on your back with one or more pillows beneath your head. Bend your knees with both feet flat on the floor. Ensure you are comfortable before inserting the Osalis Barbell.

Osalis Tip:
To ease insertion, we recommend that you use a good quality, water-based and hormone-free lubricant such as the Kegel8 KE-Gel Exercise Lubricant.



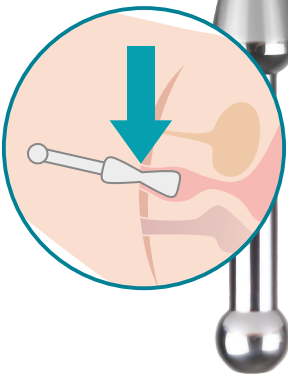
3 For Pelvic Floor Exercises see page 2

4 For Pelvic Pain Relief see page 4

Using Your Osalis Barbell for PELVIC FLOOR EXERCISE

Use this end →

Insert to here →



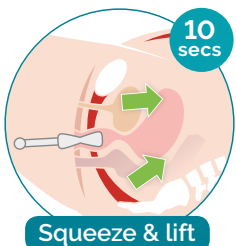
The 300g weight of your Osalis Barbell makes it a great resistance device for Kegel exercising. To practice your pelvic floor exercises using the Osalis Barbell, follow these steps:

- 1 With the larger end of the Osalis Barbell inserted, slowly contract and tighten your pelvic floor muscles.
Starting squeezing at your anus as if you're trying to control wind. Use the same muscles to tighten around your vaginal opening.
- 2 Squeeze and lift these muscles towards your stomach (make sure you don't push downwards!).
- 3 Congratulations! That is one Kegel: read on to see which exercise plan is right for you...

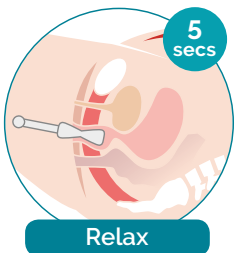
Endurance Kegels Exercise Plan

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 the toilet in time, or to last longer through the night.

- 1 Squeeze and lift the Osalis Barbell using your pelvic floor muscles (as described above) and hold steady for 10 seconds.
- 2 Release and relax your pelvic floor muscles for 5 seconds. You will feel the Osalis Barbell move to the entrance of your vagina. Make sure you do not let it fall out. If you feel like it may fall out, lie down when exercising.
- 3 Repeat this exercise 10 times.



Squeeze & lift

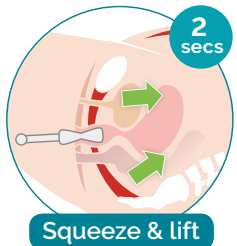


Relax

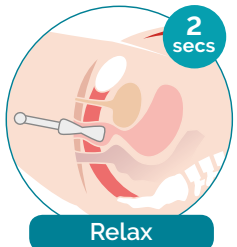
Speed Kegels Exercise Plan

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, jumping and running.

- 1 Squeeze and lift the Osalis Barbell as high as you can, and hold for 2 seconds.
- 2 Release and relax your pelvic floor muscles for 2 seconds.
- 3 Repeat this exercise 10 times.



Squeeze & lift

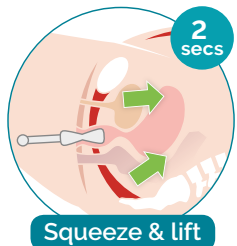


Relax

Relaxation Kegels Exercise Plan

Relaxation Kegels are designed to put you in tune with your pelvic floor muscles. Relaxation is as important as strength in terms of keeping your pelvic floor muscles healthy.

- 1 Squeeze and lift the Osalis Barbell slowly and hold as high as you can for 2 seconds.
- 2 Slowly relax your muscles, lowering the Osalis Barbell all the way down until you feel the head near the opening of your vagina. If you feel like it may fall out, lie down when doing this exercise.
- 3 Repeat this exercise 10 times.



Squeeze & lift



Relax