



Let's Get Started...

User Guide

With condition guides written by chartered physiotherapist and pelvic health specialist
Amanda Savage MCSP MSt.

Kegel 8



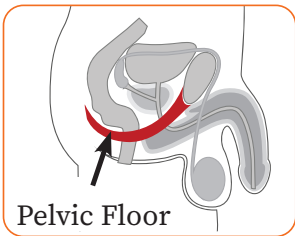
Welcome!

Thank you for choosing Kegel8® V for Men. This personal therapeutic device is designed to help you strengthen your pelvic floor in the comfort of your own home. Created specifically for men, the Kegel8® V for Men is a safe and effective neuromuscular stimulator (STIM) that works by producing electrical pulses that gently stimulate the muscles and nerve fibres in your pelvic area.

What Are the Benefits of Having a Stronger Pelvic Floor?

The pelvic floor is a sling of muscles that run from your pelvic bone (in the front) to your tailbone (in the back). Think of these muscles like a hammock that supports your reproductive organs, bladder and lower bowels.

Various life circumstances can weaken these muscles, such as excessive weight gain, surgery, or ageing. By using



the Kegel8® V for Men, you will be effortlessly guided through a series of STIM-induced pelvic floor (Kegel) exercises that will assist you in gradually restrengthening your pelvic floor.

Advice For First Time Users

If this is your first time using a STIM device, you may be a bit apprehensive; that's totally normal. The Kegel8® V for Men has been designed with the utmost attention to quality and comfort. Simply read this handy guide completely and follow the instructions for proper use, and you will have a positive experience.

If at any moment during your use of the Kegel8® V for Men you have a question or concern, we are happy to assist you. You can reach one of our advisors by visiting our website www.kegel8.co.uk/contactus.

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Who Can Use This Device?

The Kegel8 V for Men has been designed to help men who wish to address the following issues:

Stress Urinary Incontinence - A condition that causes urine leakage when pressure is applied to the bladder. Stress incontinence is a common problem after surgery in the pelvic area.

Overactive Bladder – A frequent and sudden urge to urinate that is difficult to control.

Faecal Incontinence – A condition where bowel movements, wind and gas cannot be controlled, leading to stool leakage.

Pelvic Pain and Back Pain - Because of the close relationship between the lower back and the pelvic region, learning to correctly contract and relax the pelvic floor can relieve this type of discomfort.

Natural Ageing - Age-related loosening and weakening of the pelvic floor muscles.

Erectile Dysfunction - Pelvic floor exercises improve strength and endurance of erections

Lack of sensation - Improving blood flow to the pelvis improves muscle & nerve function leading to improved rectal and pelvic sensation.

Who Should Not Use This Device

The Kegel8® V for Men should not be used under the following circumstances in a home setting without the guidance of a medical professional:

- By patients fitted with a demand style cardiac pacemaker unless so advised by their Doctor.
- By patients who have been diagnosed with, or are receiving treatment for, pelvic cancer.
- By patients with undiagnosed pain conditions.
- By patients with undiagnosed skin, penile or rectal conditions.
- With patients who have diminished mental capacity or physical competence who cannot handle the device properly.
- On anaesthetised or desensitised skin.
- When driving a vehicle or operating potentially dangerous equipment.

Warnings and Safety Precautions

Before you begin using the Kegel8® V for Men, make sure to completely read the following information to ensure safe and proper use of your device.

General Warnings

- Use the Kegel8® V for Men only as directed.
- Keep the device out of reach of children.
- Do not immerse this device in water or any other liquid or expose it to rain or moisture.
- Do not use the Kegel8® V for Men on any part of your body above your pelvis without guidance from a qualified physician.
- If you are uncertain about how to properly use this device, contact one of our dedicated advisors at the following link: www.kegel8.co.uk/contactus.
- Only use a 9v battery to power your Kegel8® V for Men. Avoid using Ni-cad rechargeable batteries.
- Although this device can be used independently, it's advised to use the Kegel8® V for Men under the supervision of a physiotherapist or continence advisor if possible.

Hygiene

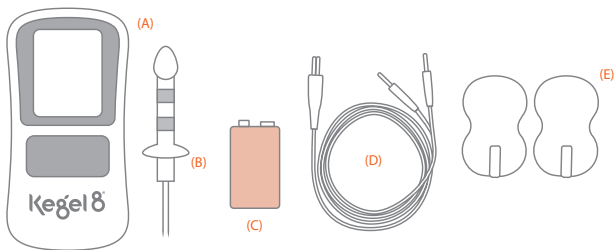
- Never share probes or electrodes with other people. These items are for personal use by a single person only.
- Always clean probes thoroughly after every use and store them away dry.
- Before applying electrode pads, make sure skin is clean and free from any oils, lotions or moisturisers.

Cleaning and Storage

After use, clean your probe with warm water, optionally spray on an antibacterial spray, and then wipe dry. With the lead wires still attached, store in the carrying case which came with your unit.

Quick Start Guide

This section of your user manual is meant to be a go-to reference to help you with setting up your Kegel8® V for Men device and getting comfortable with using it. We suggest reading through the entire manual at least once before moving forward with the following instructions.

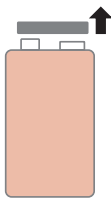


Kegel8® V for Men Checklist

Your package should contain the following items:

- 1 x Kegel8® V for Men device (A)
- 1 x Kegel8® V for Men Probe (B)
- 1 x 9 Volt Battery (C)
- 2 x Kegel8® V for Men Lead Wires (D)
- 2 x Kegel8® V for Men Electrode Pads (E)
- 1 x Kegel8® V for Men User Manual

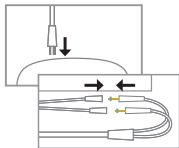
Setting Up and Using Your Kegel8® V for Men



1. Insert the 9 Volt Battery - Remove the back cover of the Kegel8® V for Men. Take one 9-volt battery (one has been included with your device). Insert the battery into the device, and replace the back cover.



2. Prepare Your Probe/Electrodes - Wash your probe in warm, soapy water (body safe/ intimate soap) or use a gentle antibacterial cleanser. Then rinse and dry thoroughly. This does not need to be done with your electrodes, but ensure the skin is clean and dry instead.



3. Connect the Probe/Electrodes to the Kegel8® V for Men Device - Insert the lead wire into Channel A at the top left of the device and connect your probe/electrodes to the lead wire connectors. Turn On your Kegel8® V for Men - Press the on/off button once to turn on your device.

4. Insert Your Probe/Attach Your Electrodes - Apply a small amount of Kegel8 Conductivity Gel For Men, on the metal parts of the probe. Insert the probe into the anus. The metal ring near the hilt is to stimulate the anal sphincter muscle, the deeper ring stimulates the pelvic floor muscles inside. Once you have found a comfortable stimulation position, you can move the hilt to help you consistently position the probe at the same depth each time. If using electrodes, place in the desired position and ensure they are stuck effectively.

5. Select a Programme - Choose an exercise programme by pressing the PRG button until the screen shows the programme you wish to use.



6. To proceed with a selected programme, press the A+ button to increase the current intensity (displayed as mA = milliamps). If the sensation is too strong, you can decrease it by pushing the A- button. The amount of current needed to stimulate pelvic floor muscles varies from person to person. Starting from 0 mAs, you should increase the mA power to a level where you can feel the effects of the electrical pulse without it causing any discomfort.



TIP: To pause a programme, press the P button. When you're ready to continue press the + button.

For a sensation test or a neuromodulation programme, start at 0 and increase the mA level until you feel a slight tingling/knocking sensation. This feeling indicates that the muscle is starting to work. You should then keep the device at this level for your sensation test and the first week of your routine, before increasing the mA level by 1-2 mA's every 1-2 weeks. Failing to do this or setting the mA level too high, will cause the muscles to over work and may affect your progress.

For a muscle exercise programme you can gradually increase until you feel the muscles contract and relax with the electrical cycles. The sensation should never be painful. Some programmes have different phases, if you feel a decrease in intensity as the phase changes, just use the + button to increase the mAs back to a comfortable level.

TIP: For first time users, start with P01 - Sensation Test 1. This will ensure that you are able to feel the current safely. If you cannot feel the current, perform P01 at 50mA once a day for 4 weeks before progressing onto P02.

Using the Electrode Pads

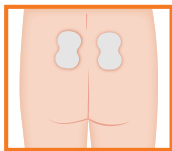
The electrode pads that came with your device can be used as an alternative to the internal probe, below are options for where you can place the electrode pads. **Please note, ankle positioning should only be used for P06 (TTNS), it is not appropriate for any other programme.**



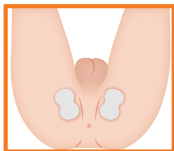
When using 2 pads, simply connect a lead wire to a pair of electrode pads and insert the other end of the lead wire into Channel A on the top left of your device. Place on the skin and use Channel A controls to change the intensity of the current. you will not need to turn it up very far to feel a sensation.

When using 4 pads, use 2 lead wires, with one in Channel A and one in Channel B. Use the corresponding controls to turn up the intensity of the current through each pair of pads individually; they do not have to be the same intensity.

Where to Apply Electrode Pads



Position 1
Sacrum



Position 2
Perineal



Position 3
Ankle

List of 8 Pre-Set Programmes

All programmes can be performed with the internal probe. Alternatively, the electrode pads can be used in the positions detailed below.

Prog. No.	Programme Name	Electrode Positioning	Time (mins)
P01	Sensation Test 1	1 or 2	60
P02	Urinary Incontinence 1	1 or 2	15
P03	Urinary Incontinence 2	1 or 2	20
P04	Bowel Incontinence	1 or 2	40
P05	Achieving a Satisfying Erection	1 or 2	15
P06	Urinary Incontinence 3	1, 2 or 3	20
P07	Pelvic Floor Strength	1 or 2	60
P08	Pelvic Floor Max Strength	1 or 2	15

Programme Descriptions

P01 - Sensation Test Use this low frequency programme to test that you can feel the current safely if using the internal probe.

Use the + button on the same side as you are plugged in to the machine to turn up the current (measured in mA). If you can feel a sensation (usually a warm tickling) from the internal probe below 50mA, progress to the treatment programme of your choice.

If you cannot feel a tickling sensation below 50mA it can be a sign of nerve damage or difficulty conducting messages. This is quite common after surgery.

Use P01 as your treatment programme to help nerves recover, at 50mA (or less), once a day for 4 weeks. If you cannot feel sensation returning after 1 month of use please consult a medical professional for advice.

P02 - Urinary Incontinence 1 This is a higher frequency 15-minute muscle exercise programme. Use to improve your awareness of how your

muscles contract and relax.

In the first 5-minute phase you will feel a short (5 second) muscle contraction then a long recovery rest (8 seconds) before the next muscle contraction. In the second 10-minute phase the contractions are longer (8 seconds) with only a short relaxation.

P03 - Urinary Incontinence 2 This is also a higher frequency muscle exercise programme lasting 20 minutes. Use to build the endurance of your pelvic floor muscle contractions. There is one phase in a pattern of 8 seconds contraction followed by 10 seconds relaxation.

This is similar to P02 but you may prefer the pace of this more evenly balanced work/rest pattern.

P04 - Bowel Incontinence A medium frequency 40-minute muscle exercise programme. Use to improve awareness and strength of the anal sphincter and surrounding pelvic floor muscles. The electrical current will create even 5 second contraction and relaxation cycles.

P05 - Achieving a Satisfying Erection A high frequency 15-minute muscle exercise programme. Use to improve blood flow, sensory awareness and strength of the pelvic floor muscles. The electrical current will create even 7 second contraction and relaxation cycles.

P06 - Urinary Incontinence 3 This is a nerve-calming neuromodulation programme for sensitive nerves. A low frequency current has a soothing effect on the bladder nerves. Use this for overactive bladder condition or symptoms of urgency, frequency or urge incontinence.

It can be applied close to the pelvic floor and bladder with the internal probe. It can also be effectively applied with skin electrodes (see page 16 for details).

You will feel the current in cycles of 10 seconds with 5 second rests.

P07 - Pelvic Floor Strength This is a medium frequency, lengthy muscle exercise programme. The work/rest cycles are shorter so you will do many contraction cycles in the 60-minute session.

This programme can be tiring for the muscles, you might not need to complete the whole session to feel you have had a muscle workout. Try to avoid fatigue.

P08 - Pelvic Floor Max Strength This is a short but intense high frequency muscle exercise programme. The work cycles are 6 seconds with a 15 second recovery time.

If this very high frequency feels sharp or uncomfortable, use P03 as an alternative.

How to Create a Custom Programme

Many men find that the pre-set programmes built into the Kegel8® V for Men are ideal for treating their pelvic floor problems; however, in some situations, a medical professional may advise using a different type of programme. The Kegel8 V for Men has a custom programme feature that allows doctors/clinicians to create up to 3 programmes designed specifically for you. For details about how a custom programme is created, refer to the Technical Instructions for Use (IFUS) that came with your device.

Tailored Condition Guides

Address Your Specific Issue(s)



The following 6 condition guides were written by Amanda Savage, a specialist physiotherapist.

Amanda is a member of the Professional Network of Pelvic Obstetric & Gynaecological Physiotherapy and a graduate of the University of Cambridge.

These guides combine several of the pre-set Kegel8® V for Men programmes into structured routines for addressing specific problems. You can think of them as targeted therapy once you're familiar with using your device.

Use the following table to easily navigate to the condition guide that best fits your issue.

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1. More Effective Pelvic Floor Exercises

Many men practise pelvic floor (kegel) exercises to improve bladder or bowel control and pelvic support. If you have found these exercises difficult to perform independently, the use of a STIM machine like the Kegel8 V for Men helps with attaining results easier and faster.

STIM machines are ideal for people who really don't know where their muscles are or how to activate them. They're also good for very weak muscles that can only contract a few times before they fatigue. STIM devices are also useful for people who find that they get easily distracted when doing traditional kegel exercises; using a stimulation device makes it easier to concentrate.

These are some of the primary benefits of using a STIM device to assist with pelvic floor exercises:

- Sensations created by the electrical impulses help your brain to correctly identify the location of your pelvic floor muscles.
- STIM will help you learn where your pelvic floor muscles are; use initially lying down on your back or your side; later in positions which challenge your muscles against gravity such as kneeling and even in standing (but not walking around!).
- A STIM device will stimulate the muscles to work (contract) and relax. Vary the exercise programmes you choose to explore the different sensations and exercise patterns.
- You can practise contracting your muscles along with the machine to prepare for “real life” scenarios where you won’t have access to the device. Also to learn to relax properly and to contract and breathe at the same time!
- You can practise using pre-set programmes or set up a custom programme of your own with your physiotherapist.
- You can use the skills you learn when working with the machine to improve your pelvic floor practise when exercising without the machine.

Preparation

IMPORTANT: Before proceeding with this condition exercise, make certain to run the built-in programme P01.

P01 is a Sensation Test. Use this low frequency programme to test that you can feel the current safely if using the internal probe.

Use the + button on the same side as you are plugged in to the machine to turn up the current (measured in mA). If you can feel a sensation (usually a warm tickling) from the internal probe below 50mA, progress to the treatment programme of your choice.

If you cannot feel a tickling sensation below 50mA it can be a sign of nerve damage or difficulty conducting messages. Use P01 as your initial treatment programme to help nerves recover. Use at 50mA (or less), once a day for 4 weeks. If you cannot feel sensation returning after 1 month of use, consult a medical professional for advice.

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 and Feel” your pelvic floor muscles.

1 2 3 4 **Week 1: Use P02**

P02 is a short 15-minute muscle exercise programme which will introduce your muscles to stimulation current, exercising them without your brain’s input. The first goal is to improve your awareness of how your muscles contract and relax.

Phase 1: 5 minutes. You will feel a short (5 second) muscle contraction then a long recovery rest (8 seconds) before the next muscle contraction.

Phase 2: 10 minutes. The contractions are longer (8 seconds) with only a short relaxation.

- Allow the sensations to come and go in cycles of stimulation and rest periods. Aim to learn where your pelvic floor muscles are.
- Only use alternate days as you get used to the internal probe.

1 2 3 4 **Week 2: Use P02**

If week 1 has been 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.

If your internal tissues are tender or easily irritated, continue an alternate day pattern.

1 2 3 4 **Week 3-4: Use P03 alternate with P02**

P03 is a slightly longer 20-minute programme with one phase of longer holds (8s) with a similar long rest time in each cycle.

- This week start to 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.
- Don’t underestimate the importance of relaxation. When you work your muscles, blood flows out of them, and it only flows back in when you relax them. It is the combination of work and rest that strengthens your muscles, not just the work.
- Notice your breathing - make sure that you are breathing even when you are contracting your muscles.
- Use 6 days out of 7 (or alternate days if your internal tissues are sensitive).

Second Month 1 2 3 4

Goal: Improve your muscle (& brain!) skills

1 2 3 4 Week 1-4: Use P03 alternate with P02

If you are comfortable using the internal probe you could use your stimulation device twice a day now. Alternate between P02 and P03, leaving at least 8 hours break in between the sessions. Still have one complete rest day each week.

- Keep helping your brain to learn what to do independently: join in with some of the contractions, trying to contract your muscles with your mind as well as with the machine during the STIM phase. Join in for 1 minute, then let the machine do the work for 1 minute. Or join in for 6 cycles, then letting the machine do 6 cycles.
- Remember to also relax your muscles completely. This is a skill we need to urinate and empty the bowels, and ensure there is plenty of room for the pelvic nerves.
- Change the positions in which you practise. You could do one session lying (on your back or on your side), one session kneeling.
- Be sure to increase the mAs 1-2 levels every 1-2 weeks, if you feel a slight tingling/knocking

sensation you are at a good level. Do not increase them too high - the contraction and stimulation should never feel painful or make you want to push the probe away.

Third Month 1 2 3 4

Goal: Improve your muscle endurance, coordination and anti-gravity skills

1 2 3 4 Week 1-4: Use P03 and P04

When working with P03:

- Try to hold 2 seconds longer than the machine contraction.
- Be extra aware of completely relaxing in the rest part of the cycle.
- Are you breathing all through the cycle?
- During the contractions - could you move your arms (try some biceps curls, or “backstroke” arm patterns) and hold your muscles at the same time and breathe?
- Keep changing positions between lying and kneeling. If you have no problem retaining the probe, try one session each week standing (but stand STILL - don't try walking about!)

Introduce some P04 sessions

P04 is a longer programme, 40 minutes, of medium frequency current, which will build muscle endurance. It also features more rapid muscle contraction and relaxation cycles (5 seconds work followed by 5 seconds rest). Use once a day for a good workout!

This month working with P04 try some more advanced skills by changing your focus throughout the session:

- When you join in with the contractions, focus your attention on the back area of the pelvic floor (as if stopping wind.) Then try to use all of the muscle, the back area, the front around the testicles and even the side walls!
- 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.

Have a rest day at least once a week. More often if your tissues feel sensitive.

Symptom review

Maintenance or seek more help?

How are you getting on? Compare how you feel now to how you felt in Week 1.

Are some problems and worries gone? What's still bothering you?

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

www.kegel8.co.uk/contactus

Doing well - fantastic - move on to the Maintenance programme!

Maintenance

Maintain your results!

Use P02: 15 minutes for 1-2 x weekly maintenance.

A mix of patterns 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!



2. Stress Incontinence

Stress incontinence is leakage that occurs when the bladder is under pressure or high impact, such as when you cough, sneeze, laugh or jump. This can be a common problem after surgery or if pelvic muscles have weakened due to ageing, or from frequent stretch and straining from a chronic cough or constipation.

Exercising with a STIM device makes the pelvic floor muscle fibres repeatedly contract and relax, to encourage them to grow and have a better blood and nerve supply. Like traditional kegel exercises, machine-assisted exercises need to target both quick and slow muscle fibres.

These are some of the benefits of using a STIM device to assist with pelvic floor exercises:

- Sensations created by the electrical impulses help your brain to correctly identify the location of your pelvic floor muscles.
- STIM will help you learn where your pelvic floor muscles are; use initially lying down on your back or your side; later in positions which challenge your muscles against gravity such as kneeling and even in standing (but not walking around!).
- A STIM device will stimulate the muscles to work (contract) and relax. Vary the exercise programmes you choose to explore the different sensations and exercise patterns.
- You can practise contracting your muscles along with the machine to prepare for “real life” scenarios where you won’t have access to the device. Also to learn to relax properly and to contract and breathe at the same time!
- You can practise using pre-set programmes or set up a custom programme of your own with your physiotherapist.
- You can use the skills you learn when working with the machine to improve your pelvic floor training when exercising without the machine.

This 12 week programme helps you first find and feel your pelvic floor muscles and then progresses your exercise skills.

Allow a few days or even weeks to become used to using an internal probe. Alternatively, if you prefer not to use the probe, the electrodes can be used. See pages 16 and 17 for electrode positioning for each programme.

Preparation

IMPORTANT: Before proceeding with this condition exercise, make certain to run the built-in programme P01.

P01 is a Sensation Test. Use this low frequency programme to test that you can feel the current safely if using the internal probe.

Use the + button on the same side as you are plugged in to the machine to turn up the current (measured in mA). If you can feel a sensation (usually a warm tickling) from the internal probe below 50mA, progress to the treatment programme of your choice.

If you cannot feel a tickling sensation below 50mA it can be a sign of nerve damage or difficulty conducting messages. Use P01 as your initial treatment programme to help nerves recover. Use at 50mA (or less), once a day for 4 weeks. If you cannot feel sensation returning after 1 month of use, consult a medical professional for advice.

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 and Feel" your pelvic floor muscles.

① ② ③ ④ Week 1: Use P02

P02 is a short 15-minute muscle exercise programme which will introduce your muscles to stimulation current, exercising them without your brain's input. The first goal is to improve your awareness of how your muscles contract and relax.

Phase 1: 5 minutes. You will feel a short (5 second) muscle contraction then a long recovery rest (8 seconds) before the next muscle contraction.

Phase 2: 10 minutes. The contractions are longer (8 seconds) with only a short relaxation.

- Allow the sensations to come and go in cycles of stimulation and rest periods. Aim to learn where your pelvic floor muscles are.
- Get used to finding a comfortable mA setting.
- Only use alternate days as you get used to the internal probe.

① ② ③ ④ Week 2: Use P02

If week 1 has been 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.

If your internal tissues are tender or easily irritated, continue an alternate day pattern.

1 2 3 4 Week 3-4: Use P03 alternate with P02

P03 is a little longer 20-minute programme with one phase of longer holds (8s) with a similar long rest time in each cycle.

- This week start to 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.
- Don’t underestimate the importance of relaxation. When you work your muscles, blood flows out of them, and it only flows back in when you relax them. It is the combination of work and rest that strengthens your muscles, not just the work.
- Notice your breathing - make sure that you are breathing even when you are contracting your muscles.

- Use 6 days out of 7 (or alternate days if your internal tissues are sensitive).

Second Month 1 2 3 4

Goal: Improve your muscle (& brain!) skills

1 2 3 4 Week 1-4: Use P03 alternate with P02

If you are comfortable using the internal probe you could use your stimulation device twice a day now. Alternate between P02 and P03, leaving at least 8 hours break in between the sessions. Still have one complete rest day each week.

- Keep helping your brain to learn what to do independently, join in with some of the contractions trying to contract your muscles with your mind as well as with the machine during the stim phase. Join in for 1 minute, then let the machine do the work for 1 minute. Or join in for 6 cycles, then letting the machine do 6 cycles.
- Remember to also relax your muscles completely. This is a skill we need to urinate and empty the bowels, and ensure there is plenty of room for the pelvic nerves.
- Change the positions in which you practise. You

could do one session lying (on your back or on your side), one session kneeling.

- Be sure to increase the mAs 1-2 levels every 1-2 weeks, if you feel a slight tingling/knocking sensation you are at a good level. Do not increase too high - the contraction and stimulation should never feel painful or make you want to push the probe away.

Third Month 1 2 3 4

Goal: Improve your muscle endurance, coordination and anti-gravity skills

1 2 3 4 Week 1-4: Use P03 and P04

When working with P03:

- Try to hold 2 seconds longer than the machine contraction.
- Be extra aware of completely relaxing in the rest part of the cycle.
- Are you breathing all through the cycle?
- During the contractions - could you move your arms (try some biceps curls, or “backstroke” arm patterns) and hold your muscles at the same time and breathe?

- Keep changing positions between lying and kneeling. If you have no problem retaining the probe, try one session each week standing (but stand STILL - don't try walking about!)

Introduce some P04 sessions

P04 is a longer programme, 40 minutes, of medium frequency current, which will build muscle endurance. It also features more rapid muscle contraction and relaxation cycles (5 seconds work followed by 5 seconds rest). Use once a day for a good workout!

This month working with P04 try some more advanced skills by changing your focus throughout the session:

- When you join in with the contractions, focus your attention on the back area of the pelvic floor (as if stopping wind.) Then try to use all of the muscle, the back area, the front around the testicles and even the side walls!
- 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.

Have a rest day at least once a week. More often if your tissues feel sensitive.

Symptom review

Maintenance or seek more help?

How are you getting on? Compare how you feel now to how you felt in Week 1.

Are some problems and worries gone? What's still bothering you?

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

www.kegel8.co.uk/contactus

Doing well - fantastic - move on to the Maintenance programme!

Maintenance

Maintain your results!

Use P02: 15 minutes for 1-2 x weekly maintenance.

A mix of patterns 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!



3. Sensitive or Overactive Bladder

If you have symptoms such as the urgent and frequent need to urinate, or experience leakage before you can make it to the toilet, you need to strengthen and tone your pelvic floor muscles. This 12 week programme starts with muscle exercise to find and feel your pelvic floor muscles, then introduces an extra programme to calm the bladder.

There are 2 different pathways - the first, if you are comfortable using the internal probe and the second for those who wish to use only the external electrode pads. If you'd like to follow the electrode only routine, skip to page 54. If you are happy to use the internal probe, continue from page 45.

Preparation

IMPORTANT: Before proceeding with this condition exercise, make certain to run the built-in programme P01.

P01 is a Sensation Test. Use this low frequency programme to test that you can feel the current safely if using the internal probe.

Use the + button on the same side as you are plugged in to the machine to turn up the current (measured in mA). If you can feel a sensation (usually a warm tickling) from the internal probe below 50mA, progress to the treatment programme of your choice.

If you cannot feel a tickling sensation below 50mA it can be a sign of nerve damage or difficulty conducting messages. Use P01 as your initial treatment programme to help nerves recover. Use at 50mA (or less), once a day for 4 weeks. If you cannot feel sensation returning after 1 month of use, consult a medical professional for advice.

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 and Feel” your pelvic floor muscles.

1 **2** **3** **4** Week 1: Use P02

P02 is a short 15-minute muscle exercise programme which will introduce your muscles to stimulation current, exercising them without your brain's input. The first goal is to improve your awareness of how your muscles contract and relax.

Phase 1: 5 minutes. You will feel a short (5 second) muscle contraction then a long recovery rest (8 seconds) before the next muscle contraction.

Phase 2: 10 minutes. The contractions are longer (8 seconds) with only a short relaxation.

- Allow the sensations to come and go in cycles of stimulation and rest periods. Aim to learn where your pelvic floor muscles are.
- Get used to finding a comfortable mA setting.
- Only use alternate days as you get used to the internal probe.
- Use 6 days out of 7 (or alternate days if your internal tissues are sensitive).

1 2 3 4 **Week 2: Use P03 alternate with P02**

P03 is a longer programme (20 minutes) with one phase of longer holds (8s) with a similar long rest time in each cycle.

- This week start to 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.
- Don’t underestimate the importance of relaxation. When you work your muscles, blood flows out of them, and it only flows back in when you relax them. It is the combination of work and rest that strengthens your muscles, not just work.
- Notice your breathing - make sure that you ARE breathing even when you are contracting your muscles.
- If week 1 has been 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. If your internal tissues are tender or easily irritated, continue an alternate day pattern.

1 2 3 4 **Week 3-4: Introduce P06**

If urgency, frequency and urge incontinence are problems for you add a neuromodulation programme. This can be daily, as an addition to P02/P03, or alternate days with the muscle exercise programmes.

P06 is a nerve-calming neuromodulation programme for sensitive nerves. A low frequency current has a soothing effect on the bladder nerves. It can be used daily (later twice daily if comfortable).

This neuromodulation programme can be applied close to the pelvic floor and bladder with the internal probe. It can also be effectively applied with skin electrodes (see page 16 for details).

You will feel the current in cycles of 10 seconds with 5 second rests. Aim for a slight tingling/knocking sensation, you do not need to feel the muscles contracting or join in with these cycles of current. Relax, let the sensations flow.

Second Month 1 2 3 4

Goal: Improve your muscle (and brain!) skills

1 2 3 4

Week 1-4: Use P03 or P02 alongside regular P06 sessions

If you are comfortable using the internal probe you could use your stimulation device twice a day now. Alternate between a muscle exercise session (P02 or P03) and a neuromodulation session (P06). Or if your problem is very clearly an overactive bladder, choose twice daily sessions of P06 (but do still keep up with independent pelvic floor exercises too). Leave at least 8 hours break in between the sessions. Still have one complete rest day each week.

When working with the muscle exercise programmes (P02 or P03):

- Keep helping your brain to learn what to do independently, join in with some of the contractions trying to contract your muscles with your mind as well as with the machine during the stim phase. Join in for 1 minute, then let the machine do the work for 1 minute. Or join in for 6 cycles, then letting the machine do 6 cycles.
- Remember to also relax your muscles completely. This is a skill we need to urinate and empty the bowels, and ensure there is plenty of room for the pelvic nerves.

- Change the positions in which you practise. You could do one session lying (on your back or on your side), one session kneeling.
- Be sure to increase the mAs 1-2 levels every 1-2 weeks, if you feel a slight tingling/knocking sensation you are at a good level. Do not increase too high - the contraction and stimulation should never feel painful or make you want to push the probe away.

When working with the neuromodulation programme (P06):

- Allow the sensations to come and go.
- Do not increase the mAs too high.
- You do not need to feel the muscles contracting.
- Relax throughout P06.

Third Month 1 2 3 4

Goal: Develop more pelvic floor skills and explore neuromodulation further

1 2 3 4 Week 1-4 : Balance muscle training with neuromodulation

What's still bothering you? Do you need to focus another month on strength exercises to feel more in control when you get an urge? Or to focus on the programme that calms the bladder to reduce the intensity of the urges and how often they occur? Would you benefit from more sessions of P06 or a different application method (see page 18)?

When working with the muscle exercise programmes (P02 or P03):

- 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.
- Be extra aware of completely relaxing in the rest part of the cycle.
- Are you breathing all through the cycle?
- During the contractions - could you move your arms (try some biceps curls, or “backstroke” arm

patterns) and hold your muscles at the same time and breathe?!

- Keep changing positions between lying and kneeling. If you have no problem retaining the probe, try one session each week standing (but stand STILL - don't try walking about!)

Explore neuromodulation for nerve calming further

- A neuromodulation programme can be used twice a day, it is suggested sessions are approx 8 hours apart.
- Neuromodulation can be applied close to the pelvic floor and bladder with the internal probe.
- It can also be effectively applied with skin electrodes (see page 16). Do experiment with different applications.
- Overactive bladder needs an holistic approach. Are you working on good bladder filling and emptying habits, care with caffeine intake and doing pelvic floor exercises without the machine too?

Symptom review

Maintenance or seek more help?

How are you getting on? Compare how you feel now to how you felt in Week 1. Are some problems and worries gone?

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

www.kegel8.co.uk/contactus

Doing well - fantastic - move on to the Maintenance programme!

Maintenance

Maintain your results!

Use P02: Weekly maintenance of muscle skills.

Use P06: daily or 2-3 x week to soothe bladder nerves.

TTNS Alternative

Treatment using only external ankle pads

Transcutaneous Tibial Nerve Stimulation is the specific application of the pre-set neuromodulation programme (P06) using two electrode pads placed at the ankle. The posterior tibial nerve shares a common pathway with the bladder muscle and therefore is an effective treatment for calming a sensitive or overactive bladder.

P06 is a short 20-minute nerve- calming neuromodulation programme for sensitive nerves. A low frequency current has a soothing effect on the bladder nerves.

You will feel the current in cycles of 10 seconds with 5 second rests. Use daily, progressing to twice a day after the first 6 weeks if comfortable, allowing at least 8 hours between treatment sessions. It is recommended to use TTNS for 12 weeks to see improvement in symptoms.

Steps

Empty your bladder before you start using the equipment.

Attach a lead wire to a pair of electrode pads and

insert the other end of the lead wire into Channel A on the top left of your device.

Place on the skin - Position one behind the bone on the inside ankle and the other above this at least 3 fingers width apart.



Use Channel A controls to change the intensity of the current through the pads.

- Starting from 0, increase the mA until you feel a slight tingling sensation, you should not feel any discomfort. If you feel discomfort or your big toe twitch, the mA is too high and should be lowered.
- You do not need to feel the muscles of the foot, leg, pelvis or pelvic floor contracting for this programme to be effective.
- Allow the sensations to come and go, relax throughout the programme.
- You can change which ankle you attach the electrodes to each treatment session, especially if you have sensitive or fragile skin.

NOTE: Please do not use this electrode placement or instructions for any other programme.



4. 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, 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® V for Men 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 anal canal to target the anal sphincter itself as well as the surrounding pelvic floor muscles.

- Sensations created by the electrical impulses

help your brain to correctly identify the location of your anal sphincter and pelvic floor muscles. Allow the sensations to come and go in cycles of stimulation and rest periods.

- STIM will help you learn where your pelvic floor muscles are. Use initially lying down on your back or your side, later in positions which challenge your muscles against gravity such as kneeling and even in standing (but not walking around!).
- A STIM device will stimulate the muscles to work (contract) and relax. Vary the exercise programmes you choose to explore the different sensations and exercise patterns.
- You can practise contracting your muscles along with the machine to prepare for “real life” scenarios where you won’t have access to the device. Also to learn to relax properly and to contract and breathe at the same time!
- You can practise using pre-set programmes or set up a custom programme of your own with your physiotherapist.
- You can use the skills you learn when working with the machine to improve your pelvic floor practise when exercising without the machine.

Preparation

IMPORTANT: Before proceeding with this condition exercise, make certain to run the built-in programme P01.

P01 is a Sensation Test. Use this low frequency programme to test that you can feel the current safely if using the internal probe.

Use the + button on the same side as you are plugged in to the machine to turn up the current (measured in mA). If you can feel a sensation (usually a warm tickling) from the internal probe below 50mA progress to the treatment programme of your choice.

If you cannot feel a tickling sensation below 50mA it can be a sign of nerve damage or difficulty conducting messages. This is quite common after surgery but can also be the sign of an underlying disorder.

Use P01 as your initial treatment programme to help nerves recover. Use at 50mA (or less), once a day for 4 weeks. If you cannot feel sensation returning after 1 month of use, please consult a medical professional for advice.

First Month **1** **2** **3** **4**

Goal: "Find and Feel" your pelvic floor muscles.

1 **2** **3** **4** Week 1: Use P02

P02 is a short 15-minute muscle exercise programme which will introduce your muscles to stimulation current, exercising them without your brain's input. The first goal is to improve your awareness of how your muscles contract and relax.

Phase 1: 5 minutes. You will feel a short (5 second) muscle contraction then a long recovery rest (8 seconds) before the next muscle contraction.

Phase 2: 10 minutes. The contractions are longer (8 seconds) with only a short relaxation.

- Allow the sensations to come and go in cycles of stimulation and rest periods. Aim to learn where your pelvic floor muscles are.
- Get used to finding a comfortable mA setting.
- Only use alternate days as you get used to the internal probe.

1 **2** **3** **4** Week 2: Use P02

If week 1 has been comfortable, use your 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. If your internal tissues are tender or easily irritated, continue an alternate day pattern.

1 2 3 4 **Week 3-4: Use P03 alternate with P02**

P03 is a longer 20-minute programme with one phase of longer holds (8s) with a similar long rest time in each cycle.

- This week start to 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.
- Don’t underestimate the importance of relaxation. When you work your muscles, blood flows out of them, and it only flows back in when you relax them. It is the combination of work and rest that strengthens your muscles, not just the work.
- Notice your breathing - make sure that you are breathing even when contracting your muscles.
- Use 6 days out of 7 (or alternate days if your internal tissues are sensitive).

Second Month 1 2 3 4

Goal: Improve your muscle endurance and change positions

1 2 3 4 Week 1-4: Use P03 and introduce sessions with P04

When working with P03:

- 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.
- Be extra aware of completely relaxing in the rest part of the cycle.
- Focus your attention on the back part of the pelvic floor (the anal sphincter) and then using the entire pelvic floor (front testicle area, back and sides).
- Are you breathing all through the cycle?
- Change the positions in which you practise. You could do one session lying (try both on your back and on your side), one session kneeling.

Introduce some P04 sessions

P04 is a longer programme, 40 minutes, of medium frequency current, which will build muscle endurance.

It also features more rapid muscle contraction and relaxation cycles (5 seconds work followed by 5 seconds rest). Use once a day for a good workout!

- This programme can be tiring. 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.
- Be sure to increase the mAs 1-2 levels every 1-2 weeks, if you feel a slight tingling/knocking sensation you are at a good level. Do not increase too high - the contraction and stimulation should never feel painful or make you want to push the probe away.

Third Month 1 2 3 4

Goal: Improve co-ordination and anti-gravity skills

1 2 3 4 Week 1-4: Alternate between P03 and P04

- During the longer contractions in P03 - could you move your arms (try some biceps curls, or “backstroke” arm patterns) and hold your muscles at the same time and breathe?!
- Focus your attention on the back part of the pelvic floor (the anal sphincter) and then on using ALL of the pelvic floor muscles; the back area, the front around the bladder tube and even the side walls!
- Keep changing positions between lying and kneeling. If you have no problem retaining the probe, try one session each week standing (but stand STILL - don't try walking about!)
- Use 6 days out of 7 (or alternate days if your internal tissues are sensitive).

Symptoms review

How are you getting on? Compare how you feel now to how you felt in Week 1.

Are some problems and worries gone? What's still bothering you?

If the pelvic floor muscles are feeling stronger but the bowel is still sensitive with urgency and urge incontinence persisting, consider introducing a neuromodulation programme (P06).

For more detailed instructions on how to use P06, see page 48.

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

www.kegel8.co.uk/contactus

Doing well - fantastic - move on to the Maintenance programme!

Maintenance

Maintain your results!

Use P02: Weekly maintenance.

A mix of patterns to maintain fast and slow twitch muscle fibres.

- Are you working on good bowel habits and doing your pelvic floor exercises without the machine too?
- Remember to join in with some of the contractions to keep your brain well connected to the pelvic floor muscles!



5. Erectile Dysfunction

Erectile dysfunction (ED) is when you are unable to get or keep an erection suitable for sexual intercourse or another chosen sexual activity. There can be many contributing factors, therefore you should discuss your symptoms with your doctor.

If you have symptoms of weak erections or difficulty sustaining an erection for long enough, you will benefit from exercises that strengthen your pelvic floor muscles. Regular exercises will help strengthen your pelvic floor, particularly the small pelvic floor muscles called the bulbocavernosus and the ischiocavernosus.

Kegel8 V for Men may help with achieving a more satisfying erection. Electrical stimulation using

skin electrodes near the sacrum improves blood flow to the pelvic nerves. To gain greater strength, you can stimulate the pelvic floor muscles using an electrode inside the anal canal which will distribute current to the surrounding pelvic floor muscles to make them exercise by contracting and relaxing in patterns.

- STIM will help you learn where your pelvic floor muscles are. Use initially lying down on your back or your side, later in positions which challenge your muscles against gravity such as kneeling and even in standing (but not walking around!).
- A STIM device will stimulate the muscles to work (contract) and relax. Vary the exercise programmes you choose to explore the different sensations and exercise patterns.
- You can practise contracting your muscles along with the machine to prepare for “real life” scenarios where you won’t have access to the device. Also to learn to relax properly and to contract and breathe at the same time!
- You can practise using pre-set programmes or set up a custom programme of your own with your physiotherapist.

Preparation

IMPORTANT: Before proceeding with this condition exercise, make certain to run the built-in programme P01.

P01 is a Sensation Test. Use this low frequency programme to test that you can feel the current safely if using the internal probe.

Use the + button on the same side as you are plugged in to the machine to turn up the current (measured in mA). If you can feel a sensation (usually a warm tickling) from the internal probe below 50mA, progress to the treatment programme of your choice.

If you cannot feel a tickling sensation below 50mA it can be a sign of nerve damage or difficulty conducting messages. Use P01 as your initial treatment programme to help nerves recover. Use at 50mA (or less), once a day for 4 weeks. If you cannot feel sensation returning after 1 month of use, consult a medical professional for advice.

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 and Feel" your pelvic floor muscles.

1 **2** **3** **4** Week 1: Use P05

P05 is a 15-minute muscle exercise programme which will introduce your muscles to a frequency of stimulation which will make them exercise without your brain's input. Use initially to improve your awareness of how your muscles contract and relax.

The current will create a pattern of equal 6 second muscle contraction and 6 second relaxation cycles.

- Allow the sensations to come and go in cycles of stimulation and rest periods. Aim to learn where your pelvic floor muscles are.
- Get used to finding a comfortable mA setting.
- Only use alternate days as you get used to the internal probe.

1 **2** **3** **4** Week 2: Use P05

If week 1 has been 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.

If your internal tissues are tender or easily irritated, continue an alternate day pattern.

1 2 3 4 **Week 3-4: Alternate P05 and P02**

P02 is also a short 15-minute muscle exercise programme with changing patterns of contraction and relaxation to exercise both quick and slow muscle activity.

Phase 1: 5 minutes. You will feel a short (5 second) muscle contraction then a long recovery rest (8 seconds) before the next muscle contraction.

Phase 2: 10 minutes. The contractions are longer (8 seconds) with only a short relaxation.

- This week start to 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.
- Don’t underestimate the importance of relaxation. When you work your muscles, blood flows out of them, and it only flows back in when you relax them. It is the combination of work and rest that strengthens your muscles, not just the work.

- Notice your breathing - make sure that you ARE breathing even when you are contracting your muscles.
- Use 6 days out of 7 (or alternate days if your internal tissues are sensitive).

Second Month 1 2 3 4

1 2 3 4 **Goal: Improve your muscle endurance and change positions**

Week 1-4: Use P05 and introduce sessions with P04

When working with P05:

- 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..
- Be extra aware of completely relaxing in the rest part of the cycle.
- Focus your attention on the back part of the pelvic floor (the anal sphincter) and then using the entire pelvic floor (front testicle area, back and sides).
- Are you breathing all through the cycle?

- Change the positions in which you practise. You could do one session lying (try both on your back and on your side), one session kneeling.

Introduce some P04 sessions

P04 is a longer programme, 40 minutes, of medium frequency current, which will build muscle endurance. It also features more rapid muscle contraction and relaxation cycles (5 seconds work followed by 5 seconds rest). Use once a day for a good workout!

- This programme can be tiring. 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.
- Be sure to increase the mAs 1-2 levels every 1-2 weeks, if you feel a slight tingling/knocking sensation you are at a good level. Do not increase too high - the contraction and stimulation should never feel painful or make you want to push the probe away.

Third Month 1 2 3 4

Goal: Improve co-ordination and anti-gravity skills

1 2 3 4 Week 1-4: Alternate between P05 and P04

- During the longer contractions in P05 - could you move your arms (try some biceps curls, or “backstroke” arm patterns) and hold your muscles at the same time and breathe?!
- Focus your attention on the back part of the pelvic floor (the anal sphincter) and then on using ALL of the pelvic floor muscles; the back area, the front around the bladder tube and even the side walls!
- Keep changing positions between lying and kneeling. If you have no problem retaining the probe, try one session each week standing (but stand STILL - don't try walking about!)
- Use 6 days out of 7 (or alternate days if your internal tissues are sensitive).

Symptom review

How are you getting on? Compare how you feel now to how you felt in Week 1.

Are some problems and worries gone? What's still bothering you?

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

www.kegel8.co.uk/contactus

Doing well - fantastic - move on to the Maintenance programme!

Maintenance

Maintain your results!

Use P05: Weekly maintenance.

- Are you doing your pelvic floor exercises without the machine too?
- Remember to join in with some of the contractions to keep your brain well connected to the pelvic floor muscles!



Precaution:

Less than 12 weeks since you had surgery:

Do pelvic exercises without using a STIM device.

More than 12 weeks since you had surgery:

Safe to follow this programme.

6. Rehabilitation After Pelvic Surgery

Many men need surgery because of a bladder, bowel or prostate issue. In some cases, you may have been working on pelvic floor muscle exercises before an operation.

After surgery you will want to get back to your normal routine as soon as possible. However, surgery can have an incredible impact on pelvic floor muscles, with men often finding that they feel weak, unsupported or de-conditioned in the weeks following their operation.

This is partly because the surgical work in the area affects the blood flow, nerves, and surrounding tissues; you will also be a bit sore and less active for a few weeks during recovery.

Doing regular pelvic floor exercise sessions several times a day, straight away after your surgery, will help the healing process by improving blood circulation to the area, reducing swelling, and strengthening your muscles so they can support you and maintain bladder control.

The next step is to build up good muscle strength and endurance again which you need for secure bladder and bowel control. Exercises will also improve the muscle tone which you need for erectile health and to feel supported.

In the first 12 weeks after your surgery you should do independent pelvic floor exercises, but as the body is healing and sensations can be altered, it is not advised to use a muscle STIM device. After 12 weeks post-op, the Kegel8® V for Men can be used to exercise the pelvic floor muscles.

If you have been diagnosed with, or are receiving treatment for, pelvic cancer you should seek advice from your medical team before starting stimulation of this area.

Preparation

IMPORTANT: Before proceeding with this condition exercise, make certain to run the built-in programme P01.

P01 is a Sensation Test. Use this low frequency programme to test that you can feel the current safely if using the internal probe.

Use the + button on the same side as you are plugged in to the machine to turn up the current (measured in mA). If you can feel a sensation (usually a warm tickling) from the internal probe below 50mA, progress to the treatment programme of your choice.

If you cannot feel a tickling sensation below 50mA it can be a sign of nerve damage or difficulty conducting messages. Use P01 as your initial treatment programme to help nerves recover. Use at 50mA (or less), once a day for 4 weeks. If you cannot feel sensation returning after 1 month of use, consult a medical professional for advice.

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 and Feel" your pelvic floor muscles.

1 2 3 4 Week 1: Use P02

P02 is a short 15-minute muscle exercise programme which will introduce your muscles to a frequency of stimulation current which will make them exercise without your brain's input. Use initially to improve your awareness of how your muscles contract and relax.

Phase 1: 5 minutes. You will feel a short (5 second) muscle contraction then a long recovery rest (8 seconds) before the next muscle contraction.

Phase 2: 10 minutes. The contractions are longer (8 seconds) with only a short relaxation.

- Allow the sensations to come and go in cycles of stimulation and rest periods. Aim to learn where your pelvic floor muscles are.
- Get used to finding a comfortable mA setting.
- Only use alternate days as you get used to the internal probe.

1 2 3 4 **Week 2: Use P02**

If week 1 has been 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.

If your internal tissues are tender or easily irritated, continue an alternate day pattern.

1 2 3 4 **Week 3-4: Use P03 alternate with P02**

P03 is a longer programme (20 minutes) with one phase of longer holds (8s) with a similar long rest time in each cycle.

- This week start to 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.
- Don’t underestimate the importance of relaxation. When you work your muscles, blood flows out of them, and it only flows back in when you relax them. It is the combination of work and

rest that strengthens your muscles, not just the work.

- Notice your breathing - make sure that you ARE breathing even when you are contracting your muscles.
- Use 6 days out of 7 (or alternate days if your internal tissues are sensitive).

Second Month 1 2 3 4

Goal: Improve your muscle endurance, coordination and anti-gravity skills

1 2 3 4 Week 1-4: Use P03 and introduce some sessions with P04

When working with P03:

- Try to hold 2 seconds longer than the machine contraction.
- Be extra aware of completely relaxing in the rest part of the cycle.
- Are you breathing all through the cycle?
- During the contractions - could you move your arms (try some biceps curls, or “backstroke” arm patterns) and hold your muscles at the same time and breathe?!

- Keep changing positions between lying and kneeling. If you have no problem retaining the probe, try one session each week standing (but stand STILL - don't try walking about!)

Introduce some P04 sessions

P04 is a longer programme, 40 minutes, of medium frequency current, which will build muscle endurance.

It also features more rapid muscle contraction and relaxation cycles (5 seconds work followed by 5 seconds rest). Use once a day for a good workout!

- This programme can be tiring. 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.
- Be sure to increase the mAs 1-2 levels every 1-2 weeks, if you feel a slight tingling/knocking sensation you are at a good level. Do not increase too high - the contraction and stimulation should never feel painful or make you want to push the probe away.

Third Month 1 2 **3** 4

Goal: Build endurance & advance your muscle skills

1 2 3 4 Week 1-4: Use longer P04 session more of the time

This month working with P04, change your focus through the practise session:

- When you join in with the contractions, focus your attention on the back area of the pelvic floor (as if stopping wind.) Then try to use all of the muscle, the back area, the front around the testicles and even the side walls!
- 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.
- Have a rest day at least once a week. More often if your tissues feel sensitive.

Symptom review

Maintenance or seek more help?

How are you getting on? Compare how you feel now to how you felt in Week 1. Are some problems and worries gone? What's still bothering you?

Are you working on good bladder & bowel habits, and doing pelvic floor exercises without the machine? Not making the progress you hoped? Reach out to an advisor by visiting our website:

www.kegel8.co.uk/contactus.

Doing well - fantastic - move on to the maintenance programme!

Maintenance

Maintain your results!

Use P02: Weekly maintenance.

A mix of patterns 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!



Kegel 8®

Frequently Asked Questions

Frequently Asked Questions

We hope that this guide has helped you get familiar with the Kegel8® V for Men. Please refer to the Technical Instructions for Use (IFUs) that accompanied this unit for further details about exercise programmes and caring for your device.

Screen & Display questions

On the LCD screen what does mA stand for?

MA is an abbreviation for milliampere or milliamp. A milliamp is a unit of measurement equal to one-thousandth of an amp. An amp or ampere is a unit of electrical current. By using such a small current you are able to safely operate the Kegel8® V for Men from the comfort of your home while still attaining significant results.

Why are there two channels on the top of the device?

There are two channels because the Kegel8® V for Men enables you to use different ways to apply the current. Channel A is for the anal probe or using a single pair of electrodes. Channel B is used for an extra set of electrodes if using a 4 electrode configuration. We have a range of electrode pads and probes available online at www.kegel8.co.uk.

Why are there two mA numbers at the bottom of the LCD screen?

The two large numbers at the bottom of the display represent the amount of electricity being output through Channel A and Channel B of your device.

Programme questions

How do I know which programme to use?

Your Kegel8® V for Men comes complete with a library of built-in exercise programmes relieving you of the need to guess which programme to use. Our table and descriptions on pages 17-20 will help you choose or browse our section on page 24 with advice from a specialist physiotherapist about how to use your machine best to help with 6 of the common medical conditions.

How do I know how high to turn the mA setting?

The amount of current needed to stimulate pelvic floor muscles varies from person to person. Starting from 0mAs, you should increase the mA power to a level where you can feel the effects of the electrical pulse without it causing any discomfort.

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.

When conducting my pelvic muscle exercises I aim to use my Kegel8® V for Men at mA 40 but on some programmes it drops to 30 - why is that?

While the programme goes through its preset routine, the rate and length of the electrical pulses vary. Some pre-set programmes have 2 or more phases. The rate (Hz) and length (μ S) of the electrical impulses will vary. When the phase changes, the mAs drop (or stop) so that the new type of current does not take you by surprise. If you feel a decrease in intensity, or no current at all, just use the + button to increase the mAs back up to a comfortable level.

Why can't I get the mAs to increase past 6, 7 or 8?

This is an issue that is usually caused by the probe not making effective contact with your muscles. We recommend that you try using your Kegel8® V for Men while lying down on your back or on your side. This will help to prevent the probe from falling out of position. If the probe's metal strips are not in direct contact with your muscles, the mAs cannot go higher and the current cuts off for your safety. You can also get better results by using a water-based lubricant, such as KE Gel.

This could also be an issue with your probe or lead wire. To test your probe and lead wire, please visit www.kegel8.co.uk/help/testing-your-kegel8 for further instructions.

Probe & Battery questions

I find it painful inserting the probe. What should I do?

- Try using a water-based lubricant such as KE Gel to reduce friction.
- Muscles relax better when they are warm, have a warm bath or shower first.
- Spend 5 minutes completely relaxing with a book, some music or a mindfulness routine before you try to insert the probe.
- Gently press the probe against the outside of the anal sphincter for a few moments first. Let the body adjust to the temperature and sensation before you try to push it inside.
- Be conscious of your breathing. Try not to hold your breath or clench your teeth. Pelvic floor muscles will relax more easily as you take a breath in.

How long will the 9v battery that came with my device last?

If you use the Kegel8® V for Men daily, the battery should last about 3 months. You can get replacements from us or at your local supermarket - please choose a quality 9v battery that will not leak. You will know when your battery is low because a battery icon will flash on your Kegel8® V for Men screen.

How long will my probe last?

With normal use, your probe should last between 12 - 18 months. We recommend you replace your probe after this time to ensure you continue to get the best possible results from your Kegel8® V for Men.

When to use your Kegel8 V for Men

I have had pelvic surgery. How soon can I start using the Kegel8® V for Men?

Using the Kegel8® V for Men after pelvic surgery can help to speed recovery. Usually, it is advised that you should wait for at least 12 weeks after surgery before using a STIM device.

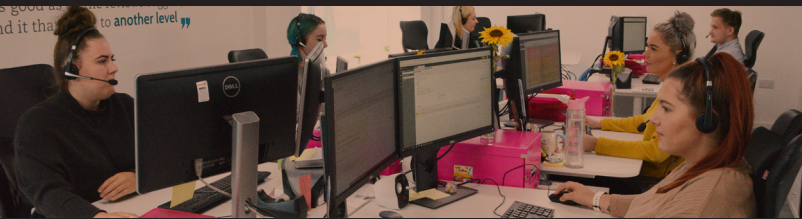
If you have been diagnosed with, or are receiving treatment for, pelvic cancer you should seek advice from your medical team before starting stimulation of this area.

Kegel 8

Product Support

We hope that this guide has helped you get familiar with the Kegel8® V for Men. Please refer to the Technical Instructions for Use (IFUS) that accompanied this unit for further details about exercise programmes and caring for your device.

If at any moment you have a question and cannot find the answer in this guide, we are happy to assist you.



You can reach one of our specialist Kegel8 advisors by booking a telephone appointment or live chat by visiting our website www.kegel8.co.uk/schedule-a-call
We hope you enjoy using your Kegel8® V for Men!

More than just a retailer

With extensive experience in pelvic health, we have helped thousands of people to overcome their problems with clinically backed solutions.