



Thank you for choosing the ELANEE Pelvic Floor Training Aids – Phase I. Please read the instructions for use carefully prior to using the Training Aids and keep these instructions in a safe place.

This set of Pelvic Floor Training Aids comprises four tampon-shaped cones that differ in colour and weight:

Colour	weight
Yellow	20g
Blue	34g
Green	50g
purple	68g

When does it make sense to use ELANEE Pelvic Floor Training Aids – Phase I?

The pelvic floor is a group of muscles that, like all other muscle groups, may be trained using physical exercises. Training with vaginal cones may prevent excessive vaginal prolapses (weakening of the muscles of the pelvic floor). In case you are already suffering from discomforts, physical exercises may help to improve your physical state or to completely cure these symptoms.

During pregnancy, physical exercises with ELANEE Pelvic Floor Training Aids – Phase I may reinforce the pelvic floor and, therefore, prevent any feelings of discomfort. After birth, systematic exercises may help the muscles of the pelvic floor regenerating faster.

Particularly after pregnancy and giving birth, many women do not get a feel for their pelvic floor's muscles. ELANEE Pelvic Floor Training Aids – Phase I may help you to become aware of your pelvic floor so that you are able to train it actively. Even if gymnastics-based exercises of the pelvic floor did fail as you are not aware of the pelvic floor's muscles, exercises with the Training Aids may have beneficial effects.

Therefore, ELANEE Pelvic Floor Training Aids – Phase I should be used with the following situations:

- during pregnancy and subsequent to confinement in order to prevent weakness of the pelvic floor and to promote regeneration
- for the alleviation, remedy and prevention of atony of the bladder (caused by incontinence brought about by exertion or stress) among women (particularly during the change of life or menopause)
- for providing improvement in the event of a prolapse of the uterus (Descensus uteri) and other pelvic organs

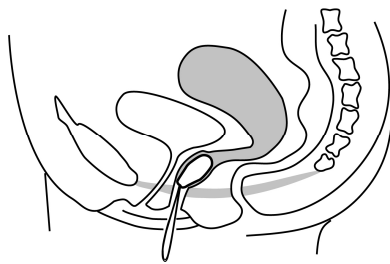
How do ELANEE Pelvic Floor Training Aids – Phase I work?

Exercising with ELANEE Pelvic Floor Training Aids – Phase I helps us become aware of our pelvic floor and helps train the muscles of the pelvic floor.

If a cone is inserted into the vagina, it tends to slip out again. It is then prevented from slipping out by repeated muscular reflexes (biofeedback phenomenon) and, throughout the course of exercising, by increasingly conscious muscular contractions. Drawing together and tensing the muscles of the pelvic floor trains and strengthens these muscles, similar to body building with weights. Exercising may thus

at first give rise to sensations of pain in the pelvic area (muscular soreness). At the same time, however, awareness of the pelvic floor will be improved.

How to use ELANEE Pelvic Floor Training Aids – Phase I?



Please start by testing the strength of your pelvic floor. This can be done by inserting the yellow (lightest) cone deep into the vagina (see illustration, comparable with inserting a tampon).

Should you be able to keep this cone in place for approx. 1 min. in a standing position, you may try the next heavier cone (green first, then blue and purple last). The cone that you can only just hold shows you how strong your pelvic floor is and you should start exercising with this cone.

You should exercise at least twice a day in a standing position or when walking. At the beginning you may only be able to hold the cone for a very brief period. The exercising time should be increased gradually until the cone with which you are exercising can be held for ca. 10 minutes per exercising session for several days in succession. Once this stage has been achieved, you may exercise with the next heavier cone.

It may be helpful to use lubricating gel when exercising particularly in the event of vaginal dryness.

How does exercising success become apparent?

If you exercise regularly, the muscles of your pelvic floor will usually become considerably stronger after a mere few weeks. According to numerous clinical studies, atony of the bladder can thus be improved. Furthermore, a strong pelvic floor can have a positive effect on the sensations of sexual desire.

After exercising with ELANEE Pelvic Floor Training Aids – Phase I for a few weeks, you will also have learned how to be aware of and exercise the muscles of your pelvic floor without using the Pelvic Floor Training Aids. Occasional exercising with the help of ELANEE Pelvic Floor Training Aids – Phase I is still recommended.

In order to maintain and train the newly built musculature we recommend a regular training with the ELANEE Pelvic Floor Training Aid – Phase II.

What is particularly important?

During an unproblematic pregnancy you may exercise with ELANEE Pelvic Floor Training Aids – Phase I for as long as you feel comfortable. According to a Norwegian study, a well-trained pelvic floor shortens the expulsion period when giving birth. Subsequent to giving birth you may recommence exercising after approx. 6 to 8 weeks and/or as soon as you find it comfortable. If in doubt, please ask your doctor or midwife.

Atony of the bladder has many different causes. Exercising the pelvic floor with Pelvic Floor Training Aids – Phase I is only suitable for treating atony of the bladder resulting from a weak pelvic floor

(incontinence brought about by exertion or stress). Any other disorders causing atony of the bladder should thus be excluded by your physician beforehand.

In the event of other complaints (such as the descent of pelvic organs), any causes other than a weak pelvic floor should be excluded by your physician prior to commencing the exercises.

Please refrain from using the Pelvic Floor Training Aids in the event of inflammation of the vaginal area.

Use perfect cones only. Cones with damaged or scratched surfaces may cause injury.

How to clean ELANEE Pelvic Floor Training Aids – Phase I?

Clean your ELANEE Pelvic Floor Training Aids – Phase I after each use. Standard skin disinfectants are suitable for disinfecting the cones. Prior to using the cones again, any remnants of soap or disinfectant should be rinsed away thoroughly with water. The cones may also be sterilised using gas. They are not suitable for sterilisation in boiling water and/or steam or dry sterilisation however, as the cones may thus lose their shape.

How to dispose of ELANEE Pelvic Floor Training Aids – Phase I?

The statutory national and local regulations must be observed in the event of disposal.



GRÜNSPECHT Naturprodukte e.K.
Urnfelderstr. 34 e
D - 85051 Ingolstadt

www.elanee.de
post@elanee.de

current as of: 03/2011

