



The interactive biofeedback device to act against weakness in the pelvic floor muscles.



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Date: 2015/03/10
Rev: XFT-0010-A-C

Pneumatic Pelvic Muscle Trainer

| XFT-0010 |

Instructions for use

1 » Open the battery compartment on the back of the trainer and insert three AAA batteries.



2 » Connect the probe to the trainer.



» Hold the end of the probe with tube, gently insert it into the vagina. It is appropriate when the convex part touches the labia. You can also adjust the angle and depth of insertion. (Apply appropriate water-soluble lubricant to the surface of the probe if it is needed, such as: Durex or KY lubricant)



Warranty Card

Model No.: _____

Buyer's name: _____

Purchase Date: _____

Phone No.: _____

Retailer: _____

Postcode: _____

Address: _____

Manufacturer: Shenzhen XFT Electronics Co., Ltd.
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Hotline: 86-755-29888818

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Retailer Seal: _____

Guarantee

1. The XFT-0010 Pelvic Muscle Trainer is provided with one year warranty starting from the date of purchasing.
2. We will not provide free repair for the malfunctions caused by the following behaviors:
 - 1) Disassemble or modify the product without authorization;
 - 2) Accidentally blow or drop the product during use or transportation;
 - 3) Lack of reasonable maintenance;
 - 4) Operate not according to the instruction;
 - 5) Repaired by unauthorized repair store.
3. When asking for guarantee service, please take with the guarantee card.
 - 1) It is charged according to the stipulation for the repair service out of the warranty;
 - 2) Please take the product to the retailer when asking for guarantee service.

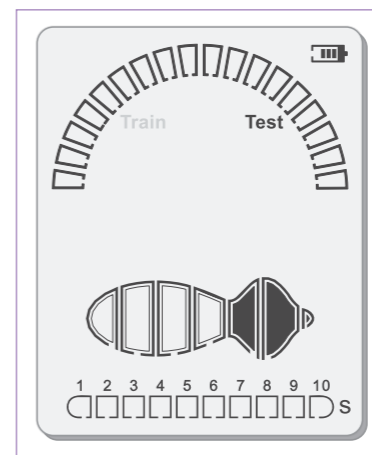
» Turn on the device by pressing the power button for 1 second.

4



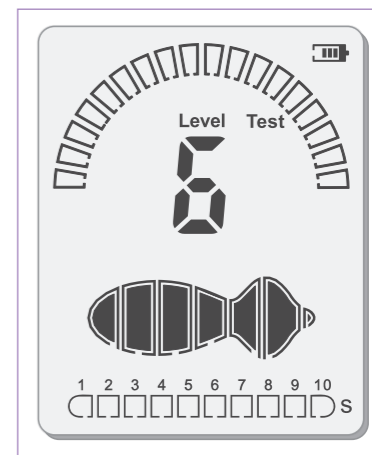
» When entering the mode selection interface, please select a mode, then the device will inflate automatically. Please begin test or training after inflation is completed.

5



» **Test mode:** User should contract or relax the pelvic muscle according to the guide of screen or voice prompt. After the test, the screen will show the current pelvic strength level.






Training mode: User can exercise according to other Kegel exercise Apps if needed.



Contents

Intended Use	5	Display explanations	13
Application	5	Operating instructions	14
Warnings/Precautions	6	Troubleshooting	21
Contraindications	7	Frequently asked questions	22
Understanding of pelvic muscle	9	Clean and store	23
How to exercise the pelvic muscle correctly	10	Specifications	24
Functions and Features	11	Packing & Shipping Requirement	25
Button explanations	12	Guarantee	26

Packing & Shipping Requirements

	Be careful while the goods being packed and shipped Fragible
	Keep upwards while the goods being shipped or packed Upwards
	Prevent from being wet of rainy No Rain
	The maximum weight of being piled is 80 kg Maximum Weight of being piled
	The maximum layer of being piled is SIX Maximum layer of being piled


Temperature range for transport and reservation: 5°C-40°C

Relative humidity range for transport and reservation: ≤80%


Air pressure range for transport and reservation: 70Kpa-106Kpa

 : Date-Month-Year

 : Shenzhen XFT Electronics Co.,LTD.

 : Building B, North Area, Linpishan Industrial Zone, Huangpu Road, Shajing Street, Bao'an District, Shenzhen, China (Postal code:518125)

Specifications

Product Name:	Pneumatic Pelvic Muscle Trainer
Model:	XFT-0010
Input Voltage:	DC4.5V (3*AAA battery)
Classification:	Type BF Equipment 
Water prevention:	Sensor: IPX7 rating
Class of Pollution:	Class 2
Dimensions:	130 mm * 82mm * 35mm
Weight:	141 g
Working conditions:	Temperature: 5°C~40°C, Humidity: ≦80% Air pressure: 86kPa~106kPa
Storage conditions:	Temperture: -20°C~55°C Humidity: ≦93% Air pressure: 70kPa~106kPa
Altitude:	≦2000m
Component:	Probe: 1 pc Size: Ø33*105mm Weight: 35g

EMC illustrations

The trainer has passed EMC IEC60601-1-2 Test

Product Contents

No.	Contents	Quantity	Unit
1	Trainer	1	pc
2	Probe	1	pc
3	Instruction manual	1	pc
4	Plastic case for sensor	1	pc
5	Nylon bag	1	pc

Dear Client,

We greatly appreciate that you have decided to purchase the XFT-0010 Pelvic Muscle Trainer, please keep it in a safe place and use as directed. The user manual explains the device and its application. In addition, it contains numerous important notes and suggestions regarding treatment. Therefore, you are requested to read the manual carefully and thoroughly before use.

Intended Use


The Pelvic Muscle Trainer is intended to guide females to do pelvic muscle exercise (Kegel exercise) for the purpose of rehabilitation of weak pelvic floor muscles in the treatment of stress and urge urinary incontinence.

Application


The product is applied to female pelvic muscle exercise.

Symbol Definition

 Consult instructions for use

 Refer to compulsive Manner which must be gone though, otherwise it may lead to an accident or may cause the user feeling unwell

 Type BF Equipment

 The product must be in a disused separate collection and recycling, and may not be mixed with other waste and scrap

Warnings/Precautions

- » People who are pregnant should consult with a physician before using XFT-0010 Pelvic Muscle Trainer.
- » Do not use XFT-0010 Pelvic Muscle Trainer during the first 6 weeks following childbirth or pelvic surgery as it may interfere with healing.
- » Use of XFT-0010 Pelvic Muscle Trainer during active symptoms of any pelvic disease such as herpes, a sexually transmitted disease (STD), vaginitis, or yeast infection may cause discomfort and aggravate your symptoms.
- » XFT-0010 Pelvic Muscle Trainer is for your individual use only and is not to be shared with other users due to the possibility of spreading disease.

Can I use the product during the menstruation?

It is not recommended to use during the menstruation. Please consult your doctor firstly if needed.

The lifetime of the probe

Change the probe after it has been normally used for six weeks. Please contact XFT China if you need new probe.

The probe supplied by XFT can only be used with the product.

Clean and Store

- » Remove the sensor and deflate by disconnecting the sensor from the air line tubing.
- » Wash the sensor with mild soap and water, rinse thoroughly and dry with a clean cloth.
- » Wipe the trainer's display monitor with a damp cloth.
- » Clean the trainer's plastic parts by medical alcohol.
- » The sensor is semi-disposable, which is recommended to be replaced with every 6 weeks of regular use. The sensor supplied by XFT can only be used with the product.
- » Store the trainer and sensor in the storage case at room temperature.
- » The product is designed to use for five year, please return it to the retailer or deal with it according to the national electronic equipment recycling symbol.

Frequently asked questions

How often should I do the exercises?

- » We recommend you use XFT-0010 Pelvic Muscle Trainer twice a day (morning and night), and the rest of time, you can do the exercise without the device.

What benefits will I get from strengthening my pelvic floor muscles?

- » Prevention or significant improvement of urinary incontinence.
- » Increased sexual pleasure, vaginal tone, moisture and response.
- » Prevention of pelvic organ relaxation.
- » Strengthening and toning of the pelvic floor muscles before or after pregnancy.

Why is it important to do quick contractions?

- » Quick contractions provide strength necessary to control urinary incontinence during a sneeze, cough, laugh or when you step out into the cold.

What are the most of common causes of pelvic floor weakness?

- » High impact exercises such as running
- » Hormonal changes during menopause
- » Excessive body weight
- » Straining from chronic constipation
- » Pregnancy and vaginal childbirth
- » Smoking and chronic coughing

- » Do not use XFT-0010 Pelvic Muscle Trainer at the same time with a barrier contraceptive device (such as diaphragm or cervical cap) or a pessary (pelvic support device) as it may interfere with the proper use of these devices.
- » If you are using XFT-0010 Pelvic Muscle Trainer regularly to treat urinary incontinence and your symptoms do not improve, see your doctor.
- » Do not dismantle the unit, only authorized personnel should carry out any repairs.
- » Do not beat and press the unit.
- » If you feel the air pressure of the probe is too high that make you uncomfortable, please pull out the tube connector immediately to deflate the air.

Contraindications

The XFT-0010 Pelvic Muscle Trainer must not or only after consulting a physician be used in the following cases:

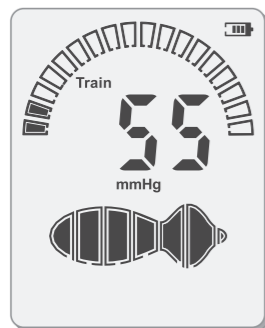
- » During menstruation.
- » Where diseases/disorders in the area of the vagina such as inflammation or infection are present.
- » When using contraceptives such as diaphragms, cervical caps, or pessaries.
- » During pregnancy.
- » In the first six weeks after childbirth.
- » In the first six weeks after an injury and/or operations in the area of the vagina and the pelvis.

- » Where implants in respect of artificial insemination are involved.
- » Where dilated veins in the area of the vagina are present.
- » Where malignant tumours are involved in the area of application.
- » Where a prolapsed of the uterus is involved.
- » Where sustained hypertension of the pelvic floor is involved.

Troubleshooting

Problems	Solutions
The trainer can't be turned on	» Check the batteries orientation or replace the batteries
Unable to inflate	» Check the tube/connectors for proper connection, or replace sensor.
Disconnect appears	» Reconnect the probe to the trainer

3. Turn off the Device



After exercise, press power button, take out the probe, clean and store it.

Note: If no operation in Training Mode, the device will shut off in 5 minutes.

Understanding of Pelvic Muscle

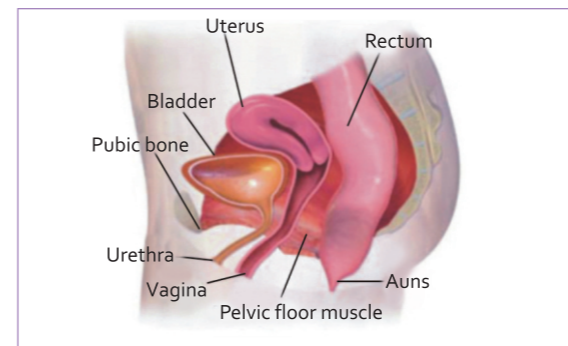


Figure 1

Pelvic Floor Muscle (Figure 1) is composed of muscle fibers of the levator ani, the coccygeus, and associated connective tissue which span the area underneath the pelvis.

Pelvic Floor Muscle consists of two types of muscle fibers.

Slow twitch fibers: Hold on for long periods — support abdominal organs and also works constantly

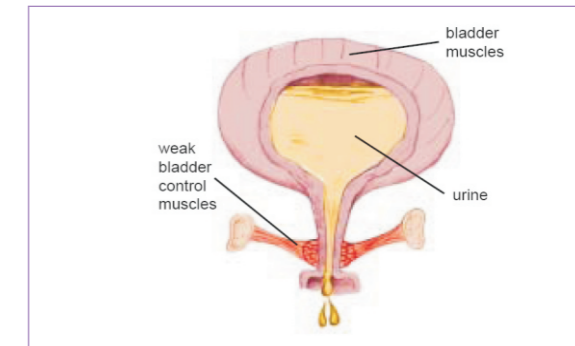


Figure 2

to keep urine up inside the bladder until a suitable time and place for urination is found.

Fast twitch fibers: Designed to act strongly and quickly, but does not hold on for long periods. Acts as an extra closing force during a laugh, cough or sneeze. This extra force stop the bladder muscle (Figure 2), the detrusor, from contracting as well. It puts you in control. Which is the muscle one need to get hold of.

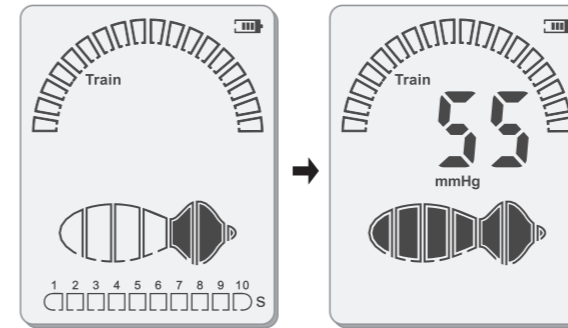
How to exercise the pelvic muscle correctly

- » Don't squeeze other muscles at the same time. Be careful not to tighten your stomach, legs, or other muscles. Squeezing the wrong muscles can put more pressure on your bladder control muscle. Just squeeze the pelvic muscle.
- » Placing a hand on the lower abdomen is a reminder to keep the belly soft and relaxed, to refrain from tightening other muscles such as the stomach, buttocks, or leg muscles, or to hold the breath, all of which increase intra-abdominal pressure, working against the Kegels.
- » Don't hold your breath.
- » Repeat, but don't overdo it. These muscles are voluntary control like muscles in your leg. Exercise retraining program would be gentle and slow. Standing position: preventing your bottom and thigh muscle contracting, stand with feet wide apart and toes turned in. In this

way, any feeling that happens between legs while trying to do a squeeze/lift/hold while standing up, is bound to be from your pelvic floor muscle contracting.

Training Mode

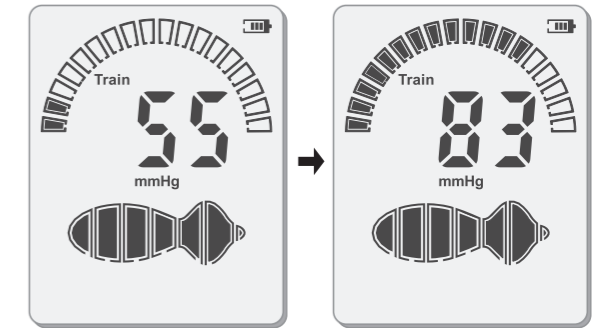
1. Inflate



In Training Mode, the trainer inflates automatically, after inflation is completed, icon gasbag will be full, after two seconds, the buzzer will sound for one second and it comes to free training.

When inflate, if the air tube connector is not connected or not connected well, the trainer will automatically turn off in 5 seconds.

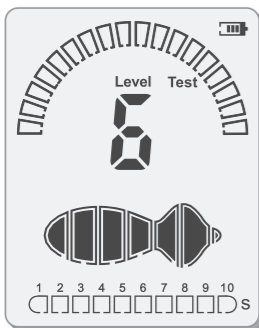
2. Free Training



In Training Mode, the screen only shows the inflation status and pressure value, user can do Kegel exercise according to her own needs.

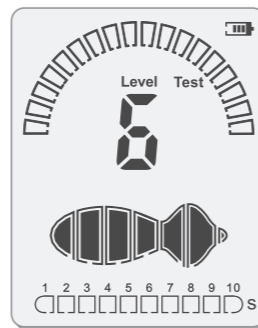
Note: During the exercise, if the air pressure of the probe is less than 45 mmHg, the trainer will automatically inflate the probe; if the air pressure is less than 20 mmHg, the trainer will automatically enter the Step 1 to do the inflation again.

4. Pelvic Muscle Strength Level Test



During the Test Mode, the device will automatically test the muscle strength level of the user. When the exercise completed, the user's current strength level will be displayed on the LCD screen. the higher the level is, the healthier the user will be.

5. Turn off the Device



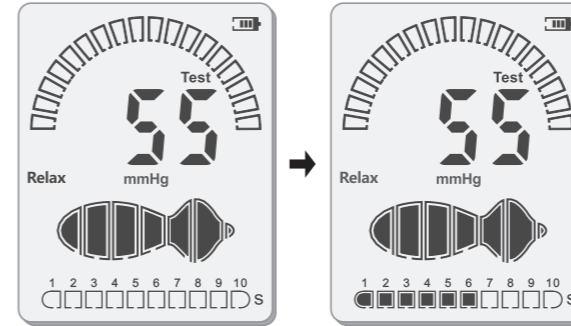
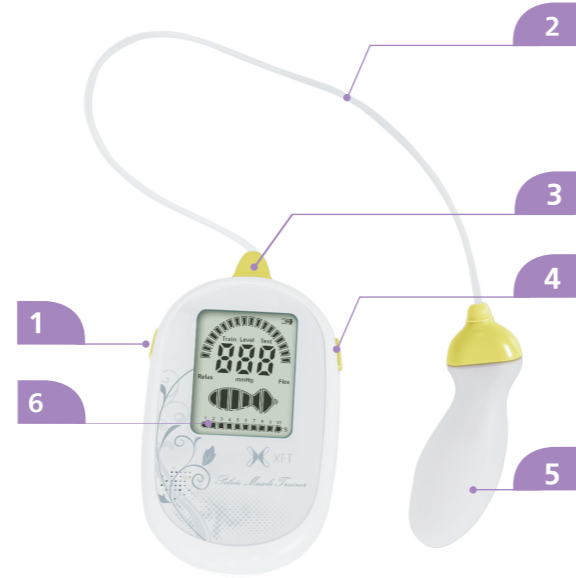
After the Test Mode is over, press the "Power" button to turn off the device, or the device will deflate and shut off automatically in 30 seconds. If user wants to do the test again, please turn on the device and select Test Mode.

Functions and Features

- » Pneumatic and biofeedback technology help users do Kegel exercise safely and effectively.
- » Auto inflation/ deflation and large LCD Screen display, easy to operate.
- » Two modes for option: test mode and training mode. User are able to exercise by following all kinds of Kegel Exercise Apps.
- » Screen shows the muscle strength level after each test.
- » Unique probe can work with three different positions (lying, sitting and standing).
- » Low battery warning.

Button Explanations

- 1 Power / Mute
- 2 Airway Tube (connecting the trainer and tube)
- 3 Tube connector
- 4 Mode selection
- 5 Probe
- 6 Screen



» Slow Relax

After flex, the device will turn to relax, which will last for 10 seconds.

10 seconds flex and 10 seconds relax compose a cycle. The cycle will last for 5 times.

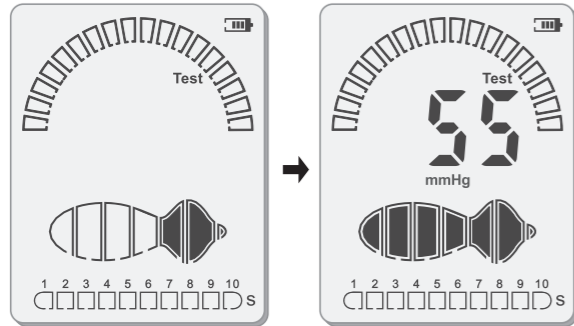
3. Quick Flex/Relax

After the slow flex/relax exercise is finished, it will enter quick flex / relax exercise after 3 beeps, then 5 seconds countdown on the screen to start the exercise. There will be 3 beeps again, after the quick flex /relax exercise is finished.

Note: During the test, if the air pressure of the probe is less than 45 mmHg, the trainer will automatically inflate the probe; if the air pressure is less than 20 mmHg, the trainer will automatically enter the Step 1 to do the inflation again.

Test mode

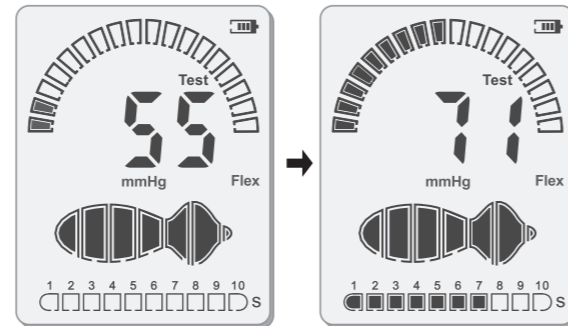
1. Inflate



In Test mode, the trainer inflates automatically, after inflation completed, icon gasbag will be full, after two seconds, the buzzer will sound for one second. It comes to exercise four seconds later with a beep.

When inflate, if the air tube connector is not connected or not connected well, the trainer will automatically turn off in 5 seconds.

2. Slow Flex and Relax Exercise

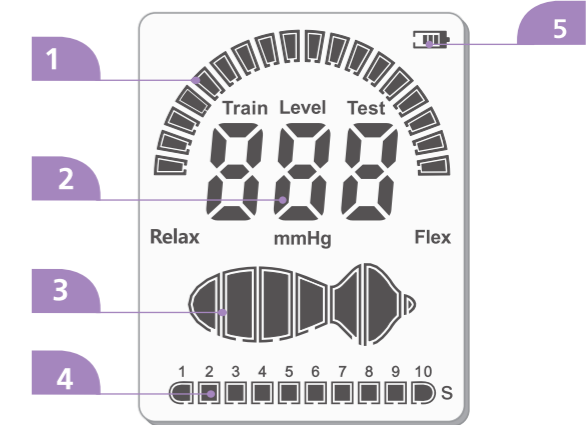


» Slow Flex

After inflation completed, the screen will show icon Flex, please contact the muscle according to the prompt which will last 10 seconds.

Display Explanations

- 1 Pressure condition of the probe
- 2 Air pressure, Level and Mode
- 3 Inflation state of the probe
- 4 Time(10s), contract/relax time
- 5 Power level

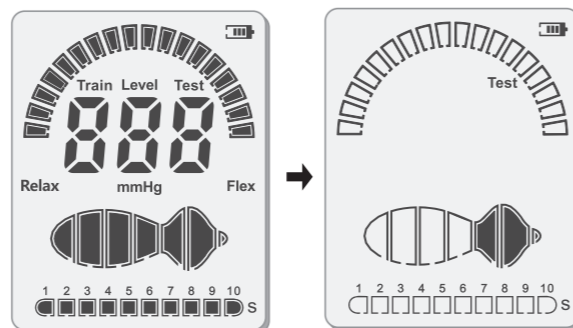


Operating Instructions

1. Preparation

- » Insert three AAA batteries in the battery compartment, ensure the correct battery direction.
- » Connect the probe to the trainer, do not turn on the trainer until the sensor is inserted into the vagina.
- » Choose a comfortable position (lying, sitting or standing)
- » Hold the probe and gently insert it into your vagina. Adjust as needed to fit your unique shape. (Water or water-soluble lubricant may be used if needed)
- » Hold the trainer in the other hand or place it where it can be easily read.

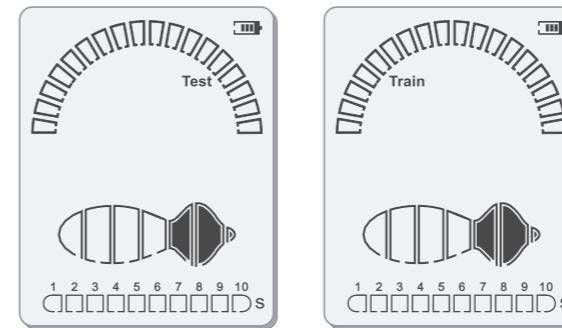
2. Turn on the device



Press the power button for 1 second, the device will boot, and the screen will show all the icons, after 3 seconds, it comes to mode selection.

Note: If don't need the beep prompt, please press the mute button. If needed, press it again to active the sound.

3. Mode Selection



It comes to mode selection after the device is turned on, the icon "Test" (default) will flash. Press the mode button to switch mode, the corresponding mode icon will flash for 5 seconds and then come to inflation in the selected mode.

Note: If no operation, icon "Test" flashes for 5 seconds, and then it comes to auto-inflation in test mode.

Two modes for choice

Test mode: the device will auto-inflate after entering test mode. User should contract or relax the pelvic muscle according to the guide of screen or voice prompt. After the test, the screen will show the current pelvic strength level.

Training mode: the device will auto-inflate after entering training mode. The screen only shows the inflation status and pressure value, and user can exercise according to other Kegel exercise Apps if needed.