

beurer

PT 20 PelviStrong



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ENGLISH



Read these instructions for use carefully. Follow the warnings and safety notes. Keep these instructions for use for future reference.

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1. INCLUDED IN DELIVERY

Check that the exterior of the cardboard delivery packaging is intact and make sure that all contents are included in the delivery. Before use, ensure that there is no visible damage to the device or accessories and that all packaging material has been removed. If you have any doubts, do not use the device and contact your retailer or the specified Customer Services address.

1x pelvic floor trainer 28g

1x pelvic floor trainer 52g

1x pelvic floor trainer 71g

1x these instructions for use

1x insert for digital exercise booklet

The Beurer pelvic floor training aids is a set of three tampon-like cones, each with a different colour and weight:

Colour	Turquoise	Fir green	Night blue
Weight	28g	52g	71g

2. SIGNS AND SYMBOLS

The following symbols are used on the device, in these instructions for use, on the packaging and on the type plate for the device:

WARNING

Indicates a potentially impending danger. If it is not avoided, there is a risk of death or serious injury.

IMPORTANT

Indicates a potentially impending danger. If it is not avoided, slight or minor injuries may result.

NOTICE




Indicates a potentially harmful situation. If it is not avoided, the system or something in its vicinity may be damaged.





Observe the instructions for use



Manufacturer

	<p>Marking to identify the packaging material.</p> <p>A = material abbreviation, B = material number: 1-7 = plastics, 20-22 = paper and cardboard</p>
	<p>Batch designation</p>
	<p>Importer symbol</p>

	<p>Separate the product and packaging elements and dispose of them in accordance with local regulations.</p>
	<p>Article number</p>

3. INTENDED USE

The Beurer pelvic floor training aids is a set of three equally sized tampon-like cones with different weights, for short-term use in the vagina. The training serves to strengthen and increase awareness of the pelvic floor muscles, as well as to maintain their condition.

The training is suitable for women

- during pregnancy and after birth, for training, strengthening and regenerating the pelvic floor muscles, and/or
- during peri-menopause and menopause to maintain pelvic floor muscles.

The product is only intended for private use at home.

Beurer pelvic floor training aids are not suitable for purposes other than those mentioned.

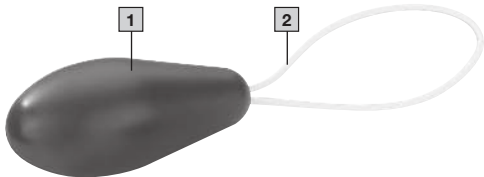
4. WARNINGS AND SAFETY NOTES

⚠ IMPORTANT

- Thoroughly clean your Beurer pelvic floor training aids before first use and after each use, and ensure clean conditions (e.g. washing your hands).
- Please check your training aids before each use. Only use cones that are in perfect condition. A training aid with a scratched or damaged surface can lead to injuries.
- You should not use pelvic floor training aids if you are experiencing a vaginal infection, inflammation, injury or painful intimate discomfort; they should also not be used during menstruation or where there are problems during pregnancy.
- In the event of other symptoms (such as lowering of the pelvic organs), you should have a doctor rule out any causes other than pelvic floor weakness in advance of starting the training.
- In the event of known hypersensitivity or allergies to one of the ingredients mentioned, the product should not be used, or should only be used in consultation with a doctor.
- Do not use the pelvic floor training aids if have not lost your virginity.

- It is possible to wear a cervical cap, contraceptive ring, diaphragm or intrauterine device during training. However, it must be checked that these are in the correct position before and after each training session (if in doubt, only in consultation with a doctor).
- The cones should not be worn during X-ray, computed tomography (CT) or magnetic resonance imaging (MRI).
- If symptoms persist or worsen, please consult a doctor.
- Any serious incidents that occur in relation to the device should be reported to the manufacturer and the competent authority of the country in which the user is established.
- Cleaning by means of steam, dry sterilisation or boiling is not suitable as this can lead to deformation of the material.

5. DEVICE DESCRIPTION



1 Tampon-like cone

2 Retrieval cord

6. AREAS OF USE

- **During an unproblematic pregnancy**, training with Beurer pelvic floor training aids can strengthen the pelvic floor.
- **After birth, as soon as the cervix is closed (about 6 weeks postpartum)**, you can start training again. If in doubt, ask your doctor or midwife.
- **If non-invasive pelvic floor training fails** due to a lack of ability to perceive the pelvic floor muscles, training with Beurer pelvic floor training aids can achieve the desired result.

7. FUNCTIONAL AREAS

The pelvic floor is an approximately palm-sized, flat, elastic panel of muscle between the pubic bone, coccyx and sitting bones. It supports the internal organs in the abdomen. The pelvic floor is punctuated by the urethra, vagina and anus. Pregnancy and birth, changes in or low levels of hormones around or during menopause, heavy physical strain or excess weight can lead to overstretching or weakening of the pelvic floor. However, like any muscle, the pelvic floor can be strengthened by training. A strong pelvic floor can also have a positive effect on sexual pleasure. The Beurer pelvic floor training aids consist of a set of three different weights, which facilitate active pelvic floor training based on the biofeedback principle. The biofeedback principle is based on the fact that the cone slides out of the vagina due to its own weight. The pelvic floor muscles proactively react to this by spontaneously and independently contracting repeatedly to hold the weight. These repetitive active contractions build muscle – just like muscle training with dumbbells.

Thanks to three different weights, the set facilitates a stepped increase in active training intensity. When the muscles can hold one cone without any problems, the training weight should be increased. This means that a significant increase in muscle strength can be achieved, moving from the lightest to the heaviest weight. Proactive training with the pelvic floor training aids is advisable for women of all ages. It can be used during pregnancy and after birth for awareness, strengthening and regeneration of the pelvic floor. In addition, the pelvic floor training aid can help maintain pelvic floor muscles, especially during peri-menopause and menopause.

8. USAGE

1. Thoroughly wash the Beurer pelvic floor training aids before first use and ensure clean conditions (e.g. by washing your hands).
2. Test which cone you should use to begin the training: To do this, take the lightest cone and insert it slowly, completely and about 3-4 cm deep into the vagina, as you would normally insert a tampon.
 - If you can hold the lightest cone (turquoise) for 10 minutes while standing and walking, you can use the cone that is the next weight up (fir green).
 - If you can hold the medium (fir green) cone for 10 minutes, change to the heaviest weight (night blue).
3. You complete training with the cones by simply increasing the wear time until you can hold the cone you are currently using twice a day for 10 minutes of standing and walking, for several days in succession. Now consciously increase your awareness of your pelvic floor muscles by actively contracting and relaxing your muscles alternately to allow the cone to slide out and retract again. In addition, you will find further exercises on pelvic floor training with our cones in the exercise booklet. You can then continue training with the cone that is the next weight up.
4. After a few weeks of daily training with the Beurer pelvic floor training aids, you will have learned to perceive and train your pelvic floor muscles without using the cones. However, occasional practice with the help of the cones is still recommended.

Tip: In cases of vaginal dryness, lubricating gel can be particularly helpful when training with Beurer pelvic floor training aids.

9. CLEANING AND MAINTENANCE

After each use, clean the training aids with warm water and soap or disinfect the cone with a commercially available skin disinfectant.

Any residues of soap or disinfectant should be thoroughly rinsed off with water before using the training aids again.

10. STORAGE, DURABILITY AND TRANSPORT

There are no special requirements for storage and transport. The training aids should be replaced after 5 years of normal use.

11. MATERIAL COMPOSITION

The Beurer pelvic floor training aids are made of an aluminium or steel core covered with polypropylene, and a polyamide thread covered with polyurethane.

12. DISPOSAL

Beurer pelvic floor training aids can be disposed of in standard household waste. Please separate the individual components of the packaging by type and use the corresponding recycling system for their disposal. Please observe the local and regional disposal guidelines.

13. GUARANTEE

Further information on the warranty and warranty conditions can be found in the warranty leaflet supplied.

FRANÇAIS



Lisez attentivement ce mode d'emploi. Respectez les avertissements et les consignes de sécurité. Conservez ce mode d'emploi pour pouvoir vous y référer ultérieurement.

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