

# Yoni Flex

*Pelvic Floor Trainer*

## INSTRUCTION MANUAL



**NOTICE:** Before using your YoniFlex please read this instruction manual carefully.



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## **Welcome to your YoniFlex.**

**Thank you for purchasing your YoniFlex Pelvic Floor Trainer. We are so thankful that you have taken the first step toward improving your life by strengthening your pelvic floor, and supporting your personal power. We are confident that by using your YoniFlex regularly you will see amazing results.**

### **What is the YoniFlex?**

The YoniFlex Pelvic floor trainer is a revolutionary device designed to strengthen and tone your internal pelvic floor muscles. The YoniFlex uses a scientifically proven technology called EMS muscle stimulation, which sends a targeted controlled stimulation directly to your pelvic floor muscles causing them to contract and relax (squeeze and release). This type of therapy has been used for over 90 years by medical professionals all around the world, including physical therapists, chiropractors, and rehabilitation specialists to strengthen and develop muscles, relieve pain, and stimulate atrophying muscles. In fact – electrical stimulation dates back to around 500 BC, when the Egyptians discovered that certain fish emitted electrical impulses, and used fish to treat pain!

### **Is this similar to Kegel Exercises?**

Yes, you are exactly right! Think of the YoniFlex as an automatic kegel exercise machine. I'm sure you have heard of a kegel exercise before, right? Kegel exercises are the most recommended manual exercise to improve pelvic floor health by health care professionals. Unfortunately, for many women manual kegel exercises are difficult or even impossible to do. In fact, 30% of women incorrectly perform manual Kegel exercises, which can lead to further challenges; including pelvic organ prolapse and stress incontinence. Kegel exercises require a great deal of mental and physical effort, and for many they are just not a viable option. In some cases, the muscles of the pelvic floor are not strong enough to manually perform effective kegel exercises.

Your YoniFlex fully automates your kegel exercises. Over the course of a single workout you will experience thousands of Kegel exercises per session. It is simply not possible to perform this frequency of kegel exercise on your own.



## **What will my YoniFlex Help me with?**

The YoniFlex offers 11 unique programs targeting the areas with which you may be struggling. We have programs that specifically target urinary incontinence, reduced sensual sensations, post-childbirth support, bladder struggles, and urge to urinate difficulties, pelvic floor prolapse, and more. Your YoniFlex can improve bladder control and reduce incontinence. This can reduce overactive bladder issues, such as the sudden need to urinate, as well as reduced bladder control during events that require a strong pelvic floor, such as sneezing, laughing, or jumping on a trampoline. Your YoniFlex can also help improve your sensations, and give you more control over your vaginal muscles which can contribute to increased sexual pleasure.

Aging causes the pelvic floor muscles to lose strength over time. Pelvic floor muscle weakness can also be a result of pregnancy, childbirth, obesity, or injury. Regular use of your YoniFlex will help strengthen these important muscles and reduce many of the symptoms of a weak pelvic floor.

## **The YoniFlex helps women of all ages! Here are the top 12 ways YoniFlex can help you:**

- 1.Reduction or elimination of urinary incontinence
- 2.Increased Bladder control
- 3.Reduction of sudden urge to urinate sensations
- 4.Reduction of reduced bladder control accidents during high intensity moments – jumping, running, laughing, sneezing, etc.
- 5.Reduction of, or elimination of pelvic prolapse
- 6.Strengthening of internal muscles that weaken after childbirth, hernia operations, or hysterectomies
- 7.Reduction of pain and discomfort
- 8.Tone, strengthen and develop pelvic floor muscles
- 9.Relaxing of pelvic floor muscles
- 10.Improvement in blood flow to genital area
- 11.Increase in sexual pleasure and sensations
- 12.Improvement in tightness and control of the vaginal muscles



## **WARNINGS:**

- DO NOT USE if you have any implanted electronic device such as pacemakers, defibrillators or if you have any cardiac irregularities.
- DO NOT USE if you have or have had epilepsy.
- DO NOT USE while operating machinery or performing a physically demanding activity.
- DO NOT USE if you suffer from a muscle disorder.
- DO NOT USE if you think you may have a bladder or urinary infection.
- DO NOT USE if you have been diagnosed or treated for cervical cancer.
- DO NOT USE if you are pregnant, or think you may be pregnant.
- DO NOT USE if you have a history or tendency towards internal bleeding.
- Keep this device away from children.
- If the use of the YoniFlex becomes ineffective or unpleasant, stop use and consult with a physician or physical therapist.
- DO NOT SHARE your YoniFlex probes with anyone.

**Disclaimer:** The YoniFlex system is not designed to diagnose, treat, or cure any disease. If you suffer any painful health conditions, do not use the YoniFlex without first consulting your doctor. It is recommended that you discuss using your YoniFlex with your doctor or professional therapist.



## How does it work?

Scientific studies show EMS electrical stimulation therapy works in several ways:

1. The gentle electric pulses stimulate the muscles of your pelvic floor.
2. The stimulation through automatic contracting and relaxing of the pelvic floor muscles helps to build and strengthen your internal muscles.
3. The electrical stimulation can increase the production of natural painkillers, such as endorphins within your body which can reduce pain and discomfort.
4. The electrical stimulation can improve blood circulation, helping to aid in the repair of tissues and muscles within your pelvic floor.
5. The YoniFlex pelvic floor trainer uses specific programs designed to target the pelvic floor muscles in precise ways to maximize its effectiveness.

**To view clinical studies and research showing the effectiveness of EMS stimulation on muscle growth, increased blood flow, and improving muscle strength please visit: [YoniFlex.com](http://YoniFlex.com) - and click on “The Science”**



## **What's included with your YoniFlex Pelvic Trainer:**

Your YoniFlex comes with the following:

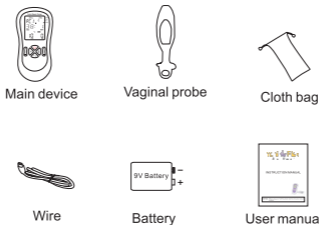
- 1x YoniFlex Pelvic Floor Trainer
- 1x 9v battery
- 1x Ada Vaginal Probe™ with optional extender
- 1x YoniFlex Personal Lubricant
- 1x YoniFlex Instruction Manual
- 1 Quick Start Guide
- 2x probe wires

Replacement parts such as additional probe options, personal lubrication, and other accessories are available at our website:

[www.YoniFlex.com](http://www.YoniFlex.com)



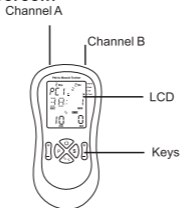
## Get to know your YoniFlex:



### YoniFlex Body:

The YoniFlex unit consists of two main parts – the keypad and the LCD screen. Let's discuss each area:

### Learn about the LCD Screen:



**The LCD screen will provide you with important information as you are using your YoniFlex.**

**Use time:** The total number of hours that the YoniFlex has been in operation. This is great tool to set personal goals of time used per week, per month or even per year.

**Program:** This area of the screen will show which program is active. It is displayed in P01-P11 format and PC1-PC3 for the 3 customizable programs.

**Program Time:** The amount of time of the selected program. Once a





program starts running, this becomes a countdown timer showing you how much time is remaining in the current program.

**Frequency (Hz):** The pulses per second (Hertz). Think of frequency like a drum beat. The faster the frequency, the faster the drum beat. This number will change based on the program you choose.

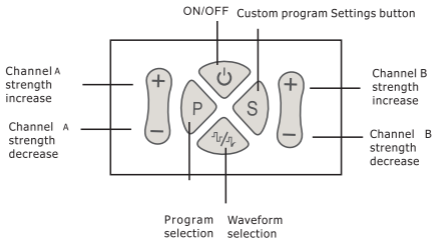
**Pulse Width ( $\mu$ S):** The duration of each pulse. Think of this like a piano - The longer you hold down the piano key the longer the sound. The longer the pulse width, the deeper the pulse will penetrate your muscles. This number will change based on the preset program you choose.

**Wave Form:** This can be switched between asymmetrical (one at a time) pulses vs. symmetrical (both pulses simultaneously). By default, all programs start in the symmetrical setting. You can learn more about this on page 9 under Wave form selection.

**Battery Remaining:** This shows you the remaining battery life of your YoniFlex.

**Work/Rest/Alt/Cont:** These will change when the unit is operating showing that the unit is working (active), or resting (pausing between pulses). If you chose a mode that offers continuous stimulation, the arrow beside the Cont will be on for the duration of your program. If you choose a program with work and rest options, the arrow beside the "work" will be on when the device is active and the arrow beside the "rest" will be on when the device is resting.

## Let's learn about the Key Panel:





**Power Button:** Push this button to turn the device on and off.

**“P” button:** This button lets you rotate through the available program options. As you click the “P” button, the number under the “Program” will move from P1 – P11 and then cycle through the customizable programs PC1-PC3. You can learn more about choosing the most effective program for you on page 12. You can learn more about customizing your own program on page 22.

**Waveform Selection:** This button let's you switch between “Asymmetrical” and ‘symmetrical’ wave lengths. Asymmetrical waves can be used in cases of extreme sensitivity, as they will not be as effective as symmetrical waves. The default setting will always be symmetrical wave lengths.

**S button** – This button is an advanced feature that allows you to make your own custom programs. You will learn more about customizing your own program on page 22.

**Left and Right + and – buttons** These buttons control the strength of your YoniFlex once it is operating. The + and – on the left side of your device control the channel A, and the + and – on the right side of your device control the channel B. Each click upwards (+) moves the strength up by 1%, and each click downwards (-) moves the strength down by 1%. The full range of the device is between 0% and 99%. The unit will always start at 0

## Using your YoniFlex for the first time – 10 Easy steps:

**Now that you understand the basics of how your YoniFlex operates, follow these instructions to begin using your YoniFlex for the first time:**

**Step 1: Install the 9v battery.** Turn your device so that you are looking at the backside and notice the grip near the bottom. Push the grip down to remove the battery cover. Install a 9V battery (included) ensuring the + and – lineup. Replace the battery cover by sliding it toward your device.

**Step 2: Remove and clean your Ada Probe™.** Remove the probe from the packaging, and wash your probe with warm water and a mild non scented soap.

**Step 3: Connect your Ada Probe™ to the YoniFlex.** With your YoniFlex you will find two sets of wires. Take one set of wires and connect the two lead wires to your probe. NOTE: The wires can connect in either direction. Next, connect your probe wire into the “CHANNELA” input port. Channel A is the left input port when looking from the front of the device.



**Step 4: Add lubricant to your Ada Probe™.** Most people find it best to get into a relaxed and comfortable reclined sitting position, lying back with your legs slightly elevated. You may want to prop up your head or lower back with pillows for further support. The Yoniflex Ada Probe™ should be comfortably inserted approximately 2.75 inches (7cm) inside of your vagina, with the metal plates facing the side walls of your vagina.

**Step 5:** Turn on your YoniFlex – Push the power button.

**Step 6:** Choose your preset program by pushing the “P” button to cycle through all available programs. For details on choosing your program, please read section “Choosing your YoniFlex program” on page 12.

**Step 7:** Start to increase the pulse power by pushing the + button on the left hand side of your device. The strength goes from 1-99, and most women find a comfortable level between 20-50. You want the sensation to be strong but not painful, and you want to feel your pelvic floor muscles contracting.

**Step 8:** Sit back, relax, start your favorite Netflix™ program or crack a good book, and let your YoniFlex do the work!

**Step 9:** On completion of your exercise, turn off your YoniFlex, remove the probe, and clean and store your probe to be ready for the next workout! Congratulations, you earned it!



## How often and how long should I use YoniFlex?

When engaging in your first program with YoniFlex, we recommend daily use for 12 weeks consecutively, with 1 day off each week to rest. You should start to feel results after 2 weeks, however to experience the full benefits we recommend a 12 week course. It's a good idea to start a habit by choosing the same time and place each day to use your YoniFlex.

Similar to beginning a new workout regime at the gym, the results will not be noticeable right away. Do not lose hope if it takes you some time to experience positive results. Your outside muscles don't grow after just a few workouts, so don't expect your internal muscles to either.

Once you have completed a 12 week course with your YoniFlex, it is recommended to continue to use your YoniFlex 2-3 times each week for maintenance of your pelvic floor muscles. You can start another 12 week program any time you feel that your muscles are starting to reduce in strength.

It is normal to feel some muscle fatigue after using the Yoniflex. Similar to working out at a gym, your muscles are often sore later. If your pelvic floor muscles are fatigued, feel free to add additional rest days to the program.

## Choosing your YoniFlex Program:

Your YoniFlex comes pre-programmed with 11 custom settings specifically targeted to deal with many pelvic floor challenges. We have created 3 categories of programs: Beginners, advanced, and general. Please review the programs below and find the one that is best suited to your needs.

### BEGINNERS PROGRAMS:

**Testing sensitivity – Program P01:** If you are just getting started with your Yoniflex, use program P01 for your first time. It uses a low frequency and continuous work time so that you can test your sensitivity by slowly increasing the strength until you find your ideal level.

**Bladder Leakage – Program P03:** If you experience bladder leakage, this is your recommended program. This common experience includes a tendency to release a small amount of urine when there is stress placed on the pelvic floor muscles. It can occur during experiences such as jumping, laughing, sneezing, running, etc. After 4 weeks of using the Bladder leakage program



P03, it is recommended to move onto the advanced bladder leakage program P04.

**Sudden Need to Urinate – Program P02:** If you experience sudden urges to urinate (overactive bladder), this is your recommended program. Overactive bladder is defined by waking up 2 or more times during the night to urinate, urinating 8 or more times per day, or experiencing a sudden need to urinate. After 4 weeks of using the sudden need to urinate program P02, it is recommended to move onto the advanced sudden need to urinate program P10.

**Menopause – Program P09:** This program is designed to improve the muscle strength of your pelvic floor through menopause. Menopause can cause your pelvic floor muscles to weaken. Reduced pelvic floor muscle function can also be due to weight gain, which is common during menopause.

**New Mother – Program P05:** This program is designed for a new mother after childbirth. It is designed to strengthen the pelvic floor muscles that have weakened due to the stress of pregnancy and the birthing process. Following your 6 week checkup, and after consulting with your OBGYN or health care professional, you may begin this program.

**Lack of Sensitivity – Program P08:** If you are experiencing an overall lack of sensitivity in your genitals, this program is recommended for you. It works to increase blood flow to the genitals and overall pelvic floor health improving intimate sensitivity and sensations.

**Pelvic Prolapse – Program P02:** If you experience pelvic prolapse, this is your recommended program. Pelvic prolapse occurs when your pelvic organs start to droop (prolapse) out of their position and into the vaginal canal. This includes: Cystocele, urethrocele, uterine prolapse, and vaginal vault prolapse. After 4 weeks of using Pelvic Prolapse program P02, it is recommended to move onto the advanced pelvic prolapse program P10.

**Relaxing Pelvic Floor Muscles – Program P11:** This program is designed as a pelvic floor relaxation program – it is the spa for your pelvic floor muscles. This program can be used as a cool down after exercising with another program or as a warm-up before starting your chosen program.



## ADVANCED PROGRAMS:

**Bladder Leakage Advanced – Program P04:** This is a more intense bladder leakage program than Program P03. It is recommended to start with program P03 and move onto this program after 4 weeks.

**Sudden Need to Urinate Advanced – Program P10:** This is a more intense 'sudden need to urinate' program than program P02. It is recommended to start with program P02 and move onto this program after 4 weeks.

**Sudden Need to Urinate - Continuous pulse – Program P06:** This program is a continuous pulse option targeting 'sudden need to urinate' (Overactive bladder). Some women prefer the constant stimulation of this program compared to the work/rest stimulation in other programs.

**Bladder Leakage - Continuous pulse – Program P07:** This program is a continuous pulse option targeting bladder leakage. Some women prefer the constant stimulation of this program compared to the work/rest stimulation in other programs.

**Pelvic Prolapse Advanced – Program P10.** This is a more intense pelvic prolapse program than program P02. It is recommended to start with program P02 and move onto this program after 4 weeks.

**Vulvodynia – Program P01:** If you are experiencing vulvodynia, this is the recommended program for you. Vulvodynia is defined as burning, stinging, and stabbing sensations in the vulva.

**Vaginismus Support – Program P11:** If you are experiencing vaginismus, this is the recommended program for you. Vaginismus is defined as spasm or contraction of the muscles around the vagina during vaginal penetration, most commonly during sexual intercourse, tampon use, or pelvic exams.

## GENERAL PROGRAMS:

**General Pelvic Floor Workout – Program P10:** This is a good general pelvic floor workout. This program provides a good overall strength and conditioning experience for your pelvic floor.



**Advanced Pelvic Floor Workout – Program P09:** This program is a great longer overall pelvic floor workout. It is 45 minutes in length – our longest program, and moves through 5 different modes in increasing intensity followed by a cool down period. This is a great program to strengthen your pelvic floor.

**To View more specifics about the YoniFlex programs – including program modes, frequency, pulse durations, ramp up time, etc. please visit:**

**[YoniFlex.com/pages/specifications](https://YoniFlex.com/pages/specifications)**

**If you have any questions about which program would work best for you, please reach out to us at [YoniFlex.com](https://YoniFlex.com) and choose 'Contact Us' in the menu. We are always happy to help!**



## **YoniFlex Care and Cleaning:**

Your YoniFlex machine should last many years with proper care. Here are some steps to ensure your YoniFlex is being cared for:

### **Probes, accessories, and product modifications:**

Use only YoniFlex approved probes and electrodes with your YoniFlex Machine. The YoniFlex probes are specially manufactured for compatibility with the YoniFlex machine. Using a 3rd party probe or electrode could cause injury or damage to device.

Do not modify your YoniFlex machine or any YoniFlex accessories. Doing so will void the warranty and could result in injury.

### **Care of YoniFlex Unit:**

The LCD screen is covered with a thin protective layer. To clean the screen, use a lint free towel such as those used to clean glasses.

Do not place your YoniFlex in an area near water, or submerge your YoniFlex unit in water, or any other liquids.

### **Probe Care:**

- YoniFlex probes should last 12-18 months with proper care.
- Never immerse your YoniFlex probe in hot or boiling water or any other liquids. This could damage your probe.
- Do not hold your probe by the wires, but always hold your probe by its base.
- Before using your probe, clean it using non scented hand soap and warm water and allow to air dry

### **Connections and lead wires:**

- Do not stretch or twist the wires as this could cause damage.
- Do not modify or cut the wires as this could lead to personal physical damage and void warranty.
- Only use YoniFlex approved wires with your YoniFlex device and probes

### **Battery Care:**

- When your device shows low battery, replace your battery
- Ensure your battery is correctly installed with the + and – matching with the





YoniFlex. An improperly installed battery could cause damage to your device.

- If you are not going to be using your device for over a month, it is recommended to remove the battery.
- It is recommended not to use a rechargeable battery with your YoniFlex.
- Use only high quality batteries with your YoniFlex. Poor quality batteries could rust or leak causing connection issues and damaging your YoniFlex.



## Frequently Asked Questions (FAQ)

### **Can I use the YoniFlex during menstruation?**

There are no issues using your YoniFlex while you are menstruating. In fact, the YoniFlex pelvic trainer has shown to help reduce menstrual cramps and could be beneficial to use in the days leading up to your cycle.

### **Can I use the YoniFlex when I am pregnant?**

No. Clinical guidelines advise against using the YoniFlex during pregnancy.

### **How far do I insert the Ada probe™?**

Your Ada Probe™ should be inserted approximately 2.75 (7.5 cm) inside of the vagina. This is the optimal depth to stimulate the pelvic floor muscles.

### **How soon after having a baby can I use the YoniFlex?**

It is important to discuss this with your Midwife or doctor. Many women feel comfortable starting 6 weeks post partum after a successful doctor checkup.

### **I have had pelvic surgery – How soon can I start using my YoniFlex after surgery?**

Please discuss this with your doctor or surgeon, as every case will be different. YoniFlex can be a great tool to improve your pelvic floor muscles after surgery, but it is important to discuss this with your doctor before returning to your YoniFlex program.

### **I find it painful or difficult to insert the probe.**

Please use lubricant when inserting your YoniFlex probe. Lubricant helps to ease the insertion of your probe, and it also improves the conductivity of your probe. Since it is common for vaginal canal sizes to vary between women, we also offer different sized probes which are available for purchase on our website. If you are unable to achieve a comfortable experience with the included probe, please consider one of our alternate options by visiting YoniFlex.com.

### **I have an IUD – Can I use the YoniFlex?**

Yes! An IUD contains copper, which will not affect the YoniFlex pelvic trainer.

### **I have a Mirena Coil – Can I use YoniFlex?**

Yes! The Mirena coil is made of plastic and will not affect the Yoni Flex pelvic trainer.



### **Why are there two probe channels on my YoniFlex?**

The YoniFlex is designed with the option to be used simultaneously using both your Ada probe™ and optional electrode pads externally. **NOTE:** Do not use the YoniFlex in the vaginal canal and anal canal simultaneously.

### **How do I clean my probe?**

To clean your probe, it is recommended to use non scented liquid soap. Do not use harsh dish soap or laundry detergent, or any soap with scent or perfume. It is important to never boil your probe, and to keep the wires dry at all times. It is also recommended to allow your probe to dry before storage or using.

### **How long will my probe last?**

If properly maintained your YoniFlex probe should last you between 12 and 18 months of regular use. To maximize the life of your YoniFlex, take care with the wires and ensure that they are not tangled, bent, or stretched. When inserting and removing the probe, always hold it by the base and never by the wires. Replacement probes are available on our website [YoniFlex.com](http://YoniFlex.com)



## **TROUBLESHOOTING:**

### **I cannot get the levels past 10**

If you do not have an effective connection between your Ada Probe™ and your vaginal walls the device will not increase the power higher than 10 for safety reasons. Please ensure that the Ada Probe™ is properly lubricated and has a good connection with your internal muscles. It is recommended to use the device lying down, or in a reclined sitting position with your legs elevated. To work effectively, it is important that the probe maintains contact with your internal muscles.

### **My YoniFlex is not providing any sensation at any level**

If you are using your YoniFlex and not having any sensations of exercise, here is a checklist of things to look at:

- Ensure your battery is not low or dead
- Ensure the probe wires are properly connected to your Ada Probe™, and that your probe wires are not twisted or damaged by removing and re-attaching all probe wires.
- Ensure the connecting between your wires and the YoniFlex unit is secure by unplugging and then plugging the plug in again.
- Ensure your probe is properly lubricated and inserted correctly.
- Try using the secondary wire that came with your YoniFlex.
- Try using the other channel on your YoniFlex.

### **My device is not turning on:**

Check to see that the battery is installed correctly. Ensure that the + and – of the 9v battery are lined up correctly inside of the battery compartment. For details on how to do this please read 'Step 1: Installing the battery' on page 10.

**If you have any problems with your YoniFlex device that have not been addressed in our FAQ or troubleshooting areas, please contact us through our website [YoniFlex.com](http://YoniFlex.com) and click on 'Contact Us' in the menu.**



## **YoniFlex Warranty:**

Your satisfaction with our product is our utmost priority. If you have any issues with your YoniFlex please reach out to us on [YoniFlex.com](http://YoniFlex.com) and click 'Contact Us' in the menu. Many potential issues can be resolved without the need to replace your unit, so before considering returning your product, please reach out to us for support.

### **The YoniFlex warranty covers the following:**

The YoniFlex body is guaranteed to be free from manufacturing defects for a period of one (1) year from the date of purchase. If within the first year you experience any issues, reach out to us by visiting [YoniFlex.com](http://YoniFlex.com) and clicking on the 'Contact Us' link. All returns for repair or replacement must be approved by the YoniFlex staff. Do not return your device for warranty issues without first contacting YoniFlex or your return will not be processed.

YoniFlex probes, pads, and wires have a 30 day warranty only, as these are considered replaceable accessories that naturally wear out over use. Please test your accessories when you receive your YoniFlex and contact us if there are any issues right away.

### **Warranty Limitations:**

This limited product warranty does not extend to any misuse or abuse of the product, including dropping of the product, immersing the product in water or other liquid, tampering with the unit, or normal wear and tear of the unit.

**Any evidence of product tampering or misuse will nullify this warranty.**



## Custom Programming your YoniFlex:

### YoniFlex Custom Settings Explained:

Each YoniFlex program has several settings to create a custom program. Getting to know these settings will help you properly program your device.

**Hz** – The number of electrical pulses per second generally referred to as Hertz (Hz). The 1-15Hz range is best for training the 'slow to respond' muscle fibers. The 35Hz-45Hz range is best for 'fast responding' muscle fibers. Values above 45Hz are best for treating muscle fatigue and promoting muscle strength and flexibility.

**$\mu$ S** – The duration (length of time) of a single pulse. It is also known as the pulse width. The wider the pulse the more muscle penetration occurs.

**WRK (Work)** – How long the electrical current will keep the muscle tight (working) in seconds

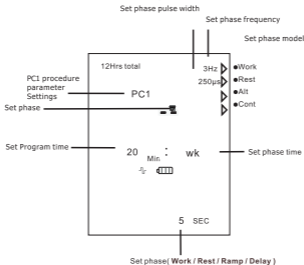
**RST (Rest)** – How much time the muscles will rest between each Pulse in seconds.

**RMP (Ramp up) Time** – The number of milliseconds for the device to go from resting to working. Ramp up time can ease the sudden stimulation with every work period. Think of this like a dimmer switch on a light, turning the light from off to on gradually.

**SYN (Synchronous)** – The YoniFlex will output the program through both channels simultaneously.

**ALT (Alternating)** – The YoniFlex will output the program through both channels with an optional delay between channels.

### How to setup a custom workout program:





YoniFlex has 3 available customizable areas to store a custom YoniFlex workout routine. The custom programs, PC1, PC2, and PC3, can be found directly after cycling through the preset P01-P11 programs by pushing the P button while the unit is on. Each program can have up to 5 individual phases within each program. Programming Note: CH.A is the LEFT SIDE (+/-) Buttons and CH.B is the right side (+/-) buttons.

- Step 1:** Press the Power button to turn on your YoniFlex.
- Step 2:** Press the "P" button until you see PC1, PC2, or PC3. These are the 3 spaces available for your custom workout program.
- Step 3:** Press and hold the "S" button for 3 seconds. The phase indicator arrow and Hz symbol will start to flash.
- Step 4:** Press CH.B (+/-) to set the frequency (between 2Hz - 100Hz).
- Step 5:** Press CH.A (+) and the  $\mu$ S symbol will start to flash.
- Step 6:** Press CH.B (+/-) to set the pulse duration between 50  $\mu$ S - 450 $\mu$ S.
- Step 7:** Press CH.A (+) and the MIN will start to flash.
- Step 8:** Press CH.B (+/-) to set the length of time in minutes for your program to run (between 1min-99min) NOTE: If you are setting up multiple phases within your program, the number on the right will show the number of minutes for the current phase, and the number on the left will be the number of minutes for all phases.
- Step 9:** Press CH.A (+) and the arrow beside the "Cont" will flash.
- Step 10:** Press CH.B (+/-) to toggle between Work/Rest or Continuous mode.
- Step 11:** Press CH.A (+) and if the continuous option was selected in step 10, the menu will loop back to step 2 and the Hz symbol will flash at which point you may choose to include additional phases to your created program. If you choose to only have one phase, or are done adding phases, press 'P' to complete and save your custom program. If you choose to add another phase, press the 'S' button and the program will move onto the next phase.

If the Work/Rest option was selected in step 10, the triangle beside 'work' will flash, and the "WK" will appear on the screen.

**The remaining steps will be necessary only if you are creating a program with a Work/Rest mode.**

- Step 12:** Press CH.B (+/-) to set the work seconds between 2 - 99 seconds.
- Step 13:** Press CH.A (+) and the triangle beside 'Rest' will flash, and the "RT" will appear on the screen.
- Step 14:** Press CH.B. (+/-) to set the rest seconds (RT) between 2 - 99 seconds.



- Step 15:** Press CH.A (+) and the SEC will flash
- Step 16:** Press CH.B (+/-) to set the ramp up (RP) seconds between 0.1 - 9.9 seconds.
- Step 17:** Press CH.A (+) and the 'AL' will begin to flash. You can now choose between an alternating program (AL) and a synchronous program (SY). An alternating program (AL) will use both channel A and channel B, and will allow you to set a delay between the two channels. A synchronous program (SY) will also use both channel A and Channel B, but the program will output to both channels at the same time. The majority of programs will operate in synchronous mode (SY).
- Step 18:** Press CH.B (+/-) to choose between alternating (AL) or synchronous (SY) mode.
- Step 19:** If you chose synchronous (SY) mode in step 18, and you are finished your program, press the 'P' button to save your program. If you wish to add another phase to your program, press the 'S' button and the program will loop back to step 2, allowing you to add the next phase of your program. If you chose alternating (AL) mode in step 18, press the CH.A(+) button to continue. The remaining steps will be necessary only if you have chosen the alternating (AL) mode in step 18. These steps are necessary to create a program with your two channels (CH.A and CH.B) functioning with a 0.0 -4.0 second delay. This allows your program to alternate between the two channels.
- Step 20:** Press CH.B (+/-) to set the delay between 0.0 – 4.0 seconds after channel A.
- Step 21:** Press CH.A (+) and the program will loop back to step 2 and the Hz symbol will flash at which point you may choose to include additional phases to your created program. If you choose to only have one phase, or are done adding phases, press 'P' to complete and save your custom program. If you want to add additional phases, press the 'S' button to start the next phase.
- Additional notes about custom programming:
- When finished setting all phases, press the 'P' button to save the settings and return to the home screen. Your custom program will be saved permanently.
  - Setting the phase time of phase 2, 3, 4, or 5 to zero will cause the program to end at that phase.
  - Following steps 1-21 can re-program a custom program again.
  - It is a good idea to watch your program in action before use and ensure that the program is operating as you have programmed.
  - When viewing any program with multiple phases you can push the 'S' button to cycle through all of the phases.





## Technical Specifications:

- Dual Channel: Individually Isolated circuits
- Amplitude: 0-99mA
- Waveform:
  - Asymmetrical, rectangular bi-phasic with zero DC
  - Symmetrical, rectangular bi-phasic with zero DC
- Selectable pulse width: 50 $\mu$ S 0 450 $\mu$ S
- Pulse rate selection: In the continuous mode 2Hz – 100Hz
- Time duration of treatment selectable: 1 minute to 90 minutes
- Open Electrode Detect: If an open circuit is detected at the output of channel A or B the output current will be reset to Zero
- Ramp Up time: 0.1-9.9 seconds
- If the battery voltage is below 6.0v (+/- 0.2v) the unit will not turn on
- Environmental conditions for use: +10 - +30 Celsius at 0-90% humidity
- Environmental conditions for storage: -10 - +50 degrees Celsius at 0-90% humidity



## Information regarding Electromagnetic compatibility and interference (EMC)

YoniFlex products are designed to produce very low levels of radio frequency (RF) emissions (interference), to be immune from effects of interference produced by other equipment operating in their vicinity and damage due to electrostatic discharge all when operating in a typical domestic and or clinical environment. They are certified to meet the international EMC standard EN60601-1-2. For more information please refer to the tables 201,202, 204 and 206.

**Table 201: Guidance and manufacturer's declaration electromagnetic emissions**

The YoniFlex product is intended for use in the electromagnetic environment specified below. The customer or the user of the YoniFlex product should ensure that it is used in such an environment.

Emissions test	Compliance	Electromagnetic environment guidance
RF emissions CISPR 11	Group 1	The YoniFlex product uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The YoniFlex product is suitable for use in all establishments, including domestic establishments and those directly connected to the public low voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2 IEC 61000-3-2	Not applicable	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable	



**Table 202: Guidance and manufacturers declaration  
electromagnetic immunity**

The YoniFlex product is intended for use in the electromagnetic environment specified below. The customer or the user of the YoniFlex product should ensure that it is used in such an environment, and that precautions regarding that environment are heeded.

<b>Immunity test</b>	<b>IEC 60601 test level</b>	<b>Compliance level</b>	<b>Electromagnetic environment guidance</b>
Electrostatic discharge (ESD) IEC 61000-4-2	$\pm$ kV contact $\pm$ kV air	$\pm$ kV contact $\pm$ kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at characteristic levels of a typical location in a typical commercial or hospital environment.

**Table 204: Guidance and manufacturer's declaration electromagnetic immunity**

The YoniFlex product is intended for use in the electromagnetic environment specified below. The customer or the user of the YoniFlex product should ensure that it is used in such an environment .

Immunity test	IEC 6060 test level	Compliance level	Electromagnetic environment guidance
Conducted RF	3 Vrms	3 Vrms	Portable and mobile RF communications equipment should be used no closer to any part of the YoniFlex, includicables, than the recommended separation distance calculated from t he equation applicable t o the frequency of the transmitter. <b>Recommended separation distance</b> $d = 1.2 P$ (150 kHz to 80 MHz), $d = 1.2 P$ (80 MHz to 800 MHz), $d = 2.3 P$ (800 MHz to 2.5GHz), where P is the maximum out put power rating of the transmitter in watts (W) according t o the transmit ter manufacturer and d is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, (a) should be less than the compliance level in each frequency range; (b) interference may occur in the vicinity of equipment marked with the following symbol:
IEC 61000-4-6	150 kHz to 80 MHz 3 V/m	150 kHz to 80 MHz	
Radiated RF IEC 61000-4-3	80 MHz to 2,5 GHz	3 V/m 80 MHz t o 2,5 GHz	



NOT E 1: At 80 MHz and 800 MHz, the higher frequency range applies.

NOT E 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflect ion from structures, objects and people.

- (a) Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which YoniFlex product is used exceeds the applicable RF compliance level above, t he YoniFlex product should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the YoniFlex product.
- (b) Over t he frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

**Table 206: Recommended separation distances between portable and mobile RF communications equipment and YoniFlex.**

The YoniFlex product is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the YoniFlex product can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the YoniFlex product as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter		
	150 kHz to 80 MHz $d = 1.2 \sqrt{P}$	80 MHz to 800 MHz $d = 1.2 \sqrt{P}$	800 MHz to 2,5 GHz $d = 2.3 \sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distances in meters [m] can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1: At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.



## Symbols on the rear cabinet of YoniFlex Pelvic Muscle Trainer explained:



(output)



TYPE BF

Type BF Equipment(output)



Follow instructions for use



Do not rain drenched



Do not dispose in,normal dustbin



Fragile



The maximum load-bearing 80KG



This side up



Heap goods shall not exceed 5 boxes



YoniFlex  
87-2967 Dundas St. W.  
Toronto, ON M6P 1Z2 CANADA



**Caution: Static electricity may damage this product.**

*NOTE: Only our appointed distributors /importers are approved to undertake servicing.*

**Responsible Recycling Initiative**

In compliance with Waste Electrical and Electronic Equipment (WEEE) Regulations 2006, we aim to reduce the amount of electrical waste being sent to landfill sites.

Electronic devices contain toxic materials which seep into the ground when dumped irresponsibly causing serious health and environmental problems. To recycle responsibly, all you need to do is return your device to us. We will:

- Carefully and correctly dispose of your old Pelvifine Pelvic Musde Trainer product
- Ensure as much of it is recycled as possible

This product is manufactured in compliance with the European Union Medical Device Directive MDD93/42/EEC under the supervision of TUV, Notified Body number 0197.  
Quality Standards: ISO13485:2012.



**Customer Service**

*Any queries should be addressed to:*

Address:

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## Clinical References

### Neuromuscular Stimulation:

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