

# Yoni Flex

*Pelvic Floor Trainer*

## YoniFlex Pelvic Floor Trainer User Manual



**NOTICE:** Before using your YoniFlex Trainer please read the user manual carefully.



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## ● INTRODUCTION TO YOUR YONIFLEX PELVIC FLOOR TRAINER

### **Welcome to your YoniFlex**

Thank you for purchasing the YoniFlex Pelvic Floor Trainer. I am so happy to be supporting you in taking steps towards improving your pelvic floor health. I am confident that using your YoniFlex Trainer regularly will give you amazing results!

Please remember to have patience. Rome was not built in a day, and your pelvic floor muscles will not get stronger in just a few treatments. Just like when you are starting a new workout routine, it can take several months of exercise to start to see improvements in your strength and muscle tone. Stick with the program and complete the full 12 week program, and I know you will see fantastic results!

If you have any questions, you can reach me anytime at: [Tricia@YoniFlex.com](mailto:Tricia@YoniFlex.com)



## ● 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 any 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.
- This device should only be used under the continued supervision of a doctor, a physiotherapist, or with the knowledge of a medical professional.
- Keep this device away from children.
- If the use of the YoniFlex becomes ineffective or unpleasant use should be stopped until its use is re-evaluated by a physician or therapist.
- DO NOT SHARE your YoniFlex probes with anyone.

**Disclaimer:** The YoniFlex pelvic floor trainer 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. As with all new exercise routines, it is recommended that you discuss using the YoniFlex with your doctor or health care professional.



## ● 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 E.M.S. (Electrical Muscle Stimulation) – also called NMES (Neuromuscular electrical stimulation) that sends a controlled stimulation directly to your pelvic floor muscles. This stimulation causes your pelvic floor muscles to contract (tighten) automatically. Over time this stimulation will strengthen these muscles. This is similar to 'doing a kegel' except it happens automatically, without any mental stress or strain.

Weakened pelvic floor muscles can lead to a host of negative issues, including stress incontinence, urge incontinence, weak urine flow, sudden urges to urinate, lack of sensual sensations, pelvic organ prolapse, reduced bowel and gas control, and sensations such as bulging, dragging, heaviness, as well as lower back pain, painful or uncomfortable sex, and inability to orgasm and enjoy sexual activities. For men, weak pelvic floor muscles can lead to erectile dysfunction, sudden urges to urinate and urinating accidents, reduced bowel control, rectal prolapse, and weak urine flow. Having a strong pelvic floor is very important for your overall health!

E.M.S. Therapy has been in use for over 80 years by health care professionals around the world, including physiotherapists, chiropractors, pelvic floor therapists, and other health care professionals. Over the past 10 years this technology has advanced allowing for smaller portable devices. With the YoniFlex, it is available to use in the privacy and comfort of your own home at a fraction of the price of health care professionals.

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

Yes, you are exactly right! Think of the YoniFlex Trainer as an automatic kegel exercise machine. I'm sure you have heard of 'doing a kegel' before, right? Health care professionals recommend kegel exercises more than any other manual exercise to improve pelvic floor health. Manual kegel exercises are difficult for many to do accurately. Did you know that 30% of people incorrectly perform kegels, which can lead to worsening issues? 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 squeeze on your own.

Your YoniFlex automates your kegel exercises. Over the course of a single workout your body will experience hundreds of kegel exercises! You simply



cannot do this amount of exercise on your own.

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

The YoniFlex offers 17 unique programs to target the most common pelvic floor symptoms. These programs target urinary incontinence, reduced sensual sensations, post-childbirth support, bladder struggles, prolapse, erectile dysfunction, and more. The YoniFlex works for both women and men!

As we age our pelvic floor muscles lose strength. Muscle weakness can be caused by pregnancy, childbirth, obesity, or injury. Regular use of the YoniFlex will help strengthen these muscles and reduce many of the symptoms of a weak pelvic floor.



## ● HOW DOES IT WORK?

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

1. The pulses stimulate the muscles of your pelvic floor.
2. The automatic contracting and relaxing of the pelvic floor muscles helps to build and strengthen these muscles
3. The stimulation increases the production of natural painkillers, such as endorphins within your body which can reduce pain and discomfort
4. The stimulation improves blood circulation and blood flow to help aid in the repair of tissues and muscles within your pelvic floor
5. The YoniFlex 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 the YoniFlex website and click on “The Science”**



## ● WHAT'S INCLUDED?

### **What comes with your YoniFlex Pelvic Trainer?**

Your YoniFlex comes complete with the following:

- 1x YoniFlex Pelvic Floor Trainer
- 4x AAA batteries
- 1x Vaginal probe and/or 1x Rectal probe
- 4x pelvic pads (men's kit and couples kit only)
- 1x User guide
- 2x lead probe wires
- Cloth carrying case

Replacement probes, personal lubrication, and much more are available at my website:

[www.YoniFlex.com](http://www.YoniFlex.com) (USA) or [www.YoniFlex.ca](http://www.YoniFlex.ca) (Canada)





## ● GET TO KNOW YOUR YONIFLEX



Main device



Vaginal probe



Cloth bag



Wire



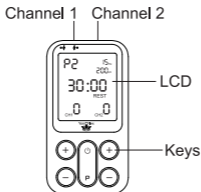
Batteries



User manual

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

### The LCD Screen:



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

**Program:** This area of the screen will show which program is active. It is displayed in P1-P17 format.

**Program Time:** This shows the amount of time of the selected program. Once a program starts, this becomes a countdown timer showing you how much time is remaining in the current program.



**Frequency (Hz):** This is 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 preset program you choose.

**Pulse Width (uS):** This is the duration of a single pulse (Pulse width) Think of this like a piano. The longer you hold down the piano key the longer the sound (pulse width) – so the larger the number, the more intense each electrical pulse will be. The longer this number, the deeper the pulse will penetrate your muscles. This number will change based on the preset program you choose.

**Battery remaining:** Shows you the remaining battery life of your YoniFlex.

**Work/Rest:** These indications will change when the unit is operating showing that the unit is working (active), or resting (pausing between pulses). If you choose a mode that offers continuous stimulation, there will be an active pulse without rest for the duration of your program.

**Pulse intensity level:** The initial pulse intensity is 0. Adjust the pulse intensity level by pushing the plus(+) or minus(-) buttons. The adjustment range is between 0-99.

### Let's learn about the Key Panel:

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

**“P” button:** This button lets you cycle through the available program options. As you click the “P” button, the number under the “program” will move from P1 – P17. To see all the available programs, please read “CHOOSING YOUR YONIFLEX PROGRAM” on page 12.

**Left and Right + and – buttons:** These buttons control the strength of your YoniFlex once it is operating. The left plus(+) and minus(–) control channel 1 and the right plus(+) and minus(–) control channel 2. Each click up increases the strength by 1%, and each click down decreases the strength by 1%. The full range of the device is between 0% and 99%. The unit will always start at 0. If you have plugged your probe into Channel 1, use the plus(+) and minus(–) buttons on the left hand side of the unit. If you have plugged your probe into Channel 2, use the plus(+) and minus(–) buttons on the right hand side of the unit to increase or decrease the strength.



## ● FIRST TIME USE

**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 4 AAA batteries.** Turn your device so you are looking at the backside and notice the grips near the bottom. Slide the grips down to remove the battery cover. Install the 4 AAA batteries, ensuring the + and – lineup. Replace the battery cover by sliding it back towards your device.

**Step 2: Remove and clean your YoniFlex probe.** Remove the YoniFlex probe from the packaging, and wash with warm water and mild unscented soap.

**Step 3: Connect your probe to the YoniFlex.** Inside your box, underneath the YoniFlex body you will find two sets of wires. Take one set of wires and connect the two lead wires to your probe. Next, connect your probe wire into the “CHANNEL 1” slot at the top left of the device. Channel 1 is the left slot when looking from the front of the device. You will notice a “CH 1” and “CH 2” indication on the top of the device as well for reference.

**Step 4: Add lubricant to your YoniFlex and insert YoniFlex probe.** Most people find it best to get into a relaxed and comfortable position on your back with your legs slightly elevated. You may want to prop up your head or lower back with pillows for further support. For women, inserting the probe is similar to inserting a tampon. The base of the probe should always be outside of your body. Be sure to lubricate your probe, ensuring the electrodes (the stainless steel parts) are lubricated. This helps create a strong connection between your body and the probe.

**Step 5:** Turn your YoniFlex on – push and hold the power button for 3 seconds.

**Step 6:** Choose your preset program. Click on the “P” button to cycle through the program options. For details on choosing your program, please read section “CHOOSING YOUR YONIFLEX PROGRAM” on page 12.

**Step 7:** Start to increase the power by pushing the + button on the left hand side of your device. The strength ranges from 0-99, and most women find a comfortable level between 25-80. 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 streaming service, or crack a good book and let the 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!

**Step 10:** Turn your YoniFlex off - push and hold the power button for 3 seconds.

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

It is recommended to use the YoniFlex once per day for 12 weeks. You may use the YoniFlex up to 2 times per day, as long as you give yourself at least 8 hours between sessions.

It is important to listen to your body. If you notice your muscles sore, fatigued, or achy, take a day off. Overworking your pelvic floor muscles can lead to weaker muscles, which can make your symptoms worse.

Just like when beginning a new workout program, you won't see noticeable results right away. Do not lose hope if it takes you time to experience positive results. Your outside muscles don't strengthen after just a few workouts, so don't expect your internal muscles to either.

Once you have completed the full 12 week program, if you have achieved your desired results you can switch to maintenance mode, using the YoniFlex 1-2x per week. You may start a new 12 week program anytime, if you feel your muscles starting to weaken again.

Please note it is normal to experiencing some muscle fatigue after using the YoniFlex. Similarly to working out at a gym, your muscles will often be sore later. If your pelvic floor muscles become fatigued, please add an additional day of rest to your program.



## ● CHOOSING YOUR YONIFLEX PROGRAM

The YoniFlex has 17 unique treatment programs, each designed to target a specific pelvic floor issue.

### **P 1 – Testing – 20 Minutes – Continuous Stimulation**

This program is designed for first time users to get used to the sensation of the YoniFlex trainer. It is a very mild, continuous pulse. It can also be used as a gentle pelvic floor muscle relaxing program.

### **P 2 – Stress & Urge Incontinence – Beginners – 30 Minutes – Work/Rest**

This is a beginner's program designed to be used to support the reduction of both stress incontinence and urge incontinence. During operation, this program will be active (pulsing) for 5 seconds, then resting (not pulsing) for 5 seconds. It should be used for 4 weeks before moving onto program P3.

### **P 3 – Stress & Urge Incontinence – Advanced – 40 Minutes – Work/Rest**

This is an advanced program designed to support the reduction of both stress incontinence and urge incontinence. During operation, this program will be active (pulsing) for 7 seconds, then resting (not pulsing) for 10 seconds. It should be used only after using program P2 for 4 weeks.

### **P 4 – Prolapse – Beginners – 30 minutes – Work/Rest**

This is a beginner's program designed to target all forms of vaginal and rectal prolapse. During operation, this program will be active (pulsing) for 8 seconds, then resting (not pulsing) for 10 seconds. It should be used for 6 weeks before moving onto program P5.

### **P 5 – Prolapse – Advanced – 30 Minutes – Work/Rest**

This is an advanced program designed to target all forms of prolapse. During operation, this program will be active (pulsing) for 10 seconds, then resting (not pulsing) for 15 seconds. It should be used only after using program P04 for 6 weeks.

### **P 6 – Postnatal – 30 Minutes – Work/Rest**

This is a great general training program designed for new mothers. Please wait at least 6 weeks after delivery and after a health check through your OBGYN or health care practitioner before beginning. During the first 15 minutes of operation, this program will be active (pulsing) for 6 seconds, then



resting (not pulsing) for 6 seconds. During the last 15 minutes of operation, this program will be active (pulsing) for 4 seconds, then resting (not pulsing) for 6 seconds.

### **P 7 – Tighten and Tone – 30 minutes – Work/Rest**

This program is designed to tone and tighten looser vaginas and rectums. During the first 15 minutes of operation, this program will be active (pulsing) for 5 seconds, then resting (not pulsing) for 5 seconds. During the last 15 minutes of operation, this program will be active (pulsing) for 5 seconds, then resting (not pulsing) for 7 seconds.

### **P 8 – Bowel Incontinence – Beginners – 25 Minutes – Work/Rest**

This program is designed to target bowel issues including bowel incontinence. During operation, this program will be active (pulsing) for 5 seconds, then resting (not pulsing) for 5 seconds. It should be used for 4 weeks before moving onto program P9.

### **P 9 – Bowel Incontinence – Advanced – 35 Minutes – Work/Rest**

This program is designed to target bowel issues including bowel incontinence. During operation, this program will be active (pulsing) for 5 seconds, then resting (not pulsing) for 5 seconds. It should be used only after using program P8 for 4 weeks.

### **P 10 – Mixed Incontinence - 30 Minutes – Work/Rest**

This program is designed for those that suffer from multiple types of incontinence issues. During operation, this program will be active (pulsing) for 5 seconds, then resting (not pulsing) for 7 seconds.

### **P 11 – Pelvic Pain Relief – 20 Minutes – Continuous Stimulation & Work/Rest**

This program is designed to reduce pelvic pain and discomfort. During the first 10 minutes of operation, this program will work continuously without rest. For the remaining 10 minutes, this program will be active (pulsing) for 5 seconds, then resting (not pulsing) for 7 seconds.

### **P 12 - Pelvic Floor Relax & Period Cramps – 20 Minutes – Continuous Stimulation**

This program is designed to relax tight pelvic floor muscles. During operation, this program will run continuously. This program can also be used to help reduce the pain of period cramps, using either a probe or pelvic pads. This program uses continuous stimulation.

**P 13 – Improve Sensitivity & Circulation – 30 Minutes**

This program is designed to increase the sensitivity of your vulva or penis. During the first 15 minutes of operation, this program will be active (pulsing) for 8 seconds, then resting (not pulsing) for 12 seconds. During the second 15 minutes of operation, this program will be active (pulsing) for 10 seconds, then resting (not pulsing) for 15 seconds.

**P 14 – Erectile Dysfunction (E.D.) – Beginners – 20 Minutes – Work/Rest**

This program is designed to improve E.D. During operation, this program will be active (pulsing) for 5 seconds, then resting (not pulsing) for 5 seconds. It should be used for 6 weeks before moving onto program P15.

**P 15 – Erectile Dysfunction(E.D.) – Advanced – 30 Minutes – Work/Rest**

This program is designed to improve E.D. During operation, this program will be active (pulsing) for 7 seconds, then resting (not pulsing) for 10 seconds. It should be used only after using program P14 for 6 weeks.

**P 16 – Pelvic Floor Maintenance – Beginners – 40 Minutes – Work/Rest**

This program is designed as an overall pelvic floor workout for maintenance. Once you have completed your 12 week program, you can use this program to maintain pelvic health and strength. During operation, this program will be active (pulsing) for 5 seconds, then resting (not pulsing) for 8 seconds.

**P 17 – Pelvic Floor Maintenance – Advanced – 40 Minutes– Work/Rest**

This program is designed as an overall pelvic floor workout for maintenance. Once completing your 12 week program, you can use this program to maintain pelvic health and strength. During operation, this program will be active (pulsing) for 7 seconds, then resting (not pulsing) for 10 seconds.

**Special notices:**

- There is no wrong program. Feel free to experiment with different programs, as some work better than others for different people and some just ‘feel’ better.
- Work/Rest = Stimulation time followed by intermittent rest.
- Continuous Stim = No rest period – stimulation throughout the program.
- If you have multiple pelvic floor issues, choose the program based on your most significant symptoms.



**If you have any questions about which program will work best for you, please feel free to reach out to me at [Tricia@YoniFlex.com](mailto:Tricia@YoniFlex.com), or visit my website and choose 'Contact Us' in the menu. I am happy to help you choose the best program to support you!**

### **Exercise Tips:**

#### **Try to start with a power level of 30 or higher:**

The amount of power needed to stimulate the pelvic floor muscles will vary from person to person. Age, weight, pelvic floor strength, which program you are using, will all be factors in choosing your strength. Turn up the YoniFlex until you can feel your pelvic floor muscles contracting, but not so high that there is any pain or discomfort.

#### **Have patience:**

Your pelvic floor muscles did not weaken quickly, but likely took many years to slowly atrophy. In the same way, your pelvic floor muscles won't immediately regain their strength. For some people, it can take several months of daily training to start to see improvements. Stay dedicated to using your YoniFlex daily, and with patience you will see results.

#### **Don't over do it, it won't make results come faster.**

On occasion I receive an email from a client asking if they can just use the YoniFlex 3-4 times each day, or perform multiple sessions in a row. Don't do this! Don't push your muscles too hard or you could see your issues worsening! It's better to be slow and steady and consistent with your training.





## ● CARE AND CLEANING

With proper care, your YoniFlex Pelvic Floor Trainer should last many years. Here are some tips to ensure your YoniFlex will last a long time:

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

Only use YoniFlex approved probes and pelvic pads with your YoniFlex. The YoniFlex probes are specially manufactured for compatibility with the YoniFlex machine. Using a third party probe or electrode could cause injury or damage to your device and could void the warranty.

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

### **Care of YoniFlex Unit**

#### **LCD Care:**

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. The YoniFlex body is not waterproof or water resistant.

#### **Probe Care:**

- YoniFlex probes should last 12-18 months with proper care.
- Never immerse your YoniFlex probe in boiling water, or any other liquids. This could damage your probe.
- Do not hold your probe by the wires, and instead hold the probe by its base.
- Before first use and after each use, clean your probe using warm non-scented soapy water and allow it to air dry. You can also use our YoniFlex cleaning products.

#### **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 injury and void warranty.
- Only use YoniFlex approved wires with your YoniFlex device and probes.

#### **Battery Care:**

- When your YoniFlex shows low battery, replace your batteries
- Ensure your batteries are correctly aligned with the + and – symbols. An improperly installed battery could cause damage to your device.
- If you are not going to be using your device for over a month, remove the batteries.
- Only use high quality batteries with your YoniFlex. Poor quality batteries could rust or leak causing connection issues and damage to your YoniFlex.



## ● FREQUENTLY ASKED QUESTIONS(FAQ)

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

Yes! An IUD contains copper, which is unaffected by the YoniFlex pelvic trainer.

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

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

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

There are no issues using the YoniFlex during menstruation. The use of Yoniflex has been shown to reduce menstrual cramps and reduce pain. You can also consider pelvic pads which are attached externally to your body.

### **Can I use the YoniFlex when I am pregnant or trying to become pregnant?**

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

Wait at least six weeks after delivery and after a checkup with your OBGYN or health care professional before starting a YoniFlex treatment.

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

This is a subjective answer, as every person is different, and every vagina is different. Most probes will have a bottom – typically a stopper or the location where the wire plugs into the probe. You should never insert the probe past the electrical wiring. You can experiment with depth to find the probe location that best suits your body and provides the best treatment for you.

### **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 postpartum after a successful 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 medical professional before returning to your YoniFlex.

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

Please use lots of lubricant when inserting your YoniFlex probe. Lubricant helps to ease insertion, and also improves the conductivity of your probe. We



also have smaller probes available for purchase, which may be more comfortable for women with varying vaginal canal sizes. Reach out to me at [tricia@yoniflex.com](mailto:tricia@yoniflex.com) and I'd be happy to discuss finding you the perfect probe.

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

The YoniFlex has two channels (1 and 2) which allow you to use the YoniFlex with two accessories simultaneously. While this is not required by most clients, you may use the YoniFlex with both a vaginal and rectal probe, or a probe and pelvic pads simultaneously. There is no difference between channel 1 and channel 2.

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

To clean your probe, you may use water with any unscented liquid hand soap. Ensure that the YoniFlex probe has been rinsed thoroughly. It is best to allow the probe to air dry. Do not use harsh chemicals, dish soap, laundry detergent, or any strong or chemical soap. It is important to never boil your probe, and to keep the wires dry at all times.

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

If well maintained, your YoniFlex probe should last between 12 and 18 months of regular use. To maximize the life of your YoniFlex probe, 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) (USA) and [YoniFlex.ca](http://YoniFlex.ca) (CANADA).



## ● TROUBLESHOOTING

### **I cannot get the YoniFlex to go past 10:**

This is a safety feature. If the YoniFlex does not sense a strong connection between your body and the probe/pads, the YoniFlex will not go past Level 10 for your safety. Please ensure that your probe is properly lubricated and that it maintains a solid connection to your body.

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

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

- Ensure your batteries are not low or dead
- Ensure the probe wires are properly connected, and that your probe wires are not twisted or damaged
- Ensure your probe is properly lubricated and inserted correctly
- Ensure that you are using the + (plus) button on the same side of the YoniFlex unit in which you have the probe attached. You likely will not feel any sensation until you are at least level 15-20.

### **The YoniFlex stops working during treatment**

- Many programs operate on a work/rest setting. This means that the YoniFlex will stop and rest your muscles for a period of time before starting again. This can vary between programs from 4 seconds to 15 seconds.
- The YoniFlex may have lost connection with your body. Ensure that the probe is securely attached, and that there is lubrication on the electrodes.
- The therapy time is complete. After the countdown timer reaches 0 the YoniFlex will stop.

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

- Check to see that the battery is installed correctly. Ensure that the + and – of all of the batteries are lined up correctly inside of the battery compartment.
- Be sure to press and hold the power button for at least 3 seconds to turn on the YoniFlex.

**If you have any problems or concerns not listed in our FAQ section, please reach out to me at [Tricia@YoniFlex.com](mailto:Tricia@YoniFlex.com), or visit my website and choose Contact Us in the menu. I am happy to answer any of your questions.**



## ● WARRANTY INFORMATION

### **YoniFlex Warranty:**

Your satisfaction with your product is my utmost priority. If you have any issues with your YoniFlex please reach out to me at [Tricia@YoniFlex.com](mailto:Tricia@YoniFlex.com), or visit my website and choose 'contact us' in the menu. Many issues can be resolved without needing to replace your unit, so before considering returning your product for warranty, please reach out to me 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 receiving your order. If within the first year you experience any issues, reach out to me by visiting [YoniFlex.com](http://YoniFlex.com) (USA) or [YoniFlex.ca](http://YoniFlex.ca) (CANADA) and clicking on the 'contact us' link. All returns for repair or replacement must be approved by the YoniFlex staff. Do not return any YoniFlex products without first contacting me and receiving a response.

YoniFlex probes, pads, and wires: The wires, pads, and probes and batteries have a DOA (dead on arrival) warranty only, as these are considered replaceable and usable parts. Please test all probes and pads when you receive your order and contact me immediately if there are any issues.

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.

For sanitary reasons, all sales are final on YoniFlex probes and personal lubrication

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



## ● TECHNICAL SPECIFICATIONS

<b>Name</b>	YoniFlex Pelvic Floor Trainer	
<b>Model</b>	KM517	
<b>Basic Unit Specifications</b>		
<b>Dimensions</b>	Main unit (L*W*H)	140.5×25.5×69mm
	Vaginal be	145mm*φ25mm
<b>Weight (Included batteries)</b>	192g	
<b>Power Supply</b>	4×AAA batteries	
<b>Number of channels</b>	2 channels	
<b>Number of modes</b>	17 modes	
<b>Electrical Stimulation Output Specifications</b>		
<b>Maximum Output Current (±10%)</b>	80mA @ 500Ω 56mA @ 2kΩ 12mA @ 10kΩ And thus shuts off	
<b>Pulse Duration</b>	150 μS –330 μS, gram dependent	
<b>Frequency</b>	2Hz - 50Hz, gram dependent	
<b>Net Charge @ 500 ohms (μC per pulse)(If zero, state method of achieving zero net charge.)</b>	Zero- positive pulse is equal and opposite to negative pulse. Asymmetrical DC zero(Transformer output)	
<b>Additional Features</b>		
<b>Environment for Operation</b>	Temperature:5°C~40°C Humidity:≤80%RH Atmospheric pressure: 70~106kPa	
<b>Environment for Transportation &amp; Storage</b>	Temperature: -10°C~ +55°C Humidity: ≤90%RH Atmospheric pressure: 50~106kPa	



● **CONTACT INFORMATION**

**YoniFlex**

**P.O. BOX 379, Komoka, ON, N0L1R0. CANADA**

**Tricia@YoniFlex.com**