

# The eKegel



**Boner Manual**

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## Introduction

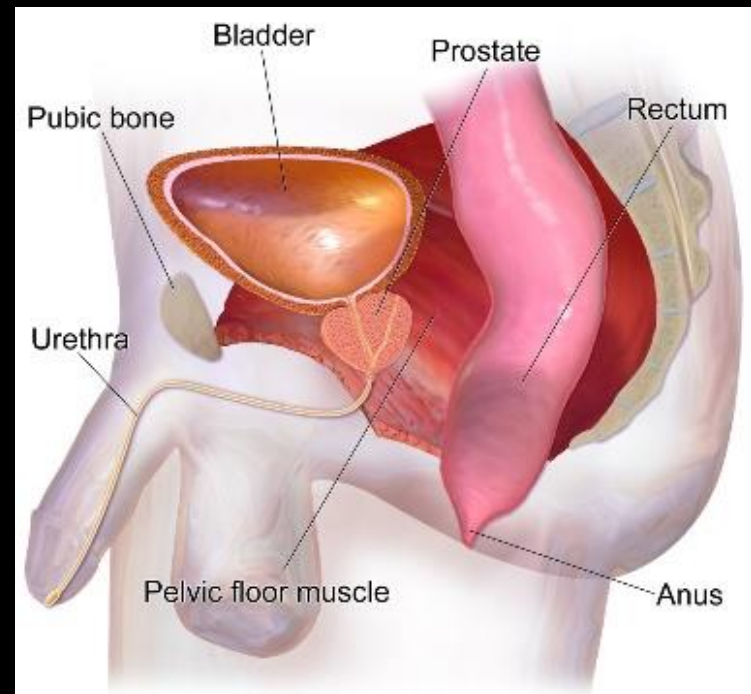
Thank you for purchasing the eKegel from KegelHard.com.

The eKegel is the only electric muscle stimulation (EMS) device that targets men's pelvic floor muscles specifically.

The electric stimulation replicates Kegel exercises for men by stimulating similar muscle contractions.

## What are Pelvic Floor Muscles?

The pelvis is this bowl-like bone structure located on top of your legs, where your hips are. The pelvis holds the reproductive organs, and a trampoline-like web of muscles make the floor, thus the term pelvic floor muscles.



### **Why Is a Weak Pelvic Floor a Major Problem?**

An erection begins with sensory and mental stimulation. During sexual arousal, nerve messages begin to stimulate the penis. Impulses from the brain and local nerves cause the muscles of the corpora cavernosa to relax, allowing blood to flow in and fill the open spaces. The blood creates pressure in the corpora cavernosa, making the penis expand and creating an erection.

The erection is maintained by contraction of the ischiocavernosus muscle, which compresses the penis against the ischium (the curved bone forming the base of each half of the pelvis), obstructing the blood flow through the dorsal veins.

As such, weak pelvic floor muscles make it hard to get and maintain an erection.

Also, ejaculation is caused by involuntary contractions of the bulbospongiosus muscle. As such, with a weak pelvic floor, you don't have the necessary muscular control to prevent the involuntary muscle spasms and resulting ejaculation.

In conclusion, weak pelvic floor muscles usually result in both erectile dysfunction and premature ejaculation.

### **What are Kegel exercises?**

Kegel exercises refer to the voluntary squeezing of the pelvic floor muscles as non-surgical treatment for muscle weakness and/or laxity. Kegel exercises were invented by Dr. Arnold Henry Kegel (February 21, 1894 – March 1, 1972), an American gynecologist who noted that women's pelvic floor muscles were weakened by childbirth. When these muscles are weakened, women may experience urinary incontinence (urine leaks), loss of sensation in the vagina, and even vaginal prolapse.

### **How to do Kegel Exercises for Men Manually?**

The basic instruction is to essentially contract your pelvic floor muscles. However, if you've never done Kegels, chances are that you've never even really focused on those muscles and so

you can't really feel them. So how do you learn what it feels to contract your pelvic floor muscles?

A lot of guidance on the internet speaks about imagining that you are stopping to urinate mid-stream. The muscles that you use to stop peeing are the same that you use to hold your pee when you really have to go. That's a good place to start, but there are other areas to focus on as well since there are several pelvic floor muscles.

So what else? Another one we really like here at KegelHard is to imagine that you have to defecate but can't go now, or that you have a massive fart to hold. Essentially, that sucking of the fart is the sensation you want to focus on to activate your pelvic floor muscles. Stopping the pee works out the front, stopping the fart works out the back.

You can also try raising your scrotum (balls), sucking in the balls into your stomach, or lifting your penis up and trying to make it hard.

In all instances, and as you build more strength, you should actually see the base your penis moving up and down (very slightly) as you contract with Kegel exercises.

### **Reverse Kegels: Relax...Pee, Fart, and Stretch!**

Weak pelvic muscles are a big problem. Kegel exercises will strengthen them. However, there are also some who suffer from hypertonic pelvic floor muscles. Essentially, the muscles are always in a contracted state, which can also lead to erectile dysfunction and premature ejaculation.

However, we feel that this problem can be fixed faster than weak muscles, who will require some time to train (results are already noticeable after 2 weeks of Kegels, 4 to 6 months to see impressive results). Here, we believe that relaxation is key.

Much like you can spend the entire day with a frown face if you are stressed. Not scientific, but we believe stress is the number one cause there. Stress to the body means danger is near, and

so the pelvic floor organs are brought in in a fight or flight response.

As such, what people refer to as reverse Kegels is a relaxation of the pelvic floor muscles. Beyond noticing how contracted your pelvic muscles are and relaxing them (just like letting down your shoulders when you realize you've been carrying them ear-high all day from stress). If just thinking about relaxing doesn't help, first do Kegel exercises so that your awareness and ability to move those muscles is strengthened. But more practically, it is the inverse of Kegels. That is, try to force pee out or a fart out to understand how it feels to relax these muscles.

### **Do Kegel Exercises Work for Men?**

Yes! Medical studies prove it:

- Pelvic floor exercises for erectile dysfunction, *Sexual Medicine*, April 2005 – Results: After 6 months, blind assessment showed that 40% of men had regained normal erectile function, 35.5% improved but 24.5% failed to.
- Pelvic floor muscle rehabilitation for patients with lifelong premature ejaculation: a novel therapeutic approach, *Sage Journals*, February 2014 – Results: At the end of the treatment, 33 (82.5%) of the 40 patients gained control of their ejaculatory reflex, 13 out of the 33 (39%) were evaluated 6 after, and they maintained a significant IELT (112.6 s) compared with their initial IELT (mean 39.8 s)

### **How to use the eKegel**

#### **Connecting the Electrodes to the eKegel**

1. Clip the output cord to the massage pads.
2. Plug the output cord into the output jack of the eKegel.
3. Use a damp towel to wipe the skin where you put the pads, so as to remove any body oil, cosmetic or dirt (Should the pads be soiled, both their adhesiveness and the use time will be reduced).
4. Peel off the protective film on the pads.
5. Apply the pads as described next in Pad Placement.
6. You may have to shave or trim hair if the pads don't stick well.
7. The unit cannot operate unless both pads are applied.

Warning: Do not put two pads together in the process of using, to avoid an electrical short circuit.

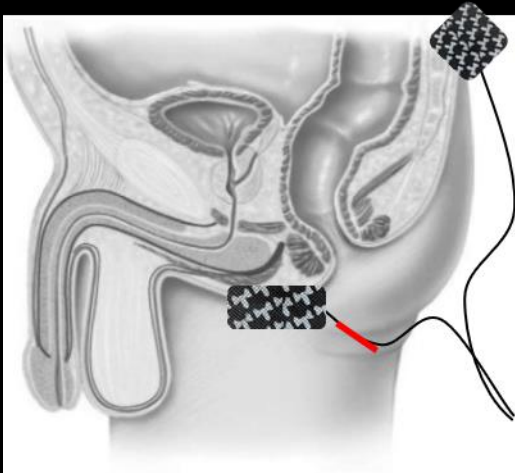
Warning: Do not move pads or touch them with hands in the process of using, it may cause strong stimulation.

#### **Pad Placement**

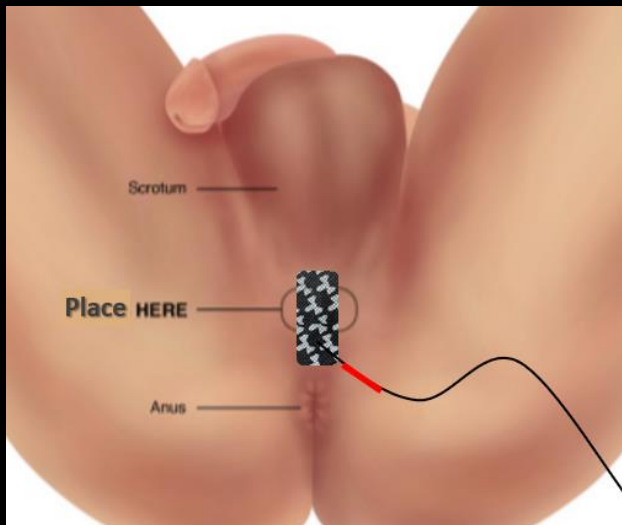
The eKegel is an electric muscle stimulation device to stimulate your pelvic floor muscles. It is the only EMS device designed specifically for pelvic floor muscles exercise for men.

The eKegel circulates a low intensity current between the electrodes to make muscles contract under the stimulation of the electric current.

The current comes out of the red electrode and is received by the black electrode as such:

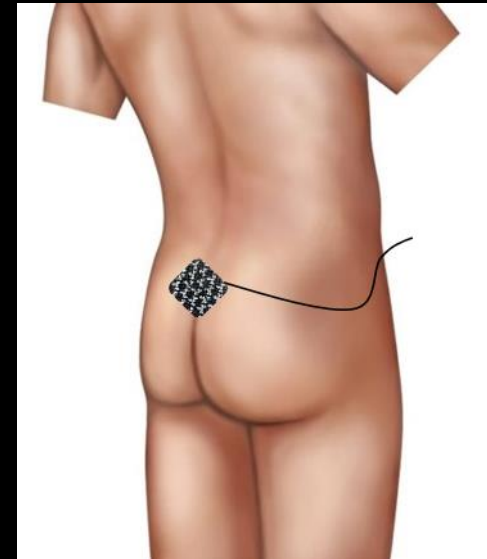


- Connect the red electrode to the rectangle pad, expose the pad, and stick it on the perineum (the area between your anus and scrotum (balls)). Place the rectangle along the perineum. Place it between the anus and the scrotum, about 2 fingers away from the anus.



**DO NOT PLACE THE ELECTRODES ON OR TOO CLOSE TO THE ANUS!**

- Connect the back electrode to the square pad, expose the pad, and place it at the bottom of the sacrum bone, right above your coccyx (tailbone).
- It's best to orient it at an angle so that it forms a rhombus shape, with the lower angle slightly entering the butt crack, at the bottom of your tail bone, but 2 fingers away from the anus.



Feel free to switch the red and black electrode placement for variety or if you just prefer how it feels.

## The eKegel



1. On/Off
2. USB charger plug
3. Lock indicator (auto lock after 10 seconds of inactivity)
4. Time remaining in session
5. Battery level
6. Intensity level (strength)
7. Frequency level (contractions per second)
8. Pulse width level (length of contraction)
9. Wave type (undulation)
  - a. Si = Sinus
  - b. Sq = Square
  - c. Tr = Triangle
  - d. Sa = Sawtooth
10. Real time display of electric stimulation
11. Lock key (press and hold for 3 seconds to unlock)
12. Toggle through the settings up/down
13. Adjust the selected setting +/-
14. Primary output (plug for the electrode wire)
15. Back up output (plug for the electrode wire)

## Using the eKegel

1. Stand up  
**DO NOT USE THE eKEGEL SITTING DOWN**
2. Place the electrodes as previously described  
**YOU MAY HAVE TO TRIM OR SHAVE THE AREA IF THE PADS DON'T STICK WELL**
3. Turn the eKegel on. If you feel an unpleasant tingling on the skin it is because the electrodes are not flat against the skin, or they are set too far apart
4. Press the + button to increase Intensity until you start feeling your pelvic floor muscles contract.  
**YOUR PENIS SHOULD RISE SLIGHTLY WITH EACH CONTRACTION**  
**DO NOT SET THE DEVICE TOO HIGH, JUST ENOUGH TO CREATE VISIBLE MUSCLE CONTRACTIONS**
5. Toggle through the different Frequency, Pulse Width, and Wave Type settings as you explore different workouts  
**THERE IS NO NEED FOR VARIETY IN THE BEGINNING. HOWEVER, WE BUILT THE eKEGEL TO LET YOU EXPERIMENT WITH THE BEST STIMULATION FOR YOU. ALSO, THE DIFFERENT SETTINGS WILL HELP YOU CREATE VARIETY AS YOU BECOME MORE ACCUSTOMED TO THE STIMULATION**  
Note: -The eKegel auto-locks. Press and hold the red key button for 3 seconds to unlock.  
-For safety reasons, you will have to readjust the intensity if you switch wave types.
6. Run through the 10 min cycle.  
**YOU CAN START WITH SHORTER SESSIONS IN THE BEGINNING AS YOU BUILD UP RESISTANCE**  
**DO NOT USE THE eKEGEL MORE THAN ONCE DAILY**
7. Turn Off
8. Stick the electrodes back on the electrode carrier provide

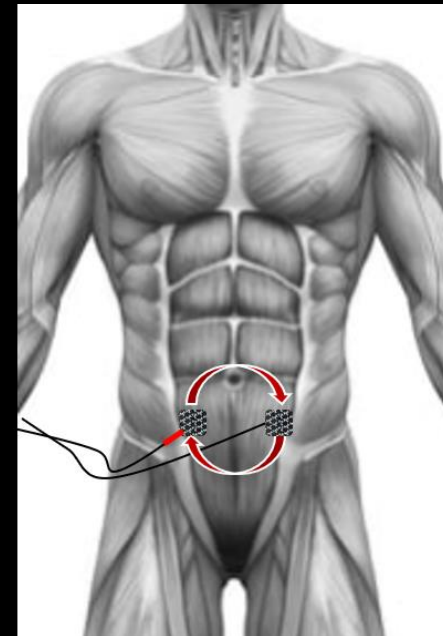
## 9. Repeat daily

**YOU WILL SEE RESULTS IN THE FIRST FEW WEEKS. FULL RESULTS CAN TAKE 2-3 MONTHS. STOP USING THE eKEGEL AFTER THAT UNTIL NEEDED AGAIN.**

**GO SLOW AND PACE YOURSELF IN THE BEGINNING. THERE IS NO NEED TO DO THE FULL 10 MIN CYCLE IF IT'S TOO MUCH INITIALLY. ALSO DON'T HESITATE TO TAKE SOME DAYS OFF TO REST AS NEEDED.**

## Bonus Section

It appears beneficial to also use the eKegel to stimulate the lower abdominal muscles (abs). In order to do so, place the electrodes around your lower belly area. Use 2 square electrodes. Alternate polarities (i.e. red goes on right side or left side of belly) daily:



You can practice lower abs stim daily (not more than the 10 min session) in addition to your Kegel routine, or after you have used the eKegel for the full 2-3 months and you are between cycles. Remember, rest a few weeks between cycles!

## Warnings and Precautions

**DO NOT** use this device if you have any of the following medical conditions:

- An implanted cardiac pacemaker, defibrillator or other implanted metallic or electronic device
- Undiagnosed pain syndromes
- Have been diagnosed with cancer
- Are pregnant
- Have suffered acute trauma or surgical procedure in the past six months
- Have cardiac problems or cardiac disease
- Have epilepsy
- Have painful and/or atrophied muscles
- Have abdominal or inguinal hernia
- Have limited range of motion in skeletal joints
- Have blood circulatory problems
- **HAVE HEMORRHOIDS**

This unit is only intended for use by adult use only on healthy muscles. **DO NOT** use on muscles that are: atrophied, painful, suffer spasms, on a limb with painful joints.

This device is not intended for the application of any medical condition or disease nor is it intended for physiotherapy or muscle rehabilitation. It is contraindicated for use on any muscle that is injured or diseased.

Stimulation should not be applied over the carotid sinus nerves, particularly in patients with a known sensitivity to the carotid sinus reflex.

Stimulation should not be applied transthoracically in that the introduction of electrical current into the heart may cause cardiac arrhythmias.

Stimulation should not be applied transcerebrally.

Apply electrodes only to normal, intact, clean skin. Do not apply electrodes over open wounds or over swollen, infected, or inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, varicose veins.

**DO NOT** apply stimulation:

Over frontal area of the neck (near site of carotid sinus nerves).

Over the neck or mouth.

Across the chest.

Over or in proximity to cancerous lesion.

If you are epileptic.

After experiencing acute trauma or fracture.

Following recent surgery.

If you have a hernia.

If you have hemorrhoids.

**DO NOT USE SITTING DOWN**

**ONLY USE THE eKEGEL UNTIL YOU FEEL SATISFACTORY RESULTS BUT DOT NOT EXCEED A FEW MONTHS OF USE (2 MONTHS RECOMMENDED, BUT UP TO 3/4 MONTHS PER CYCLE MAX) TAKE MANY WEEKS OF REST BETWEEN CYCLES.**

Never use the device while driving, operating machinery or during activities in which involuntary muscle contractions ma endanger the users or others.

Do not use the device in the bath or shower.

Do not use the device while sleeping.



## Maintenance and Storage

Unplug the output cord from the output jack of the controller after using.

Cover both pads with the protective film before storage.

Never fold the massage pads.

To keep the controller clean, use a soft and dry cloth for dust or a soft damp cloth for any dirt and smudges. Do not use any cleaning solutions to clean the controller and its pads.

Never apply the pads on any surface other than your skin. If the pads become soiled or dirty, the adhesive power may decrease. In this case, moisten the surface of the pads with water and wipe away the dirty portion. This will allow a temporary restoration of the adhesive power. However, too much water will result in loss of the adhesive power.

Do not use or store the devices where there are magnetic fields or electric wave (near TV set or speakers).

Do not place the devices in areas of high temperature, high humidity, or under direct sunlight.

Keep the device out of reach of children.

All worn accessories should be dealt according to the regulations.

## Package

1 eKegel unit

1 Output wire + 1 extra

1 Rectangle pad + 1 extra

1 Square pad + 1 extra

1 USB Charger

1 Electrodes holder

1 Owner Manual