

The eKegeel

Owner Manual

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Introduction

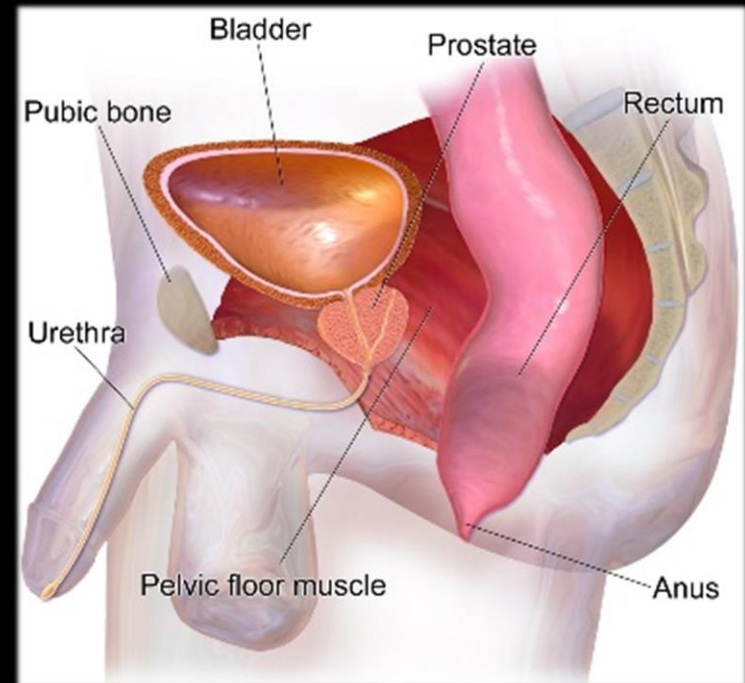
Thank you for purchasing the eKegel from Kegel Hard.

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 erect.

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 Kegel Hard is to imagine that you have to defecate but can't go now, or that you have gas that you need to hold. Essentially, that sucking in is the sensation you want to focus on to activate your pelvic floor muscles. Stopping the pee works out the front, stopping the poo 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.

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 months 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

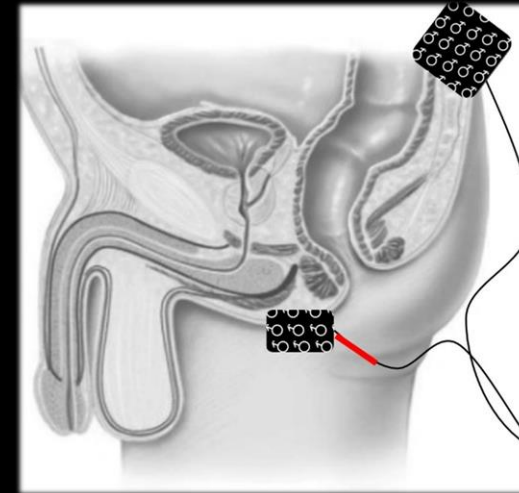
1. Connect the output cord to the pads. The red cord connects to the small rectangle pad (perineum) while the black cord connects to the larger square pad (coccyx).
2. Plug the output cord in the output jack A of the eKegel. *The B output hole is plugged, but it can be used in case the A channel fails.*
3. Use a damp towel to wipe the skin where you put the pads, so as to remove any body oil, cosmetic or dirt. Wipe the pads as well if necessary. Should the pads be soiled, both their adhesiveness and durability will be reduced.
4. Peel off the protective film on the pads if new, otherwise peel off from the pad holder provided.
5. Apply the pads as described next in Pad Placement. You may have to shave or trim hair in the area if the pads do not stick well.
6. Turn the eKegel on and adjust settings to your desired level. For safety, the intensity cannot be increased unless both pads are applied to the skin.
7. Turn the eKegel off when done.
8. Remove and place the pads onto the pad carrier to make sure they stay moist and dust-free.

Warning: Do not move pads or touch them with your hands while the intensity setting is greater than 0, it may cause a strong stimulation. Do not put two pads together while using to avoid an electrical short circuit.

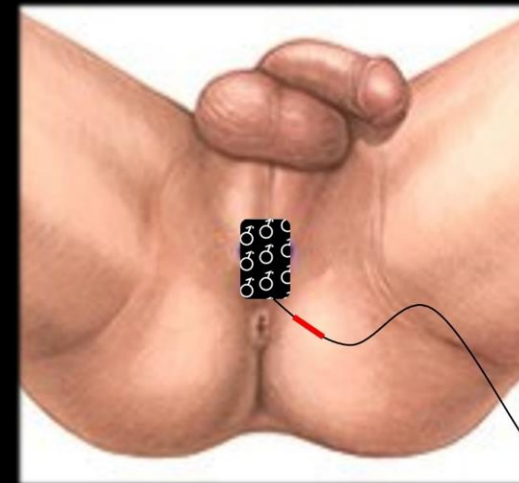
Pad Placement

The eKegel is an electric muscle stimulation device that stimulates your pelvic floor muscles. It circulates a low intensity current between 2 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:

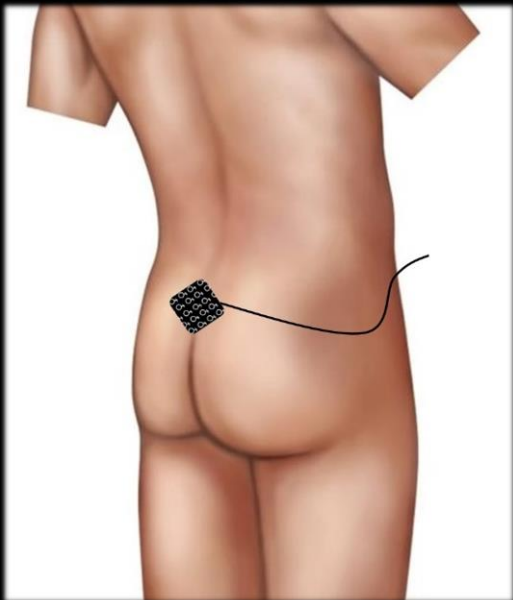


- Connect the red electrode to the rectangle pad, expose the pad, and stick it on the perineum (the area between your anus and scrotum (balls)). Place the rectangle along the perineum. Place it between the anus and the scrotum, 1 to 2 fingers away from the anus.
- It's best to squat a bit and lift your scrotum to apply the perineum pad on flat skin.



DO NOT PLACE THE PAD 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 your spine, 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, but not too much.



The pads can be used for weeks at a time. The key is to keep them clean and moist. As such, it is important to place the pads onto the pads carrier once you are done so that they don't dry out to air. However, even if the pads are a bit dry or dirty, you can always get them back to stick by wiping them clean with a damp cloth. Also, please note that the eKegel already comes with 4 counts of each pad (perineum and coccyx), which should last you months, especially if well taken care of. Nonetheless, we have replacement pads available for purchase at www.menkegel.com in case you run out.

The eKegel



Using 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 (how progressively the current turns on and off, from 0% to 100%)
 - 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. Backup output (plug for the electrode wire)

1. Stand up or lay down. You can move around while using the eKegel. However, please note that you might feel increased stimulation in certain positions like bending over to pick up something. It is best to stay upright while using the eKegel.

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 do not stick well. You may also have to wipe the pads clean with a slightly damp cloth if they are dry but still usable. That extra moisture helps with the connectivity. However, too much water may decrease adhesiveness.
3. Turn the eKegel on.
4. Press the + button to increase the Intensity level until you start feeling your pelvic floor muscles contract.
DO NOT SET THE DEVICE TOO HIGH, JUST ENOUGH TO CREATE STRONG BUT COMFORTABLE MUSCLE CONTRACTIONS
5. Toggle through the different Frequency, Pulse Width, and Wave Type settings as you explore different workouts. We built the eKegel to let you experiment with the best stimulation for you.
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 or shorter. 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 the eKegel off.
8. Stick the electrodes back on the electrode carrier provided.

9. We recommend using the eKegel one day on, one day off (3 to 4 times per week). Once your muscles are strong, you may just need infrequent tune-up sessions of a few minutes only.

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 for infrequent tune-ups.

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.

You should not use the eKegel if your pelvic floor is already sore from previous sessions. Don't hesitate to take days off to rest as needed.

A single 2-hour charge will give you 1 month of daily use.

Recommended Settings

It is hard to give a specific routine because people's needs are different, and they also might react differently. We definitely encourage an experimental approach. Much like a regular workout routine, you want to feel strong contractions but absolutely never with pain. You also want to have the proper resting periods so that your muscles can repair and grow.

Having said that, we would generally recommend the following settings. They are fairly common and should work well for most users.

Start by setting the wave type to square. The wave type is the progression of the electrical current from off to on. In the case of the square wave, you are essentially looking at a current that goes from 0% to 100% immediately and then goes back to 0% immediately. In contrast, the sine wave, for example, rises to 100% progressively and then returns to 0% progressively. The square wave type will give you the longest time at 100%.

Next, set the pulse width to max (10/10). The pulse width will affect how deep you feel the contractions. The greater the pulse width, the deeper the contraction.

Next, set the frequency to about 6 out of 10. That's a personal preference, you can start lower if you like.

Lastly, increase the intensity to get a strong yet comfortable contraction, which usually occurs around level 7 or 8 depending on the day. Again, the objective is to feel the strongest contraction without discomfort.

As for the routine, it will progress with time as your muscles become stronger. In the first 6-8 weeks, you probably want to use the eKegel for a daily 10-minute session about 3-4 times per week. In the beginning, you may need more resting periods than later in the process because your muscles are not as strong as they will be. Eventually, you could go to 4-5 times a week. However, there is a point where you will have noticed significant improvement.

At this stage, you may only use the eKegel once a week or as needed for tune-ups. Since the gains you will notice will come from stronger muscles, some tune-ups as needed will make sure that you can rely on this new muscle strength all your life!

Troubleshooting

What should it feel like when I use the eKegel?

You should feel your pelvic floor muscles contract as you increase the intensity. If you want to get a good sense of what it should feel like, you can test the eKegel on your forearm or upper leg. If you place the pads there about 10 inches apart from each other and ramp up the intensity, you should notice your muscles contract with each pulse. That sensation is the same as you should feel when you apply the pads to your pelvic floor. The perineum pad is the one discharging the current so that is where you will feel the contraction.

I am not feeling any contractions

Do you think there is electricity going to the pads? Normally, as you start increasing the intensity, you should start feeling tingles on the skin under the perineum pad. As you ramp up the intensity, the connection is made between the 2 pads, causing the desired muscle contractions. However, if the current does not make it to the other pad, it discharges on the skin causing an unpleasant needle-like sensation.

I am getting a needle-like sensation instead of contractions

If by increasing the intensity you start feeling a stinging, needle-like sensation on the skin, it is because the electric current is not making it through your pelvic floor muscles to the other pad, and instead, it discharges on the skin, causing that stinging sensation.

If you are experiencing a stinging sensation, it is because of a lack of connectivity between the pads and your skin, which can be caused by a variety of factors such as dryness or irritation caused by shaving. The electrical pads are layered in gel to increase the conductivity between the pad and the skin. If the conductivity is strong, the electricity enters the tissue of the body with very little resistance. If the conductivity is poor, the electricity faces resistance on its way to the body and stings the skin instead.

Here are a couple of things to check to make sure the current connects from one pad to another:

- Make sure the perineum or coccyx pads are not laying on too much hair. If necessary, you may need to trim or shave the area so that the pads can make good contact with the skin.
- Make sure the pads are moist enough. That's why it is important to stick the pads back on the pad carrier after each use so that the surface is the least exposed to air and dust. You can apply a slightly damp cloth to the pads to clean and moisten them (too much water is not good). If the pads are just too dry, use new ones.

- Make sure the pads are laid flush on flat skin. The coccyx pad is fairly easy given how flat the area is. The perineum pad may require some manipulation to get it completely flat against the skin. It's best to squat a bit and lift your scrotum to apply the perineum pad on flat skin.
- Make sure the pads are not too far apart. Keep the perineum pad close but not on the anus (about 1/4+ inch away), and the coccyx pad should be toward the end of your tailbone.
- You can try setting the wave type to square (Sq) before ramping up the intensity. That will provide the deepest waveform.
- You can also push down with your finger on the perineum pad to get it closer to your muscles.

This list should fix the issue. Using the eKegel should not be uncomfortable at all. Maybe you will feel some tingling as you ramp up the intensity setting, but after 50% intensity, you should definitely just be getting muscle contractions. You should feel them strongly but comfortably, and each contraction will feel the same.

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
- **CURRENTLY HAVE HEMORRHOIDS**

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

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:

- To the head
- Over the 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 currently have hemorrhoids

DO NOT USE SITTING DOWN

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

Never use the device while driving, operating machinery or during activities in which involuntary muscle contractions may 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

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 or the pads carrier. If the pads become soiled or dirty, the adhesive power may decrease. In this case, moisten the surface of the pads with water and gently wipe away the dirt. 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 device where there are magnetic fields or electric waves (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.

Package

1 eKegel

1 Output Wire + 1 extra

1 Rectangular Reusable Perineum Gel Pad + 3 extra

1 Square Reusable Coccyx Gel Pad + 3 extra

1 Micro USB Cable

1 Pad Holder

1 Owner Manual

Battery: lithium battery (included). A single 2-hour charge will give you 1 month of daily use.