



INSTRUCTIONS FOR USE

THEROS®  
EROTHERAPY

Dear customer,  
Thank you for purchasing a Viball therapy / Geisha ball.

**Please read these instructions carefully before using Viball the first time and follow the instructions in the section „Before opening the seal“.**

You will receive a file with pelvic floor exercises by Email after the purchase of a Viball. If you have any questions about the use of our products concerning your individual pelvic floor problems please contact me at [hsw@theros.de](mailto:hsw@theros.de).  
I wish you (and your partner) much success and enjoyment with Viball.



Hera Schulte Westenberg,  
therapist and company founder

**Manufacturer:**

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Viball is registered in EU as a class 1 medical device. The conformity of the product with the requirements of Directive 93/42 EEC of medical devices is confirmed by the label:

**Batch number:** See reverse of this booklet.  
You can find the corresponding material analysis  
in the download area of our website.

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## **1. Contents of the packaging**

This pack contains

- 1 Viball therapy / Geisha ball in a sealed bag
- 1 medical application sleeve for the first application
- 1 velvet bag for transport.

For the VB36-2 and VB40-2 sets, the packaging contains two of each of the above items.

## **IMPORTANT TO KNOW**

### **2. What is Viball?**

Viball is a medical instrument with a wide range of applications for vaginal or rectal use in women and men. It consists of a closed hollow sphere made of implant steel containing a solid stainless steel ball. When the body moves, the ball in the hollow sphere starts to vibrate and generates stimulating vibrations in the vaginal and/or anal area. The intensity of these vibrations depends on the size used and the type of body movements. All parameters and dimensions are designed and precisely calculated to generate the highest possible stimulation by vibration energy that can be achieved on the functional basis of rotating balls (Geisha or Ben Wa balls). The weight also serves to increase the efficiency of active pelvic floor exercises.

Viball is therefore an excellent aid for long-term stimulation with alternating active and passive phases (see 3.) and significantly increases the efficiency of intensive, active pelvic floor training.

### **3. Unique features of Viball**

- The six sizes and different weights allow optimal customisation to the respective therapeutic or erotic application as well as to the individual physique.

In addition, the size selection enables a long-term vaginal use without the danger of cramping. For this, women choose a size that is big enough to remain above the vaginal entrance muscle even without any tension. This allows individualised alternation between active exercises and passive stimulation over a long period of time without cramping (see 15.).

- Due to the material and optimally matched components, Viball generates the maximum intensity of physical vibration which cannot be surpassed by any other Geisha / Ben Wa ball of the same size.

- Viball is located completely in the body and the spherical shape, without any sheathing or straps, and the polished surface prevent fixation by the muscles or adhesion of the tissue. This allows the muscles to „play“ optimally with the ball even without active intervention. This subliminal muscle tone creates additional therapeutically valuable stimulation.

- The use of implant steel has decisive advantages over silicone in terms of
  - a) - Biocompatibility: complies with medical standards, no undefined adhesive or binder content as in silicone
  - b) - Hygiene: Steel is smoother and easier to clean, 100% resistant to odour and colouring by body fluids, clinically sterilisable
  - c) - Ergonomics: more slippery, surface does not get rough even after many uses, Viball can be kept at a constant temperature over a long period.

#### **4. Indications / areas of application**

- Training of the pelvic floor via vaginal or anal application
- Regression after birth
- Strengthening the sphincter muscles of the bladder and anus
- Prostate stimulation
- Stimulating and increasing male potency and erectile function
- Haemorrhoid treatment through repositioning and cooling
- Thermal treatment of cramps or muscle tension in the vaginal area
- Flexibilisation and stimulation of reinnervation (connection of separate nerve pathways) of scarred areas after surgery or childbirth through interaction with the musculature
- Sensitisation of erotic experience in cases of so-called frigidity, vaginismus, dyspareunia, etc.

## **5. Available sizes and weights**

Viball is available in the following sizes:

36 mm - 36 mm pair - 40 mm - 40 mm pair

45 mm - 50 mm - 55 mm - 60 mm

Sizes 50 to 60 mm are also available in a lighter version with a smaller inner ball (L version).

## **6. By whom and how is Viball used?**

Viball can be used vaginally or rectally by adults of all genders.

## **7. When must Viball not be used?**

- During pregnancy
- In case of intestinal diseases or diarrhoea
- For open injuries in the area of application
- For open haemorrhoids.

## **In case of nickle- or other metal allergies:**

Viball is made of pure antallergic implant steel AISI 316L. To date, we are not aware of a single case of allergic reaction to Viball. But to be sure or in the event of a hyperallergy we recommend a test contacting viball for some ours to intimate zones outside the body (f.e. while resting/reading/watching TV) to be able to determine possible physical reactions.



Otherwise the user assumes sole responsibility for use, including use in application sleeves.

In the event of a latex allergy, Viball must not be used in the application sleeve. Latex-free condoms can be used as an alternative.

In the case of other illnesses, abnormalities or dispositions in the area of application, it is essential to consult a specialist or midwife beforehand.

If you have any other complaints, please let us know by email or in writing.

## **8. Time of application**

Viball can be used vaginally at any time when a woman feels comfortable. Rectally, Viball should be used between approximately 30 minutes after and approximately 8 hours before a bowel movement. Bear in mind that Viball can initially have a laxative effect until the body learns to distinguish between the urge to defecate or urinate and vibration impulses. It is not recommended to use Viball during resting or sedentary activities, as physical movement during use is an essential part of the effect. Exceptions: Cooling for haemorrhoids or heat application for cramps, as the vibration plays no role here.

## **9. Duration of use**

The duration of application of Viball in the body is limited to one hour according to the Medical Devices Act. However, an application can be repeated several times a day. The user assumes responsibility for uninterrupted use for longer than one hour.

Viball should not be left in the body during long phases without movement and not overnight to avoid habituation of the body which can impair the effect in the long term.

### BEFORE OPENING THE SEAL

## **10. Test Viball realistically**

If you only swing Viball slowly back and forth from the wrist in the seal, you are simulating the maximum movements that your lower body can perform in terms of movement radius and speed. Faster hand movements or shaking from the forearm are unrealistic.

Because Viball is made up of two halves and has a very fine seam on the inside, different vibrating noises or a slight click are produced depending on the path of the inner ball - depending on whether the inner ball touches the seam or not, crosses it or runs parallel to it. By playing with the muscles, the outer ball also gradually rotates and the stimulating impulses vary. This prevents a habituation effect. The resulting noises are much weaker when worn inside the body.

## **11. Why are the sounds not damped?**

Any form of damping means a reduction in the vibration intensity and would impair the intensity of Viball.

From a therapeutic point of view, there is no reason to limit the maximum efficiency of Viball. And which noise development is considered „safe“ or „discrete“ in which environment is a very subjective judgement, which in most cases is a pure projection. In most cases is based purely on a projection of the environment. This is why we pursue the philosophy of maximum efficiency with all Viball models and appeal to the user's awareness.

## SAFETY INSTRUCTIONS

### **12. Precautions for use**

When used vaginally, scarring or prolapse, vaginal or bladder prolapse as well as hardening or tension of the pelvic floor can lead to problems during application.

To be on the safe side, use the enclosed application sleeve for the first application to support the application by pulling if necessary. If it is necessary to use it due to the problems mentioned above, you can obtain it at a favourable price from Theros. The application sleeves are slightly thicker than a condom and fit tightly and wrinkle-free.

Viball can violate existing virginity. When using diaphragms, pessaries and other contraceptives inside the body, a doctor should be consulted.

### **13. Risks or side effects**

Viball may have a laxative or diuretic effect during the first few applications. These irritations disappear after a few applications when the body has learnt to differentiate between the stimulation from Viball and the urge to defecate or urinate. After very intensive active training, the pelvic floor muscles may react strained and show the same symptoms as after other strenuous muscle training or excessive (prostate) massage.

These symptoms already appear during the treatment and disappear very quickly if the treatment is discontinued. The application can be cancelled at any time.

Permanent overuse or overstimulation can result in hardening of the muscles or desensitisation of the affected regions.

Extreme stimulation, such as the use of very large or several Viball at the same time and/or very strong movements over a long period of time (sport) can cause men's seminal vesicles to empty.

No other side effects are known. Should other problems occur, please contact us at the address given here.

### **14. Caution during storage**

Viball is an attractive but dangerous toy for children or pets! It is therefore essential that you store Viball in a safe place away from children and pets. Never leave Viball unattended or freely accessible after use to avoid injury or even swallowing.

## TYPES OF APPLICATION

### **15. Vaginal long-term use**

During active exercises, the so-called slow-twitch muscle fibres, which are used during intensive, prolonged contractions (e.g. when lifting), are primarily used.

In the relaxation phases, intensive vibrations are generated by circular hip movements while standing or lying down or while Nordic walking (ideal!). Depending on the size of the ball and the intensity of the movements, these provide more or less erotic stimulation. However, the so-called fast-twitch muscle fibres also react to this, in some cases perceptibly:

These muscle fibres are an essential part of the closing muscles, they react more finely and work at a higher frequency than the slow-twitch fibres. Women can perceive these impulses purely passively or occasionally intensify them with short, active contractions without interrupting the relaxation and regeneration phase of the slow-twitch fibres after active exercises. This conscious or unconscious muscle reaction to impulses is known - in simple terms - as the biofeedback effect.

**A special feature of Viball:** the outer ball also moves and rotates with the muscles within the area of application, because its shape does not allow it to be fixed in place by the muscles. by the muscles and the polished surface does not allow adhesion of the tissue.

This means that all types of nerves and muscle fibres are included in the stimulation without the risk of overloading.

An appropriate size is required so that Viball can also rest above the vaginal entrance muscles during the passive phases without muscle tension. The right size should trigger a brief, intense stretching sensation when inserted. This means that even the relatively heavy weight of a Viball can be worn comfortably by most users without the (intuitive) „need to hold“ causing the muscles to tense up during prolonged wear.

With this size, the wearer can determine the time and extent of the active parts herself and can also take very long breaks during which only passive stimulation takes place. You can increase the amount of use over time according to your individual wishes and possibilities or use Viball exclusively as an erotic stimulant due to the intense passive stimulation. This will also be good for your pelvic floor and well-being.

Smaller sizes are more suitable for shorter, intensive training sessions as they allow more repetitions due to their lower weight. The ideal size for such training sessions is two, maximum three sizes smaller than the size for long-term use. Smaller sizes are also suitable for (additional) pelvic floor or sphincter training via anal use and during sexual intercourse as an aid in case of problems or as a stimulant.

## **Our new product line „Massive balls“**

These massive, very heavy balls of implant steel offer

- extreme training only for a strong pelvic floor in upright posture
- more efficiency for our pelvic floor exercises in horizontal posture (see pdf)
- intensive erotic vaginal stimulation in horizontal posture.

## **16. Restrictions on long-term use**

Women with a very receptive vagina require correspondingly large viball models for long-term use. However, as the unique intensity of these sizes requires a correspondingly large inner ball and therefore a high weight, they are only suitable for a strong pelvic floor. Women with a weakened pelvic floor should therefore only perform exercises with these balls for at least four weeks in a prone position, in the knee-elbow position or lying on their back with their pelvis slightly raised in order to prepare the pelvic floor.

Alternatively, women can carry out active training with smaller models in an upright position as preparation.

For immediate long-term use in an upright position, we also offer a lighter version of the large balls with a smaller inner ball (L version), which is less impulsive but more lively.

## **17. Rectal application**

The entire pelvic floor area and the sphincter muscles of the bladder and anus can also be trained via the rectum. The different sizes, shapes and materials of the Viball make it possible for men to perform the pelvic floor exercises described above. At the same time, the prostate is intensively stimulated, which has a stimulating effect on potency and erection.

It is anatomically impossible for the Viball to „disappear“ in the rectal area, and natural bowel movements will ultimately always move it outwards. Due to its shape, it is also not possible for a ball to become trapped in front of the sphincter muscle, and Viball is also absolutely safe to use rectally.

## **18. Cold therapy (cryotherapy) for haemorrhoids**

Due to the air insulation and the small contact surface with the outer skin, the solid inner ball can maintain a temperature once reached for a very long time (thermos flask effect). At room temperature, this effect lasts for around 90 minutes to six hours, depending on the size. However, it also takes a few hours to absorb the temperature. It is therefore best to place Viball in the fridge overnight so that the solid inner ball has cooled down completely.

If you then hold Viball firmly in your hand, the outer ball will quickly absorb the heat from your skin due to its low mass. Carefully insert the Viball and the haemorrhoid will be repositioned



(pushed back into the rectum). In the rectum, the outer ball is permanently heated by the body. However, the inner ball also permanently demands some heat from the surrounding tissue, which reduces the swelling and inflammation.

The duration of the cooling effect naturally depends on the size and mass: The larger the ball (and therefore the inner ball), the longer the temperature effect lasts. As an alternative to this method, we recommend targeted and very effective treatment with our Theros® FMS dilators in 2 mm increments.

### **19. Heat treatment (thermotherapy)**

The effect described under 18. can also be reversed: A ball heated over a long period of time provides lasting warmth and can relieve tension, for example. However, be sure to use a baby food warmer for this purpose. After heating, hold the Vi-ball in your hand for at least two minutes without moving it in order to determine the correct temperature and to avoid any risk of burns, as excessive heating creates a point heat at the point where the inner ball touches the outer ball.

## **20. Viball during sexual intercourse**

In men, Viball has a stimulating effect on the prostate during sexual intercourse through tapping impulses. With a normal disposition, these impulses promote an erection and prolong the erection time. By concentrating on these impulses (e.g. by counting), you can also counteract premature ejaculation.

However, the impulses are only directly perceptible to a very limited extent with smaller sizes, but increase exponentially with each size.

Vaginal or rectal use in women also provides additional stimulation for both partners. A viball of the right size ensures wonderful contact between the deep vagina and the smaller penis. It is also completely discreet, as a ball is the gentlest of all shapes and cannot be identified or hurt.

The different sizes of Viball allow adaptations to erotic practices and to the physique of the person(s) using it.

## APPLICATION

### **21. Preparation**

Before first use, clean Viball in hot water with a little toothpaste or shampoo and a soft brush and rinse under running water. Then dry it with a towel by rubbing it vigorously.

## **22. Insertion**

Before each use, rinse the Viball under hot water or place it in hot water for a while. The first time you use Viball, be sure to use it in the enclosed application sleeve to test the application. Do not use the application sleeve if you are allergic to latex.

Unroll the sleeve until you can place the tips of the index finger and middle finger of both hands in the ring without the sleeve stretching over the fingertips to prevent tearing. Now expand the ring and insert the ball.

Unroll the sleeve and tighten it behind the ball. Then carefully stroke the sleeve backwards over the ball several times until the Viball is at the very front of the sleeve. Then, if necessary, apply a high-quality lubricant. We recommend the absolutely non-irritating and anti-allergenic VEMAL lubricant, available at [www.theros.de](http://www.theros.de).

Lie relaxed on your back (for rectal insertion, lie on your stomach with one leg tucked up) and carefully insert the Viball. For larger balls or rectal insertion, pre-stretching may be necessary, ideally with a suitable FMS dilator. If insertion is not immediately successful, try to relax, supported by calm breathing, and push with constant pressure. When the largest circumference passes through, you may experience an intense but very short stretching sensation.

### **23. Delivering Viball out of the body**

The best way to expel from the vagina or anus is to squat on a soft floor covering that you have covered with a towel or paper towel. Breathe in and out slowly a few times in an upright position to relax. Then squat down, inhale deeply, hold your breath and push the air down as deeply as possible into your abdomen. A gentle push should be enough to deliver your Viball. If you have pre-stretched during insertion, this should also be done prior to release.

If it does not come out immediately the first time, do not keep trying endlessly, as this usually only leads to further cramping. In the vast majority of cases, there are psychological reasons for this - relax first and try again later. There is no risk in waiting. Try a few times without pulling on the application sleeve, otherwise you won't give yourself a chance to learn how to apply it. If you always prefer or need to use Viball with an application sleeve, you can purchase these in packs of 20 and 50 from [www.theros.de](http://www.theros.de).

Moistened protective sleeves make handling easier when travelling and make it unnecessary to carry lubricant.

!!! Remember that one therapeutic effect is that Viball is mobile in the body. If it is located a little deeper in the body, it is more difficult to deploy, especially with smaller

balls, which cannot be grasped by the muscles as easily as larger ones. If it is important for you to be able to apply Viball at any time and within seconds, you should always use application sleeves.

## **24. Cleaning**

Due to the smooth surface of Viball, cleaning with hot water and soap is completely sufficient. Viball can also be disinfected in boiling water or in a hot air steriliser, but this will dull the surface. It is rarely advisable to disinfect Viball in the home.

## **25. Storage and care**

After cleaning, Viball should be stored in the box or bag in a dry place to protect the surface. Avoid contact and friction with other objects (e.g. in a handbag). When inserting two balls, the friction between them can cause marks in the polish, but these will never reach the depth of noticeable scratches.

Apart from careful storage, no special care is required. Any scratches should be professionally removed by polishing (e.g. in a jewellery shop) in order to maintain the extraordinary gliding properties of the surface.

## **26. Disclaimer**

We accept no liability for damage to health caused by improper use. The user is responsible for any change in the position or effectiveness of pessaries, diaphragms or other contraceptives within the body due to the use of Viball.



**THEROS®**  
E R O T H E R A P Y

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