

Educator®

Instruction Manual – GB

Mode d'emploi – FR

Gebrauchsanweisung – DE

Manuale d'Istruzioni – IT

说明书 – SC



Inner strength, outer confidence

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What is the EDUCATOR®?

The EDUCATOR® has been developed from the award-winning PERIFORM®+ probe used by Continence Care specialists throughout the world.

Its unique form allows it to follow the movement of the internal walls of the vagina. This movement indicates how the muscles of your pelvic floor are being contracted.

The external indicator part of the EDUCATOR® amplifies this movement to show whether these muscles are being contracted correctly or not.

The pelvic floor EDUCATOR® is an extremely simple form of visual biofeedback. Yet the information the EDUCATOR® provides could be some of the most valuable you will ever receive.

Why are good contractions important?

One in four women will suffer some form of incontinence during their life – especially after having children.

The most common form of incontinence is known as Stress Incontinence, which occurs when pressure inside the abdomen increases, say, during a cough, sneeze, or when laughing or taking physical exercise.

The problem is primarily caused by the inability of the pelvic floor muscles to contract quickly or strongly enough to prevent leakage through the urethra.

It is widely known that a strong, healthy pelvic floor, when used correctly, will help avoid leakage of urine and also faeces.

Why is the EDUCATOR® important?

It is recognised by Continence Care specialists that teaching correct pelvic floor contractions is extremely difficult. Studies have shown that, even with first-class one-to-one tuition, half of those instructed will not contract their pelvic floors correctly.

In fact, almost half of those contracting incorrectly will get it so wrong that they are in danger of damaging their pelvic floor.

What is the pelvic floor?

The pelvic floor is a 'sling' of muscles that is connected to the pubic bone at the front and base of the spine (the coccyx) at the back. Through these muscles pass the urethra, the anus and, in the female, the vagina.

By contracting your pelvic floor, pressure within the urethra, anus, and vagina increases. In the urethra and anus, this increase in pressure will help restrict the flow of urine and faeces.



Assembling the EDUCATOR®

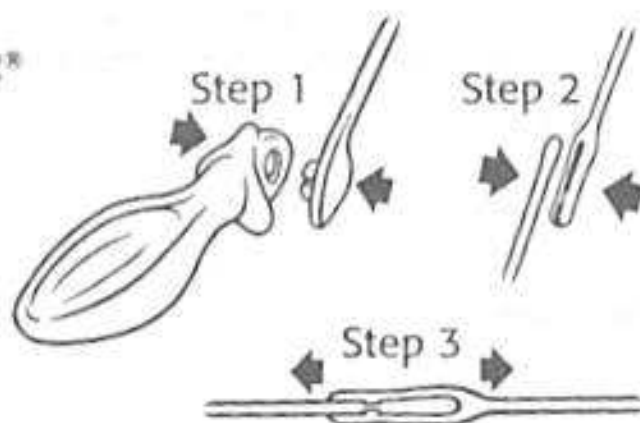
Contents:

1 x EDUCATOR®

1 x Indicator

2 x Indicator Extensions

Assemble Indicator as shown.



IMPORTANT: Before use, please read these instructions, precautions and contraindications.

The EDUCATOR® is intended for use by adult females only.

For single person use only.

CONTRAINDICATION: DO NOT USE IF PREGNANT

PRECAUTIONS:

Do NOT use if any discomfort or irritation is experienced.

Do NOT use if an infection is present.

Do NOT expect immediate results. Muscle training takes time.

Seek professional advice if no benefit is felt after twelve week's use.

Do CLEAN the EDUCATOR® before and after use as instructed.

Using the EDUCATOR®

Important: Before use, always wash, clean and dry the EDUCATOR®.

PREPARATION

If required, apply a light coating of KY gel or similar lubricant before insertion.

Sit comfortably on the edge of a chair or lay on the bed with your head and upper body supported on pillows and your knees raised and apart. Alternatively, stand and insert the EDUCATOR® as you might insert a tampon.

Insert the EDUCATOR® body into the vagina only as far as the flange which should sit just within the labia.

The indicator should remain external to the vagina at all times and should be pointing upwards.



How does the EDUCATOR® show me what to do?

CHECKING YOUR CONTRACTIONS

With the EDUCATOR® body placed within the vagina as shown, relax the muscles of your pelvic floor, abdomen, thigh & buttocks.

Contract your pelvic floor muscles as if you were trying to stop yourself from passing wind, squeeze and lift the muscles, holding them for as long as you can.

If you are contracting correctly the indicator should move in a downwards direction. If you are contracting incorrectly then the indicator will move upwards. This means you are bearing down (as if passing a stool or pushing a baby out).

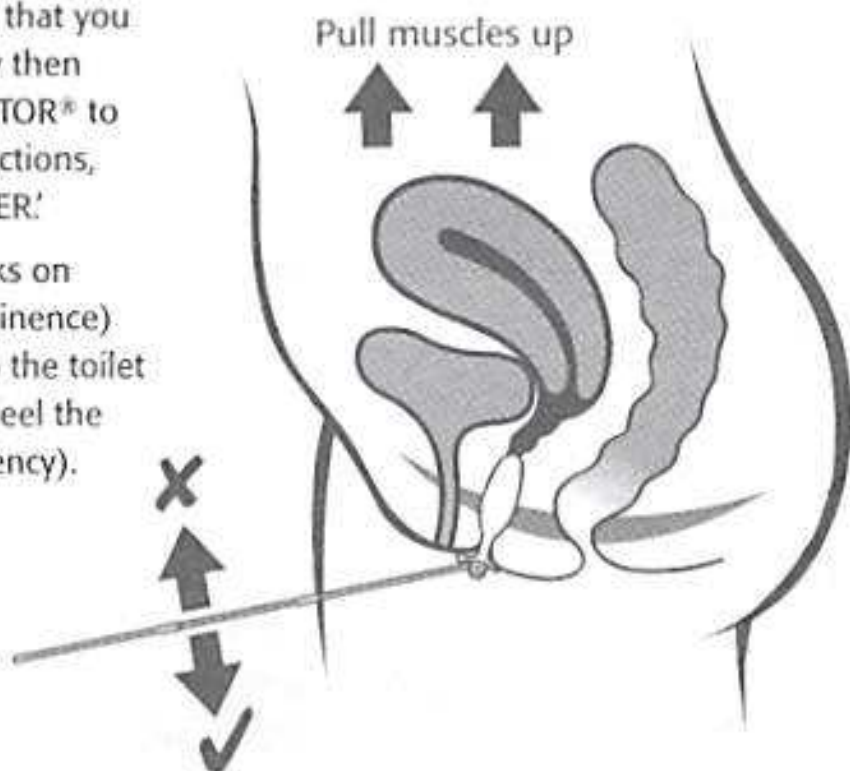
If the indicator moves upward then keep trying until it moves downwards towards your knees.

It is as simple as that!

BUILD ON THIS SUCCESS!

Once you are confident that you are contracting correctly then you can use the EDUCATOR® to help make these contractions, 'STRONGER AND LONGER.'

Both will help avoid leaks on exercising (Stress Incontinence) and also help you get to the toilet without accident if you feel the sudden urge to go (Urgency).

**What if the Indicator doesn't move at all?**

Check that the EDUCATOR® body is positioned correctly and the indicator is pointing upwards. Relax your pelvic floor. Try again.

If the indicator still does not move it may be that you are trying to contract the wrong muscles. One way of identifying the pelvic floor is to try and stop passing urine mid-stream by lifting and squeezing the muscles to stop the flow. Another way is to place the tip of a finger on the area of skin between the vagina and anus. When the muscle contracts correctly it will lift up and away from the finger.

If, after trying all this, the muscles still do not appear to produce any movement then it may be because your pelvic floor is extremely weak and may need some help in becoming strong enough to exercise. Continence Care nurses and physiotherapists are there to help you. If you feel you need assistance, especially if you do experience some leakage, then ask your doctor to refer you to a local specialist. They have the skills to help you to achieve a good, strong, healthy pelvic floor.

DO NOT GIVE UP!

If your first use of the EDUCATOR® produces little or no movement do not give up immediately. Continue trying with the EDUCATOR® daily for two weeks or so. The first sign of any movement, however small, will show that you are making some progress.

Ensure that any movement in the indicator is in the right direction, i.e. downwards, and build on this small beginning. Strengthening of any muscle takes time.

Exercises

Once you have the indicator moving downwards correctly you can use the EDUCATOR® to strengthen your pelvic floor still further.

'FAST' Exercises will help your muscles cope with a sudden increase in abdominal pressure (cough/sneeze/ jogging, etc).

With the probe in place as before, contract your muscles as strongly and quickly as you can and then 'let go' (relax), repeat as quickly as you can (one every second) and do as many as possible up to a maximum of ten contractions. Rest for two to three minutes and repeat.

'SLOW' Exercises will help build up the strength and duration of your contractions. Some of you will be able to contract strongly but will not be able to 'hold' a contraction for longer than a couple of seconds.

When you contract your pelvic floor you may feel that you are able to hold for quite a long time.

The indicator will tell you just how long you are actually contracting. When you contract, the indicator will go down.

Hold for as long as possible. As soon as the indicator starts to come back up, it shows that the muscle is tiring and is 'letting go.'

When you contract, try to time how long the indicator is actually held down. Aim to improve the length of time you can hold each contraction with a goal of ten contractions held for ten seconds.

Do not worry if you quickly tire and cannot contract as quickly or for as long as when you started. This is just the same as if you were doing 'press-ups.' The more you exercise, the stronger and longer your contractions will become.

How long will all of this take?

Do not expect miracles immediately. A typical pelvic floor muscle rehabilitation will take three to four months. If possible, use the EDUCATOR® at least once a day to begin with. Once you are confident you are contracting correctly you can exercise without it - at any time of the day - whatever you are doing.

Aim to perform a daily mix of both fast and slow exercise sessions throughout the day until it becomes second nature.

REMEMBER: As with so many things - USE IT OR LOSE IT! All muscles need to be exercised regularly.

Cleansing

Before use, always wash the EDUCATOR® in hot soapy water. Rinse the EDUCATOR® in clean water and dry with a clean cloth/paper towel. DO NOT USE BOILING WATER. Repeat after each use and ensure the EDUCATOR® is completely dry before storing.

Disposal

Clean thoroughly and dispose of according to local regulations.

Acknowledgments

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