

PelvicTool

Home & Sport

Digital training device for strengthening the pelvic floor muscles

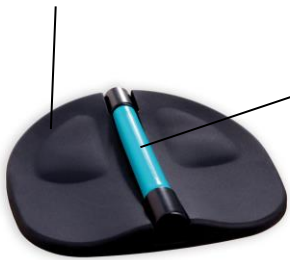
USER MANUAL



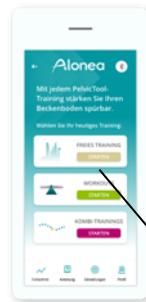
SCOPE OF DELIVERY

- Seat for holding the sensor tube
- Sensor tube
- USB power supply for charging the sensor tube
- USB cable for connecting the USB power supply to the sensor tube
- PelvicTool app (download from Apple App Store or Google Play Store)
- User manual

ERGONOMIC SEAT FOR HOLDING THE SENSOR TUBE



SENSORTUBE



PELVICTOOL APP



CABLE

POWER SUPPLY



BAG

USER MANUAL PELVICTOOL HOME & SPORT

Thank you for choosing the PelvicTool Home & Sport. We wish you every success and lots of fun training your pelvic floor.

CONTENT

Scope of delivery	2
Introduction	3
General operating principle	3
Intended use	4
Safety instructions	4
Warranty	5
Initial commissioning	6
PelvicTool App	8
Training recommendation, cleaning, storage, questions	18
Technical data	20

INTRODUCTION

To ensure a correct and successful operation, we strongly recommend that you read this user manual before use.

GENERAL OPERATING PRINCIPLE

The PelvicTool Home & Sport is a device for easy and comfortable training of the pelvic floor muscles. It gives you insight into the control of your pelvic floor muscles as well as your training performance and progress.

INTENDED USE

The PelvicTool Home & Sport is an app-supported pelvic floor training device that is used to improve awareness and coordination and to strengthen the pelvic floor muscles. The pelvic floor trainer is equally suitable for women, men and children and is suitable for use at home as well as in fitness centers, physiotherapies or osteopathies.

ATTENTION

- The device must not come into contact with injured skin (e.g. open wounds, after operations).
- The PelvicTool Home & Sport must not be inserted into any orifice of the body (such as the mouth, vagina or rectum/anus).
- The PelvicTool Home & Sport should be used indoors (e.g. at home, in a fitness studio, in a physiotherapy practice or in a comparable facility).

Technical data and EMC information can be found at the end of the user manual.

SAFETY INSTRUCTIONS

Please note the following information:

1. The body weight of the user should not exceed 150 kg.
2. The PelvicTool Home & Sport is not a toy; keep it away from children and pets.
3. Do not bend the sensor tube and do not pull on the middle of the turquoise soft part, always hold on the dark grey plastic parts.

4. We recommend consulting your doctor in the following cases:
 - If you are not sure whether your health or medical condition is sufficient for training with the PelvicTool Home & Sport, for example if you suffer from cardiac insufficiency, wear a pacemaker, after spinal surgery or have a very complex functional disorder in the pelvic region.
 - If you have not yet reached adulthood.
 - If you are or expect to be treated by a general practitioner, a specialist or a specialist for a dysfunction in the pelvic region or resulting complaints, e.g. lower back pain or pelvic instability.
 - If you experience pain or discomfort as a result of exercising with the PelvicTool Home & Sport.
5. Use only the supplied USB cable. The use of other USB cables can worsen the interference emission and the interference sensitivity of the PelvicTool Home & Sport.
6. Never stack several PelvicTool Home & Sport on top of each other.
7. Do not operate the PelvicTool Home & Sport near other electronic devices without sufficient distance to these devices (see technical data, EMC).
8. Work out without a charging cable.

WARRANTY

Alonea AG offers a 2-year warranty (valid from the date of purchase) on PelvicTool Home & Sport for any manufacturing defects as well as for material defects that may occur during proper use of this product.

INITIAL COMMISSIONING OF PELVICTOOL HOME & SPORT AND THE APP

To be able to train with the PelvicTool Home & Sport, download the PelvicTool app from the Google Play Store or the Apple Store to your phone or tablet (see app info from page 8). Make sure Bluetooth is turned on and location is enabled.

Charging

Charge the sensor tube at least 1 hour before the first training session using the supplied USB power supply and USB cable. A charged battery normally lasts for a period of several weeks. This means that the device rarely needs to be charged. To increase the battery life and prevent damage, the PelvicTool must be recharged for 3 hours at least every 6 months using the USB cable provided.

Clothing

The PelvicTool Home & Sport is best used with light clothing (no tight jeans). We recommend a pair of thin, comfortable training pants.

Connect the PelvicTool with the app on smartphone or tablet

- When you want to exercise, you must «wake» the PelvicTool by pressing and holding the soft turquoise part in the middle of the sensor tube for 1 second. By squeezing, the training device enters the active state and then pairs with the smartphone/tablet.



PRESS HERE

- Insert the sensor tube into the anthracite-colored seat. Position the PelvicTool on a hard surface (chair, wooden bench, etc.), otherwise a stable position is not possible. The rounded part of the seat cushion with the two soft areas for the pelvic bones must be aligned to the rear.

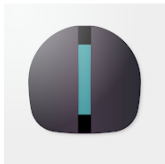


- Sit upright with your back straight and relaxed, legs at 90° to the floor.



PELVICTOOL APP

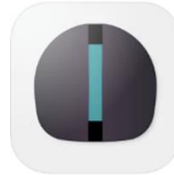
The app makes pelvic floor training with the PelvicTool visible. Download the «PelvicTool Home & Sport» either in the Google Play Store or the Apple Store on your smartphone or tablet.



PelvicTool Home & Sport (Early Access)

Alonea AG Gesundheit & Fitness
PEGI 3

⚠ Diese App befindet sich noch in der Entwicklungsphase. Sie ist möglicherweise instabil.



PelvicTool Home & Sport

Alonea AG
Entwickelt für iPad
Gratis

The app is supplemented and expanded several times a year with additional functions. The design will also be further optimized. Therefore, please make sure that you that you always keep the app on your smartphone or tablet up to date.

Meaning of the symbols



Screenshot = Photo of the screen



Settings = make individual adjustments



Play = start



Refresh



Pause



Connection via Bluetooth



Battery indicator - if red, please charge battery

Once you have downloaded the app, you will be guided through the start pages. Select the language and enable the location and Bluetooth. Once you press «YES, LET'S GO», you will be redirected to the main page.



Select the desired workout from the main menu:



TRAINING WITH THE «FREE TRAINING»

In the «free training» you can train without any guidelines. Use this program to familiarise yourself with how the training device works and to raise your awareness of your pelvic floor. Tense your pelvic floor at your own pace and relax it again after a few seconds.

You can see the contractions of your pelvic floor muscles during free training as green curves. The training is unlimited in time and can be ended at any time. You can pause the training or take a screenshot (photo of the screen) for a therapy discussion.



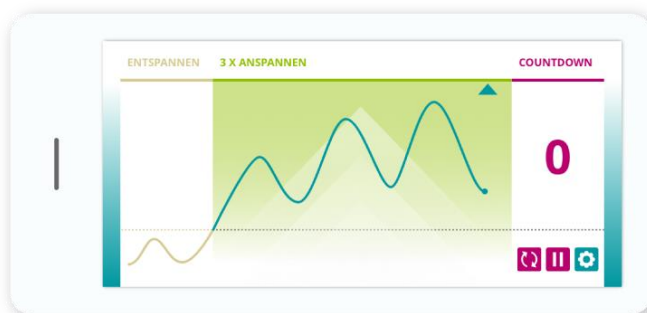
At the end, you have the option to save, exit or play the workout again. You can find the evaluation in the «Progress» section on the home screen.



TRAINING WITH «WORKOUTS» AND «COMBI-TRAININGS»

Calibration

If you select «Workouts» or «Combi workouts» in the main menu, you will first be asked to breathe in and out calmly. You will then be prompted to calibrate. You will be asked to first relax your pelvic floor and then briefly and forcefully contract it 3 times in succession. Then relax the pelvic floor again. The counter (countdown) shows you in how many seconds the training will begin. Adjust the duration of relaxation, tension or countdown according to your needs by using the settings icon at the bottom right.



What is the calibration for?

Calibration at the start of each training session is used to set your current strength level. What does this mean? The sensor tube reacts quickly and sensitively to the smallest changes in tension. This is important and crucial, as control of the pelvic floor muscles is often not yet very good. It is also never possible to position the buttocks and the gluteal cleft exactly the same on the seat during every training session. In addition, the training status of the pelvic floor muscles varies greatly from person to person. For optimum training, the «entire system», i.e. the training device and the person, must therefore be adjusted using measurement technology. This is exactly what is done with the calibration at the start of training.

By default, the programme selects the range of 80 % of the force exerted during calibration ("maximum force"). However, you can easily select a different force range for each game. The decisive factor is not the absolute value, but a range that allows you to perform the training well and at the same time exert the tension or force at a level that suits you. Spasmodic tension should be avoided. On the other hand, it is important that the pelvic floor muscles are really clearly tensed.

WORKOUTS TO TRAIN STABILITY, TENSION, SPEED AND COORDINATION

The workouts offer an excellent opportunity to carry out targeted training for specific aspects such as stability or coordination. For each workout, you have the option of pausing the training with the stop button or making individual settings with the settings button (both at the bottom right of the respective game).

Stability

With the stability game you train the stability of the pelvic floor. You are given a weight between 100 - 500 on one side of the scale and must balance this by holding the weight evenly on the other side. Hold the weight for 3 seconds, then the next weight is given. The game runs for 1 minute. You can pause the game at the bottom right.



Tension

With the arrow bow game, you train the contraction and relaxation of the pelvic floor. Behind the arrow you see 5 tension levels. Pull the arrow backwards by tensing the muscles until you reach the outlined level, you hold the tension until the circle is filled (about 3 seconds) and then release. By releasing, the arrow is shot and the relaxation of the pelvic floor is trained.



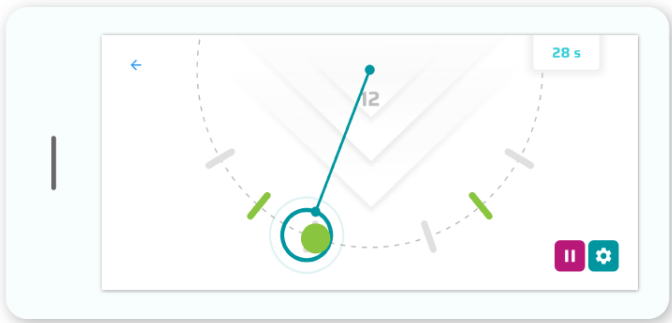
Speed

This workout trains your speed, control and coordination at the same time. Pull the arrow of the bow backwards by tensing the pelvic floor muscles and hold the tension until a free white segment appears on the rotating target in the direction of the arrow, then let go. The arrow is shot by relaxing the muscles.



Coordination

With the pendulum workout, you practise rhythmically and consciously tensing and relaxing your pelvic floor muscles. The aim is to move the pendulum in such a way that it encloses the small ball through targeted tensing and relaxing. If this succeeds, the ball turns green.

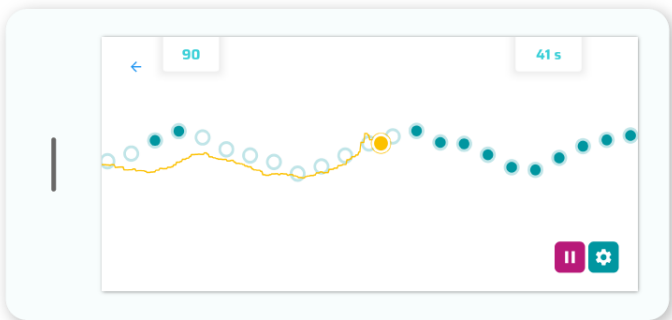


COMBI-TRAININGS: STANDARD AND PROFESSIONAL

Combination training is used to train and improve several aspects at the same time. This is achieved by combining different exercises to increase strength, endurance, coordination and flexibility.

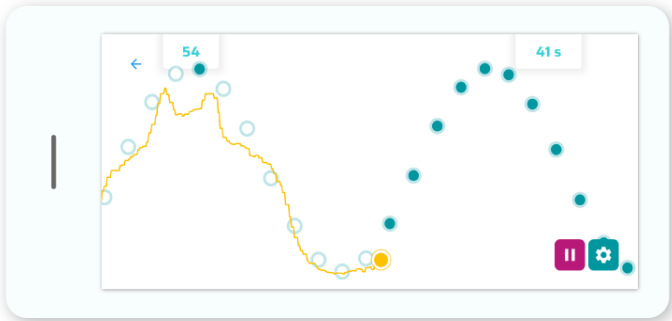
Waves

Follow the given gentle waves and catch as many turquoise balls as possible with the yellow ball by tensing, relaxing and holding your pelvic floor muscles.



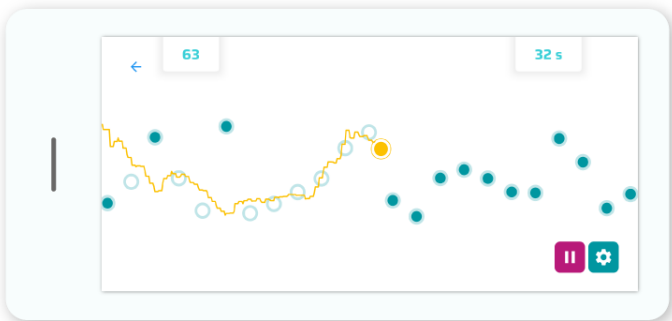
Sinus Waves

Follow the given ascending and descending waves and catch as many turquoise balls as possible with the yellow ball by tensing, relaxing and holding your pelvic floor muscles.



Random

Catch as many turquoise balls as possible with the yellow ball by rhythmically tensing, relaxing and holding your pelvic floor muscles.



Professional

In addition to the three standardised combination training programmes, a «Professional» combination training programme is also available. The «Professional» programme was specially developed for use in physiotherapy and offers maximum customisation options. For example, you can customise the training curves in the «Professional» training programme to tailor the training of tension, relaxation and holding the pelvic floor muscles even more precisely to your needs. If you want to reset the settings to the app's default values, simply click the «Reset default settings» button.

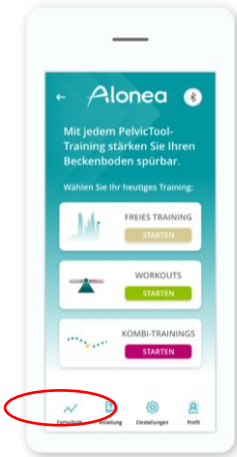


End

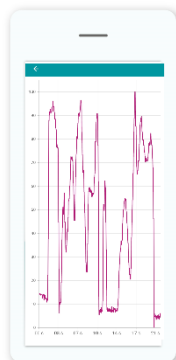
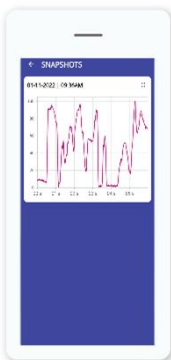
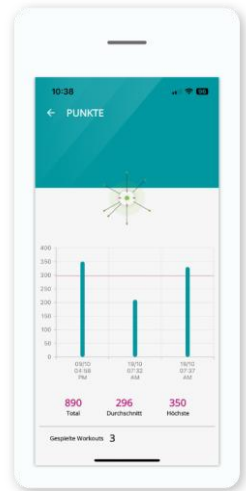
At the end of the combo game and workouts you will see the evaluation in points. The higher the score, the better the workout.



PROGRESS CONTROL



On the home screen under «Progress» you will find all evaluations for the individual games.



For the « Free Training » you have 2 evaluations available:

- The saved screenshot.
- Video of the last training.

TRAINING RECOMMENDATION

For beginners

Frequency: approx. 2 - 4 training sessions of 4 - 6 minutes per week. Speed, level of difficulty, programme duration: low - medium (50 - 100 %)

For advanced users

Frequency: approx. 3 - 7 training sessions of 5 - 15 minutes per week. Speed, level of difficulty, programme duration: medium - high (100 - 150 %).

These are rough guidelines, most people feel whether they can and want to train more frequently and intensively or whether they prefer a slower training build-up. Well trained muscles allow frequent training.

GROUP TRAINING WITH THE PELVICTOOL

If several people or a group want to exercise at the same time, the above procedures must be repeated at intervals of at least one minute. Once a connection between PelvicTool and smartphone has been established, it remains until you switch off Bluetooth on the smartphone or tablet or close the app window completely.

CLEANING, ERRORS, QUESTIONS, STORAGE AND DISPOSAL

Cleaning

You can clean the PelvicTool with a little bit of soap and water if necessary. Do not use alcoholic disinfectant.

Error Display or Analysis

If the PelvicTool cannot establish a connection to your smartphone or if the connection is interrupted, this is indicated on the smartphone. Please check if the PelvicTool has been activated by squeezing.

If the smartphone does not connect to the PelvicTool, check if your Bluetooth and location sharing are turned on and that your mobile device is sufficiently charged.

Rechargeable battery

To increase the service life of the battery and prevent damage, the PelvicTool must be recharged at least every 6 months for 3 hours using the USB power adapter supplied. Only use the mains adapter supplied to charge the PelvicTool. Do not use the mains adapter to charge other devices.

Frequently asked questions

On www.alonea.ch/faq you will find helpful answers.



Storage and disposal

Please store the PelvicTool in a dry environment. You can dispose of it at an appropriate disposal point for electrical parts or send it back to us.

The PelvicTool Home & Sport is manufactured in Switzerland.

Manufacturer and distributor:



EU-KONFORMITÄT CE



TECHNISCHE DATEN

Stromversorgung:	Lithium-Ionen Akku (5 VDC)
(Netzgerät USB):	100 – 240 VAC 50/60 Hz 0,5 A
Interne Stromversorgung, Akku:	5 V +/- 5 %, Nennstrom < 1 mA
Maximale Gewichtsbelastung:	150 kg
Betriebstemperatur, zulässiger Bereich:	10 – 40 °C
Lagertemperatur, zulässiger Bereich:	-25 – 65 °C
Relative Luftfeuchtigkeit, zulässiger Bereich:	10 – 70 % (ohne Kondensierung)
Luftdruck, zulässiger Bereich:	700 – 1100 hPa
Zulässige Stoßhöhe:	< 80 cm

ELEKTROMAGNETISCHE VERTRÄGLICHKEIT

Gemäss IEC 60601-1-2:2014 (Ed. 4) und ETSI EN 300 328 (BLE)

ELEKTROMAGNETISCHE EMISSION

LEITLINIEN UND HERSTELLER-ERKLÄRUNG – ELEKTROMAGNETISCHE AUSSENDUNGEN

Das PelvicTool Home & Sport ist für den Betrieb in einer wie unten angegebenen, elektromagnetischen Umgebung bestimmt. Der Kunde oder der Anwender des PelvicTool Home & Sport sollte sicherstellen, dass es in einer derartigen Umgebung betrieben wird.

Störaussendungs-Messung	Übereinstimmung	Elektromagnetische Umgebung - Anleitung
HF Aussendungen nach CISPR 11	Gruppe 1	Das PelvicTool Home & Sport verwendet HF-Energie ausschliesslich zu seiner inneren Funktion. Daher ist seine HF-Aussendung sehr gering, und es ist unwahrscheinlich, dass benachbarte elektronische Geräte gestört werden.
HF Aussendungen nach CISPR 11	Klasse B	Das PelvicTool Home & Sport ist für den Gebrauch in allen Einrichtungen einschliesslich denen im Wohnbereich und solchen geeignet, die unmittelbar an das öffentliche Versorgungsnetz angeschlossen sind, das auch Gebäude versorgt, die zu Wohnzwecken genutzt werden.

ELEKTROMAGNETISCHE STÖRFESTIGKEIT

Das PelvicTool Home & Sport ist für den Betrieb in einer wie unten angegebenen elektromagnetischen Umgebung bestimmt. Der Kunde oder der Anwender des PelvicTools Home & Sport sollte sicherstellen, dass es in einer derartigen Umgebung betrieben wird.


Elektromagnetische Umgebung - Anleitung

Tragbare und mobile Funkgeräte sollten in keinem geringeren Abstand zum PelvicTool Home & Sport einschliesslich der Leitungen verwendet werden als dem empfohlenen Schutzabstand, der nach der für die Sendefrequenz zutreffenden Gleichung berechnet wird.

Störfestigkeitsprüfung	IEC 60601 Prüfpegel	Übereinstimmungspegel	Empfohlener Schutzabstand ^c
Entladung statischer Elektrizität (ESD) nach IEC 61000-4-2	±8 kV Kontaktentladung ±2, ±4, ±8, ±15 kV Luftentladung	±8 kV Kontaktentladung ±2, ±4, ±8, ±15 kV Luftentladung	Fussböden sollten aus Holz oder Beton bestehen oder mit Keramikfliesen versehen sein. Wenn der Fussboden mit synthetischem Material versehen ist, muss die relative Luftfeuchte mindestens 30 % betragen.
Gestahlte HF-Störgrössen nach IEC 61000-4-3	3 V/m 80 MHz bis 6 GHz	E1 = 10 V/m (geprüft 10 V/m) 80 MHz bis 6 GHz	$d = 0.35\sqrt{P}$ 80 MHz bis 1000 MHz
Gestahlte HF-Störgrössen nach IEC 61000-4-3	3 V/m 1 GHz bis 6 GHz	E2 = 10 V/m (geprüft 10 V/m) 1 GHz bis 6 GHz	$d = 0.35\sqrt{P}$ 1 GHz bis 6 GHz

Geleitete HF-Störgrössen nach IEC 61000-4-6	9 V/m to 28 V/m 385 MHz – 5.8 GHz	9 V/m to 28 V/m 385 MHz – 5.8 GHz	$d = 0.35\sqrt{P}$ 150 kHz bis 80 MHz
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mit P als der maximalen Nennleistung des Senders in Watt (W) nach Angaben des Senderherstellers und d als empfohlenem Schutzabstand in Meter (m).^a
Die Feldstärke stationärer Funksender sollte bei allen Frequenzen gemäss einer Untersuchung vor Ort geringer als der Übereinstimmungspegel sein.^b

In der Umgebung von Geräten, die das folgende Bildzeichen tragen, sind  Störungen möglich.

Note 1: Bei 80 MHz und 800 MHz gilt der höhere Frequenzbereich.

Note 2: Diese Leitlinien mögen nicht in allen Fällen anwendbar sein. Die Ausbreitung elektromagnetischer Grössen wird durch Absorptionen und Reflexionen der Gebäude, Gegenstände und Menschen beeinflusst.

Die Feldstärke stationärer Sender, wie z.B. Basisstationen von Funktelefonen und mobilen Landfunkgeräten, Amateurfunkstationen, AM- und FM-Rundfunk- und Fernsehsender, können theoretisch nicht genau vorherbestimmt werden. Um die elektromagnetische Umgebung hinsichtlich der stationären Sender zu ermitteln, sollte eine Studie der elektromagnetischen Phänomene des Standorts erwogen werden. Wenn die gemessene Feldstärke an dem Standort, an dem das PelvicTool Home & Sport benutzt wird, die obigen Übereinstimmungspegel überschreitet, sollte das PelvicTool Home & Sport beobachtet werden, um die bestimmungsgemässe Funktion nachzuweisen. Wenn ungewöhnliche Leistungsmerkmale beobachtet werden, können zusätzliche Massnahmen erforderlich sein, wie z.B. eine veränderte Ausrichtung oder ein anderer Standort des PelvicTools Home & Sport.

Im Frequenzbereich von 150 kHz bis 80 MHz sollte die Feldstärke geringer als 10 V/m sein.

Mögliche kürzere Distanzen ausserhalb der ISM-Bänder sind nicht berücksichtigt worden, um eine etwas einfachere Handhabung dieser Tabelle zu erreichen.

**EMPFOHLENE SCHUTZABSTÄNDE ZWISCHEN TRAGBAREN UND MOBILEN HF-
TELEKOMMUNIKATIONSGERÄTEN UND DES PELVICTOOLS HOME & SPORT**

Das PelvicTool Home & Sport ist für den Betrieb in einer elektromagnetischen Umgebung bestimmt, in der die HF-Störgrößen kontrolliert sind. Der Kunde oder der Anwender des PelvicTools Home & Sport kann dadurch helfen, elektromagnetische Störungen zu vermeiden, indem er den Mindestabstand zwischen tragbaren und mobilen HF-Telekommunikationsgeräten (Sendern) und dem PelvicTool Home & Sport abhängig von der Ausgangsleistung des Kommunikationsgerätes, wie unten angeben - einhält.

Nennleistung des Senders W	Schutzabstand, abhängig von der Sendefrequenz m		
	150 kHz bis 80 MHz	80 MHz bis 800 MHz	0.8 GHz bis 2.5 GHz
	$d = 0.35\sqrt{P}$	$d = 0.35\sqrt{P}$	$d = 0.35\sqrt{P}$
0,01	0.04 m	0.04 m	0.04 m
0,1	0.11 m	0.11 m	0.44 m
1	0.35 m	0.35 m	1.4 m
10	1.11 m	1.11 m	4.4 m
100	3.5 m	3.5 m	14 m

Für Sender, deren maximale Nennleistung in obiger Tabelle nicht angegeben ist, kann der empfohlene Schutzabstand d in Meter (m) unter Verwendung der Gleichung ermittelt werden, die zur jeweiligen Spalte gehört, wobei P die maximale Nennleistung des Senders in Watt (W) nach Angabe des Senderherstellers ist.

Note 1: Bei 80 MHz und 800 MHz gilt der höhere Frequenzbereich.

Note 2: Diese Leitlinien mögen nicht in allen Fällen anwendbar sein. Die Ausbreitung elektromagnetischer Grössen wird durch Absorptionen und Reflexionen der Gebäude, Gegenstände und Menschen beeinflusst.

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