

PelvicTool

Home & Sport

Digital training device for strengthening the pelvic floor muscles

USER MANUAL

This manual is intended for use within the European Union only



USER MANUAL - PELVICTOOL HOME & SPORT

Thank you for choosing the PelvicTool Home & Sport. We wish you every success with your pelvic floor training.

This manual is intended for use within the European Union only.

The product and its instructions may not comply with regulations or standards outside of the European Union, including those in the United States. For use in other regions, please refer to the applicable regional guidelines or contact the manufacturer.

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1 GENERAL INFORMATION

1.1 EXPLANATION OF SYMBOLS



Manufacturer



Authorised representative in the European Community



Date of manufacture



Catalogue number



Serial number



Proper disposal of electrical and electronic equipment



Consult instructions for use



Warnings



Medical device



Unique device identifier



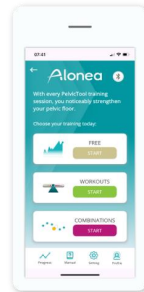
CE marking

1.2 SCOPE OF DELIVERY

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



Ergonomic seat with sensor tube



PelvicTool app



USB cable



Power adapter



Bag

2 INTRODUCTION

To ensure safe and effective use, we strongly recommend reading this user manual before using the device.

2.1 GENERAL OPERATING PRINCIPLE

The PelvicTool Home & Sport is a device designed for comfortable and effective pelvic floor muscle training. It provides feedback on the control, activity, and training progress of your pelvic floor muscles.

2.2 INTENDED USE

The PelvicTool Home & Sport is an app-supported biofeedback pelvic floor training device designed to treat and alleviate symptoms of pelvic floor disorders (e.g. after pregnancy or prostatectomy) by strengthening and improving the pelvic floor muscles.

2.3 HOW IT WORKS AND HOW TO USE IT

The PelvicTool Home & Sport provides targeted biofeedback training for the pelvic floor muscles to improve neuromuscular control. Users learn to consciously contract, relax, and control their pelvic floor muscles.

How it works in detail:

1. **Feedback training:** The device provides feedback on the activity of the pelvic floor muscles. This helps users perform the exercises correctly and monitor their training progress.
2. **Neuromuscular control:** Regular training improves the ability to consciously activate and relax the pelvic floor muscles. This supports rehabilitation and strengthening of the pelvic floor.
3. **Relief from disorders:** Improved neuromuscular control can help reduce symptoms such as incontinence, pelvic floor weakness, and pelvic floor dysfunction.

Users:

The PelvicTool is intended for

- **People with pelvic floor disorders**, such as urinary or faecal incontinence.
- **Athletes** who want to strengthen their core muscles to improve overall stability.
- **Women after pregnancy** to restore and strengthen the pelvic floor.
- **Men**, especially after prostatectomy, to regain control of the pelvic floor muscles.

Training with the PelvicTool can be used for both preventive and rehabilitative purposes.

2.4 INDICATIONS

- Urinary incontinence
- Faecal incontinence
- Hypertonic pelvic floor
- Erectile dysfunction

3 SAFETY INFORMATION

3.1 CONSULT A DOCTOR BEFORE USE

Consult a doctor before using the PelvicTool Home & Sport if you have had spinal surgery, have a complex functional disorder in the pelvic region, have pelvic instability, or are unsure whether training is suitable for your health or medical condition.

3.2 ATTENTION

- ⚠ The device must not come into contact with injured skin (e.g. open wounds, or areas following surgery).
- ⚠ The PelvicTool Home & Sport must not be inserted into any body orifice (such as the mouth, vagina or rectum/anus).
- ⚠ The PelvicTool Home & Sport is intended for indoor use only (e.g. at home, in a fitness studio, physiotherapy practice, or comparable facility).

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

3.3 SAFETY INSTRUCTIONS

Please observe the following safety instructions:

1. The user's body weight must not exceed 150 kg.
2. The PelvicTool Home & Sport is not a toy. Keep it out of reach of children and pets.
3. Do not bend the sensor tube or pull on the middle of the turquoise soft section. Always hold the dark grey plastic parts.
4. Stop training and consult a doctor if you experience pain or discomfort while using the PelvicTool Home & Sport.

5. Use only the supplied USB cable. The use of other USB cables may increase electromagnetic interference or reduce the electromagnetic immunity of the PelvicTool Home & Sport.
6. Never stack multiple PelvicTool Home & Sport devices on top of each other.
7. Do not operate the PelvicTool Home & Sport near other electronic devices without maintaining sufficient distance (see Technical and Regulatory Information).
8. Do not train while the charging cable is connected to the PelvicTool Home & Sport.

3.4 INCIDENT REPORTING

Any serious incident that has occurred in relation to the device should be reported to the manufacturer and the competent authority of the Member State in which the user and/or patient is established.

4 GETTING STARTED

4.1 INITIAL COMMISSIONING

To train with the PelvicTool Home & Sport, download the PelvicTool app from the Google Play Store or the Apple App Store to your smartphone or tablet (see app information on page 12). Make sure Bluetooth and location services are enabled.

4.2 CHARGING

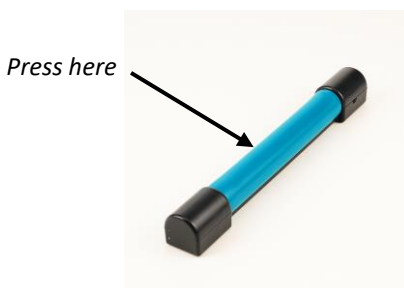
Charge the sensor tube for at least 1 hour before the first training session using the supplied USB power adapter and USB cable. A fully charged battery normally lasts several weeks, meaning the device rarely needs to be recharged. To extend battery life and prevent damage, recharge the PelvicTool for at least 3 hours every 6 months using the supplied USB cable.

4.3 CLOTHING

The PelvicTool Home & Sport is best used while wearing light, comfortable clothing (avoid tight jeans). We recommend thin and comfortable training pants.

4.4 CONNECTING THE PELVICTOOL TO THE APP

Open the PelvicTool app. Press and hold the turquoise soft section in the middle of the sensor tube for 1 second to activate the PelvicTool. The device appears in the list of available devices in the app.



4.5 POSITIONING THE PELVICTOOL AND SITTING CORRECTLY

- Insert the sensor tube into the anthracite-coloured seat. Place the PelvicTool on a hard, stable surface (e.g. a chair or wooden bench) to ensure stable positioning. The curved side of the seat with the two soft support areas for the pelvic bones must face backwards.



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



5 THE PELVICTOOL APP

5.1 APP INFORMATION

The app visualises your pelvic floor training with the PelvicTool.

Open the Google Play Store or the Apple App Store and search for the «PelvicTool Home & Sport» app. Check whether your smartphone or tablet meets the current system requirements, then download and install the app.



PelvicTool Home & Sport
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500+



PelvicTool Home & Sport
Alonea AG
Entwickelt für iPad
Gratis

The app is regularly updated with new features and improvements. To ensure optimal performance, always keep the app up to date.

5.2 MEANING OF THE SYMBOLS



Screenshot = capture of the screen



Settings = adjust individual settings



Play = start



Refresh = retry or restart



Pause



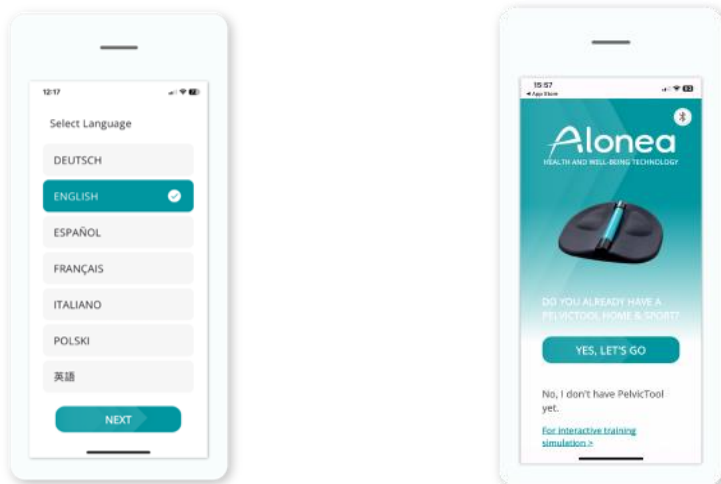
Bluetooth connection



Battery indicator - if red, please charge the battery

5.3 INITIAL START-UP

Once you have downloaded the app, you will be guided through the start screens. Select the language and follow the instructions to enable Bluetooth and location services if required. After tapping «YES, LET'S GO», you will be taken to the connection screen.

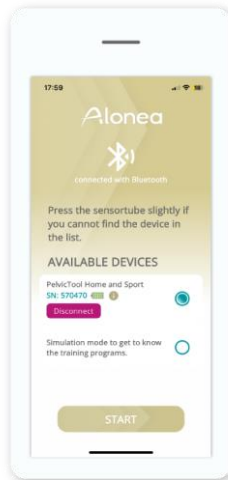


5.4 CONNECTING VIA BLUETOOTH

After selecting the PelvicTool from the list of available devices and tapping «START», the device connects automatically and the app opens the main menu.

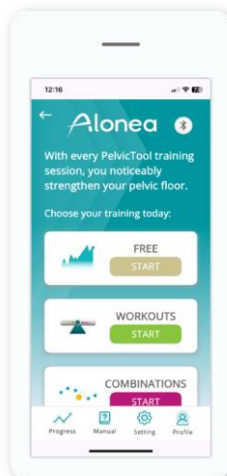
If the PelvicTool does not appear in the list, briefly press the turquoise soft section of the sensor tube again.

If the PelvicTool is already connected to another smartphone or tablet, disconnect it from that device first before establishing a new connection.



5.5 MAIN MENU

From the main menu, you can choose your training, view your progress, open the manual, adjust settings, or edit your profile.

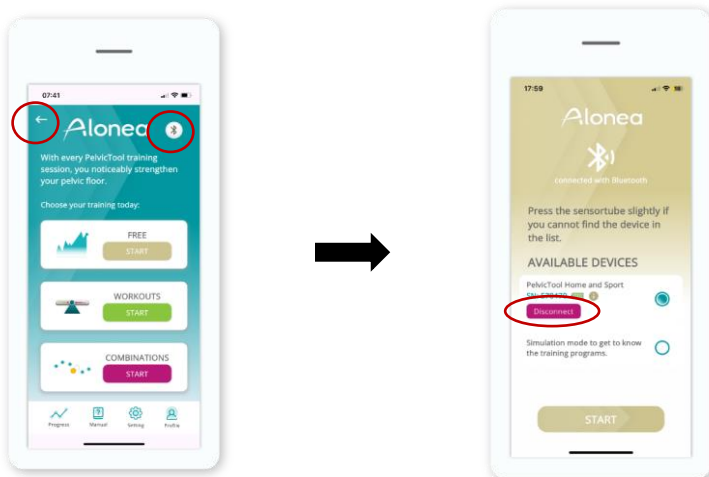


5.6 DISCONNECTING

After completing your training session, disconnect the PelvicTool from the app. Then close the app completely.

This is especially important if several people use the same PelvicTool. If the PelvicTool remains connected to another smartphone or tablet, the next user may have difficulty establishing a connection.

To access the connection screen, tap the back button or the Bluetooth icon on the home screen.

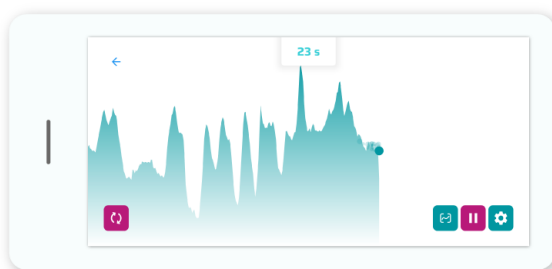


6 TRAINING

6.1 TRAINING WITH THE «FREE MODE»

In «Free mode», you can train without instructions. By contracting, relaxing, and maintaining your pelvic floor muscles, you can observe your muscle activity displayed as green curves.

By default, the session lasts 5 minutes. You can adjust the session duration and speed using the settings icon. You can pause the session or take a screenshot at any time.



At the end of the session, you can save, exit, resume, or restart it. Saved sessions can be viewed in the «Progress» section on the home screen.

6.2 CALIBRATION FOR «WORKOUTS» AND «COMBINATIONS»

After selecting «Workouts» or «Combinations» from the main menu, choose the training game you want to start. Before the selected game begins, you will first be asked to inhale and exhale calmly. You will then be guided through the calibration process. First, relax your pelvic floor muscles. Then contract them briefly and firmly 3 times in succession before relaxing again. The countdown shows how many seconds remain before the training starts. You can adjust the duration of the relaxation phase, contraction phase, or countdown using the «Settings» icon at the bottom right.



What is the calibration for?

Calibration at the beginning of each training session determines your current strength level. The sensor tube reacts quickly and sensitively to even very small changes in muscle activity. This is important because control of the pelvic floor muscles is often still limited, especially at the beginning of training. In addition, it is not possible to position the body in exactly the same way during every training session. Muscle strength and control can also vary from person to person and from session to session. Calibration therefore adapts the training to your individual muscle activity and current training level to ensure effective and personalised training.

By default, the programme selects a training range corresponding to 80 % of the force measured during calibration («maximum force»). However, you can adjust the force range individually for each game. The most important factor is not the absolute force value, but choosing a range that allows you to perform the exercises correctly and comfortably while maintaining controlled muscle contractions. Excessive or spasmodic contractions should be avoided. At the same time, the pelvic floor muscles should be contracted clearly and consciously.

6.3 WORKOUTS

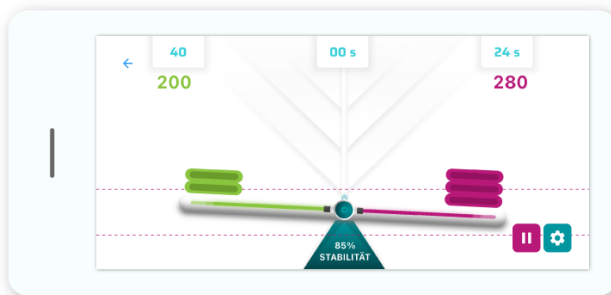
The workouts provide targeted training for specific aspects such as stability, coordination, speed, and relaxation.

By default, each workout lasts 1 minute. You can pause the session using the pause button or adjust the settings using the settings icon. Both icons are located at the bottom right of the screen.

Stability

In this game, you train the stability of your pelvic floor.

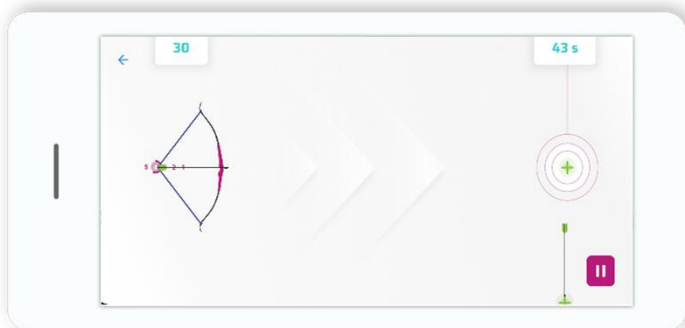
A weight between 100 and 500 appears on one side of the scale. Balance the scale by contracting your pelvic floor muscles and maintaining the contraction. Hold the position for 3 seconds, then a new weight appears.



Tension

In this game, you train controlled contraction and relaxation of your pelvic floor muscles.

Five levels are displayed behind the arrow. Contract your pelvic floor muscles to pull the arrow back until you reach the highlighted level. Maintain the contraction for about 3 seconds, then release to shoot the arrow.

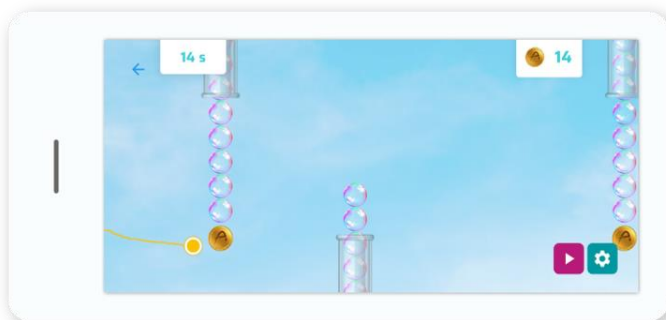


Relaxation

This workout trains you to fully relax your pelvic floor muscles.

Avoid touching the soap bubbles by contracting and then relaxing your pelvic floor muscles in a controlled manner.

You can adjust the difficulty level at any time in the settings. Each bubble that remains intact outside the tube is worth 1 point. Each coin collected is worth 5 points.



Speed

In this game, you train speed, control, and coordination. Contract your pelvic floor muscles to pull the arrow back and maintain the contraction to hold it.

Aim at a white segment on the rotating target and release at the right moment to shoot the arrow. Each hit fills a segment. Try to hit as many segments as possible in quick succession.

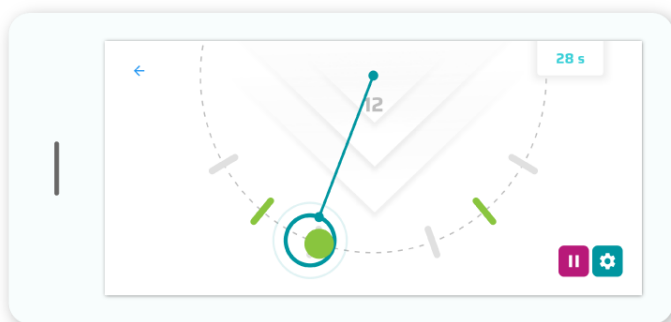


Coordination

In this game, you train coordination by consciously contracting and relaxing your pelvic floor muscles.

Move the ball by controlling these movements. Align the ball with the pendulum. Once aligned, the ball turns green. Keep both moving together for as long as possible.

You can adjust the speed of the pendulum in the settings.



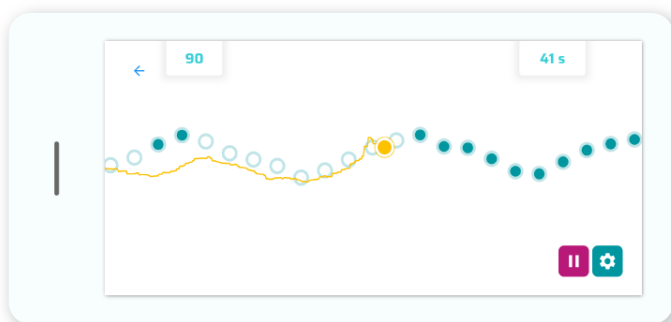
6.4 COMBINATIONS «STANDARD» AND «PROFESSIONAL»

Combination training combines different exercises to improve strength, endurance, coordination, and flexibility at the same time.

Waves

Follow the smooth wave pattern and catch as many turquoise balls as possible with the yellow ball.

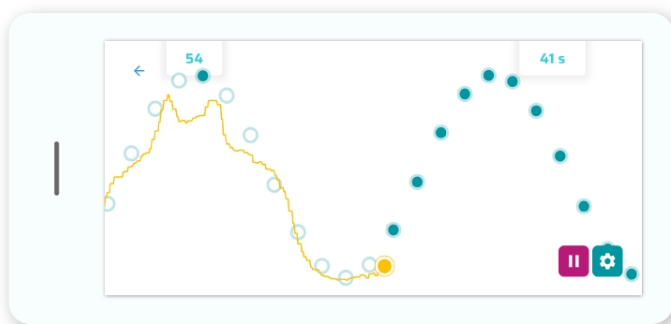
Control your movement by contracting, maintaining, and relaxing your pelvic floor muscles.



Sine Wave

Follow the ascending and descending wave pattern and catch as many turquoise balls as possible with the yellow ball.

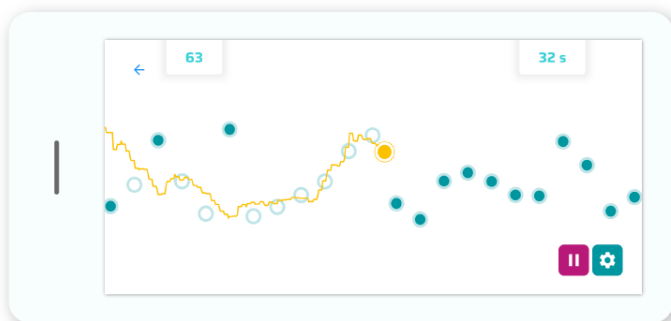
Control your movement by contracting, maintaining, and relaxing your pelvic floor muscles.



Random

Catch as many turquoise balls as possible with the yellow ball.

Control your movements by rhythmically contracting, maintaining, and relaxing your pelvic floor muscles.

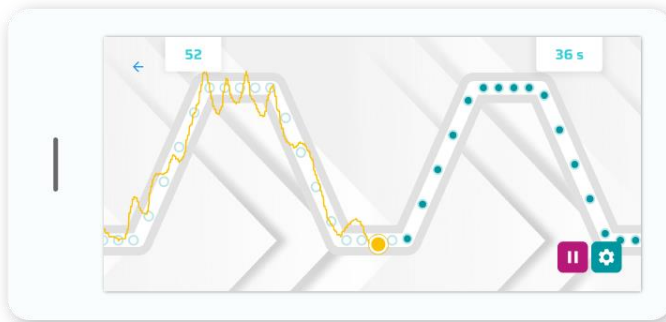


Professional

This training programme is designed for professional use in physiotherapy. It offers advanced customisation options.

For example, you can individually adjust the training curves to tailor the contraction, relaxation, and hold phases more precisely to your needs.

Open the settings menu to modify the parameters or restore the default settings.

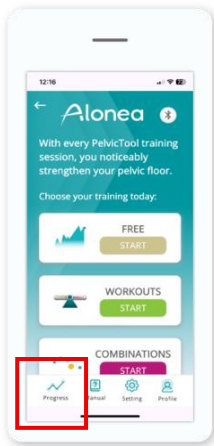


6.5 END OF A WORKOUT

At the end, you will receive a score. A higher score indicates better performance.

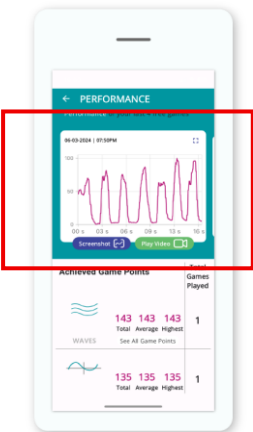
6.6 PROGRESS

On the home screen under «Progress», you will find an overview of your training results.

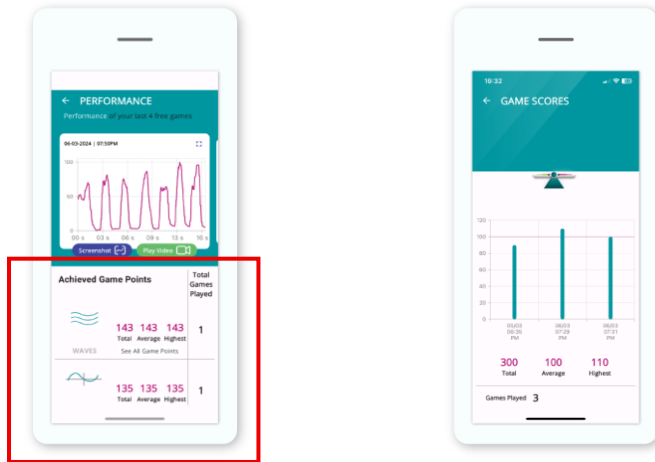


For «Free mode», the following items are available:

- Saved screenshots
- Video of the last training session



For «Workouts» and «Combinations», you can view your scores. Tap an individual workout for more details.



6.7 GROUP TRAINING WITH THE PELVICTOOL

If several people want to train one after another using the same PelvicTool, first disconnect the PelvicTool from the previously connected smartphone or tablet. Wait at least 1 minute before establishing a new connection. Once paired, the PelvicTool remains connected until Bluetooth is switched off or the app is completely closed on the smartphone or tablet.

7 TRAINING RECOMMENDATIONS

For beginners

The default settings are suitable for beginners and can be adjusted individually as training progresses.

Frequency: approximately 2–4 training sessions per week, each lasting 4–6 minutes.

For advanced users

Frequency: approximately 3–7 training sessions per week, each lasting 5–15 minutes.

These recommendations are intended as general guidelines only. Training frequency and intensity should be adapted to individual needs and comfort levels and increased gradually over time.

8 TROUBLESHOOTING AND FAQ

Troubleshooting

If the PelvicTool cannot establish a connection to your smartphone or tablet, or if the connection is interrupted, a message will appear in the app.

Please check the following:

- Make sure the PelvicTool has been activated by pressing the turquoise soft section of the sensor tube.
- If the PelvicTool does not appear in the list or a connection cannot be established, briefly press the turquoise soft section of the sensor tube again.
- Ensure that Bluetooth and location services are enabled on your smartphone or tablet.
- Make sure your mobile device is sufficiently charged.
- Recharge the PelvicTool if necessary.

- Check that your smartphone or tablet meets the current system requirements for the app.
- Check whether an app update is available and install it if necessary.
- If the PelvicTool is already connected to another smartphone or tablet, disconnect it from that device before establishing a new connection.

Frequently asked questions

On <https://alonea.ch/en/faqs/> you will find helpful answers.



9 CARE, STORAGE AND MAINTENANCE

Cleaning

As the PelvicTool is used while clothed, neither the seat nor the sensor tube comes into direct contact with the skin. If necessary, the sensor tube can be cleaned with a damp cloth and mild soap and water. Do not immerse in water and do not use aggressive solvents.

If required in a clinical environment, we recommend using commercially available disinfectants containing a small amount of alcohol.

Rechargeable battery

To extend battery life and prevent damage, recharge the PelvicTool for at least 3 hours every 6 months using the supplied USB power adapter.

Use only the supplied USB power adapter to charge the PelvicTool. Do not use the USB power adapter to charge other devices.

Storage and disposal

Store the PelvicTool in a dry environment.

The PelvicTool has an expected service life of 10 years, depending on frequency of use.



At the end of its service life, dispose of the PelvicTool at an appropriate collection point for electrical and electronic equipment or return it to the manufacturer.

Service and maintenance

The device is maintenance-free.

10 WARRANTY

Alonea AG provides a 2-year warranty on the PelvicTool Home & Sport from the date of purchase against manufacturing and material defects occurring during proper use of the product.

11 TECHNICAL AND REGULATORY INFORMATION

11.1 EU-CONFORMITY CE



The PelvicTool Home & Sport complies with the applicable requirements of Regulation (EU) 2017/745 on medical devices. The CE marking indicates conformity with the applicable European Union legislation. The EU Declaration of Conformity is available from the manufacturer upon request.

11.2 TECHNICAL DATA

Power supply:	Lithium-ion battery (5 VDC)
USB power adapter:	100–240 VAC, 50/60 Hz, 0.5 A
Internal power supply, battery:	5 V ± 5 %, rated current < 1 mA
Maximum user weight:	150 kg
Operating temperature:	10–40 °C
Storage temperature:	-25–65 °C
Relative humidity:	10–70 % (non-condensing)
Atmospheric pressure:	700–1100 hPa
Permissible drop height:	< 80 cm

11.3 ELECTROMAGNETIC COMPATIBILITY

According to IEC 60601-1-2:2014 (Ed. 4) and ETSI EN 300 328 (BLE)

Medical electrical equipment is subject to special precautions regarding electromagnetic compatibility (EMC). The PelvicTool Home & Sport must be installed and used in accordance with the EMC information provided in this user manual.

Portable RF communications equipment, including antennas, can affect medical electrical equipment. These must be kept at least 30 cm away from any part of the PelvicTool Home & Sport, including cables specified by the manufacturer.

The PelvicTool Home & Sport is intended for use in professional healthcare and home healthcare environments.

ELECTROMAGNETIC EMISSIONS

The PelvicTool Home & Sport is intended for use in the electromagnetic environment specified below. The user should ensure that it is used in such an environment.

Emissions test	Compliance	Electromagnetic environment – guidance
RF emissions according to CISPR 11	Group 1	The PelvicTool Home & Sport uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause interference in nearby electronic equipment.
RF emissions according to CISPR 11	Class B	The PelvicTool Home & Sport is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.

ELECTROMAGNETIC IMMUNITY

The PelvicTool Home & Sport is intended for use in the electromagnetic environment specified below. The user should ensure that it is used in such an environment.

Portable and mobile RF communications equipment should not be used closer to any part of the PelvicTool Home & Sport, including cables, than the recommended separation distance specified by the manufacturer.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Electrostatic discharge (ESD) according to IEC 61000-4-2	±8 kV contact discharge; ±2 kV, ±4 kV, ±8 kV, ±15 kV air discharge	±8 kV contact discharge; ±2 kV, ±4 kV, ±8 kV, ±15 kV air discharge	Floors should be made of wood, concrete, or ceramic tiles. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Radiated RF electromagnetic fields according to IEC 61000-4-3	3 V/m, 80 MHz to 6 GHz	E1 = 10 V/m (tested at 10 V/m) 80 MHz to 6 GHz	Portable and mobile RF communications equipment should be used no closer than 30 cm to any part of the PelvicTool Home & Sport, including cables.
Proximity fields from RF wireless communications equipment according to IEC 61000-4-3	9 V/m to 28 V/m, 385 MHz to 5.8 GHz	9 V/m to 28 V/m, 385 MHz to 5.8 GHz	Interference may occur in the vicinity of equipment marked with the RF communication symbol  .

Additional EMC information

Field strengths from fixed RF transmitters, such as base stations for radio telephones and mobile radios, amateur radio, AM and FM radio broadcast, and TV broadcast, cannot be predicted theoretically with accuracy.

To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location where the PelvicTool Home & Sport is used exceeds the applicable compliance level, the PelvicTool Home & Sport should be observed to verify normal operation.

If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the PelvicTool Home & Sport.

260306GH

12 MANUFACTURER AND EU REPRESENTATIVE

The PelvicTool Home & Sport is manufactured in Switzerland.



Manufacturer and Distributor

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