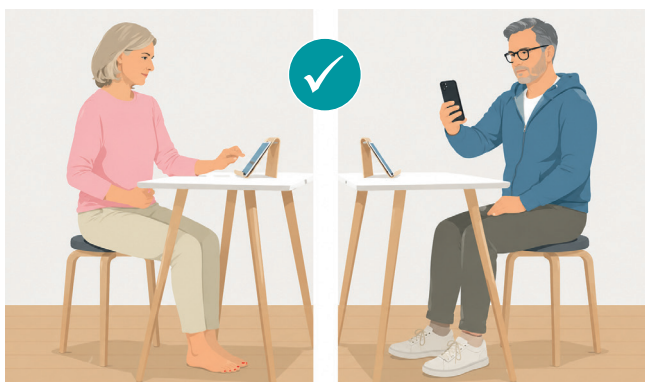


How to sit correctly

Sit upright and relaxed. Place both feet flat on the floor, with your knees at approximately a right angle. Remain as still as possible during training and do not hold on to anything.



PelvicTool video

Watch now and get started!



More information online:

Instructions for use • FAQ • Support
www.alonea.ch

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Alonea
HEALTH AND WELL-BEING TECHNOLOGY

PelvicTool Home & Sport 

Quick Start Guide



Simple.
Intuitive.
Motivating.

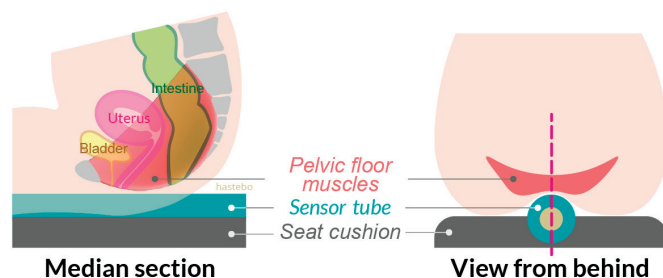
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How the PelvicTool works

The PelvicTool enables non-invasive pelvic floor training while sitting—fully clothed.

The sensor tube is positioned directly beneath the perineal area, between the anus and the vagina or the base of the penis. The pelvic floor muscles run beneath the skin in this area.

When contracted, these muscles tighten and become firmer. The sensor tube detects the resulting changes in force in the perineal area and displays them in real time in the app. This provides direct biofeedback, helping you become more aware of your pelvic floor and activate it more deliberately.



What the PelvicTool detects

The pelvic floor consists of several muscles and muscle layers. The PelvicTool primarily detects activity in the perineal area and the sphincter muscles. These muscles are essential for continence and, in men, are also involved in erectile function. Contraction and relaxation can be detected particularly well in this area and displayed as biofeedback in the app.

Getting started

- 1. Charge**
Fully charge the sensor tube before using it for the first time.
- 2. Install**
Download the **PelvicTool Home & Sport** app to your smartphone or tablet. Activate Bluetooth, open the app and grant the required permission..
- 3. Switch on**
Press the center of the turquoise section of the sensor tube for approximately one second. The PelvicTool switches on and connects to the app automatically.
- 4. Position**
Place the sensor tube in the seat and position the PelvicTool on a stable, flat seat without a back-rest, such as a stool. The rounded side should face backwards.
- 5. Sit down**
Wear light, comfortable clothing. Sit upright and relaxed, with your feet flat on the floor and your knees at approximately a right angle. Do not hold on to anything and remain as still as possible during training.
- 6. Train**
Try to contract your pelvic floor gently—as though you were trying to stop the flow of urine. Men may also find it helpful to imagine gently lifting the penis.

How to train effectively

The pelvic floor works closely with your breathing and the surrounding muscles. The PelvicTool therefore also displays responses caused by deep breathing, speaking, coughing, changes in sitting posture and body movements.

Tip: At the beginning, deliberately observe how coughing, speaking, leaning forwards or leaning backwards appear in the app. This will help you become familiar with these responses and more easily find a calm, relaxed sitting position in which you can activate your pelvic floor deliberately.

For optimal results, sit as upright and still as possible during training. With practice, you will become increasingly able to avoid unnecessary movements and use the biofeedback effectively.

