

Your PelviBar has been designed for active weight training. As with any exercise program, you should consult your doctor or physiotherapist before embarking on a new exercise programme to ensure it is suitable for you, and seek their advice if you become concerned at any stage about your symptoms. PelviBar instructions are based on the Position Stand on Progression Models in Resistance Training for Healthy Adults (American College of Sports Medicine 2002).

You should read these instructions carefully and be sure that you understand them completely before beginning your exercise program.

Positioning yourself whilst using your PelviBar

The position of your body when you use your PelviBar will affect how much gravity contributes to your weight training, and therefore how hard your muscles have to work. In a sitting or standing position, you exercise against the pull of gravity, so you should support or remove the PelviBar in your 2-3 mins rests between sets of exercises to avoid overworking your muscles.

When you lie down, your muscles will still work to draw the PelviBar in, but will not have to work against gravity.



When you sit upright, your muscles may have to work harder, but depending on the design of your chair, and how you position yourself or recline on it, your PelviBar can be partially supported. Support or remove the PelviBar between sets of exercises.



When you stand, your muscles will have to work to their fullest to hold the unsupported PelviBar in place. DO NOT ATTEMPT this position until you are confident of your ability to hold the PelviBar as dropping it will cause injury. Support or remove the PelviBar between sets of exercises.



Active Strengthening Principles

Muscles that you can move voluntarily can be trained through active exercise and this includes your pelvic floor muscles. Weights such as the PelviBar can be used as part of a strength training program for your pelvic floor muscles. The goal of strength training is to promote a stronger, thicker and firmer pelvic floor muscle support.

Active Training Guidelines

- For the first one to two weeks, start slowly and work on your active training technique. Use the widest (ie easiest) end of your PelviBar and lie down on your back whilst you exercise
- Lie down and insert the wider end of the PelviBar so the the “waist” of the wider end sits at the opening of your vagina
- Squeeze and lift the muscles around your pelvic openings (urethra, vagina and anus) to lift the PelviBar. The slopes of the PelviBar are designed to assist this lifting effect and you can expect to feel your PelviBar slide a little further into your vagina
- Keep squeezing and lifting using your pelvic floor muscles for as long as you can, ideally between 3-10 seconds
- Breathe normally as you lift and avoid holding your breath at any time during this exercise
- Relax your pelvic floor muscles completely to lower the PelviBar back to the starting position
- Repeat this action up to 8-12 times, resting briefly between each attempt. This is ONE SET of exercise
- Rest for 2-3 minutes before commencing your next set of exercise
- Try to perform 3 sets of exercise in a session
- Perform your weighted pelvic floor muscle exercises 2-3 days per week, ideally on alternate days ensuring a rest day between training days.

Progressing Training

Applying the same active training guidelines described, you can provide your pelvic floor muscles with increasing challenges by two main methods.

1. Changing the body position you adopt whilst exercising with your PelviBar

The greater the force of gravity whilst you exercise, the harder your muscles will have to work. You can progress over time to exercising in

- a sitting position where you are fully supported as you lean backwards (never lean back unsupported)
- an upright sitting position
- a standing position.

Choose an appropriate chair whilst exercising with your PelviBar and ensure you do not sit in a way that forces it further into your vagina than feels comfortable.

When you exercise in any sitting or standing position, relieve your pelvic floor muscles of the weight of the PelviBar as you rest between sets of exercises either by

- taking the weight of the PelviBar in your hand or
- removing the PelviBar and reinserting before you start your next set.

When standing, you should support the weight of the PelviBar lightly with one hand even whilst you are exercising, until you are CERTAIN that you will not drop it. Dropping it will cause injury to you, and damage to your surroundings.

2. Inserting the PelviBar differently so that you change the section of the PelviBar that you lift against

There are three progressively more difficult sections to the PelviBar. Although its weight remains the same, it is easier for your pelvic floor muscles to contract effectively around the wider part of the PelviBar and progressively harder to grip and lift the two narrower sections. *(continued above right)*

Progressing Training CONTINUED

Some women may find the medium diameter section of the PelviBar hard to use as it requires the PelviBar to be inserted further than when using the widest or narrowest sections. Never force the PelviBar and only exercise in ways that are comfortable for you. Women who feel uncomfortable using the middle diameter can progress from the widest to the narrowest sections.

Assess your own progress and make these positional and diameter changes at a rate and in a sequence that feels right for you. Refer to the section entitled Monitoring your response below.

IMPORTANT: Do not rush to progress. Exercise at the same challenge level for at least 1-2 weeks before adding an additional challenge by changing your position, or by using a different section of the PelviBar.

Monitoring your response

- Monitor your body’s response to increasing the load. You may find you need to vary the number of repetitions, the length of your rest, your exercise position or the section of the PelviBar you use, according to how your pelvic floor responds to your training session. Aim to progress slowly. Do not rush to increase the challenge to your muscles.
- You should not experience pelvic floor pain or discomfort at any time during or after your exercise session.
- If you are unsure about how to actively strengthen using weight training techniques or how to monitor your response to training, be sure to seek professional advice.

WARNING: The PelviBar is heavy, and can cause injury if dropped, or used carelessly. Users should support the PelviBar by hand at all times until they are completely confident of their ability to hold it in place with their pelvic floor muscles.

WARNING:

* The PelviBar should only be used for active weight training (see instructions overleaf). Be sure that you have read and understood this leaflet thoroughly before embarking on an exercise program with the PelviBar.

* The PelviBar weighs 345g. Dropping it will almost certainly cause injury to you and damage to your surroundings.

* Until you are confident that your pelvic floor muscles are strong enough to hold the PelviBar whilst you are in a standing or unsupported sitting position, you should always support the PelviBar lightly in place with your hand. Dropping the PelviBar from this position could seriously injure your feet and legs.

* As with any exercise program, you should consult your doctor or physiotherapist before embarking on a new exercise regime to ensure it is suitable for you, and seek their advice if you become concerned at any stage about your symptoms.

PELVIBAR PRINCIPLES:

Stainless steel barbells have long been recognised as an effective and hygienic means of exercising the pelvic floor muscles.

The PelviBar incorporates design features that make it a highly effective exercise device:

- * 3 sections of progressively smaller diameter, offering three challenge levels
- * each section incorporates sloping shaft to facilitate lift effect, whilst providing maximum challenge to hold
- * sloping shafts across progressively smaller diameters facilitate progressive tightening of the pelvic floor muscles
- * "waist" feature on widest and medium sections, and "shoulders" on narrowest section, assist correct positioning

IS THE PELVIBAR RIGHT FOR YOU?

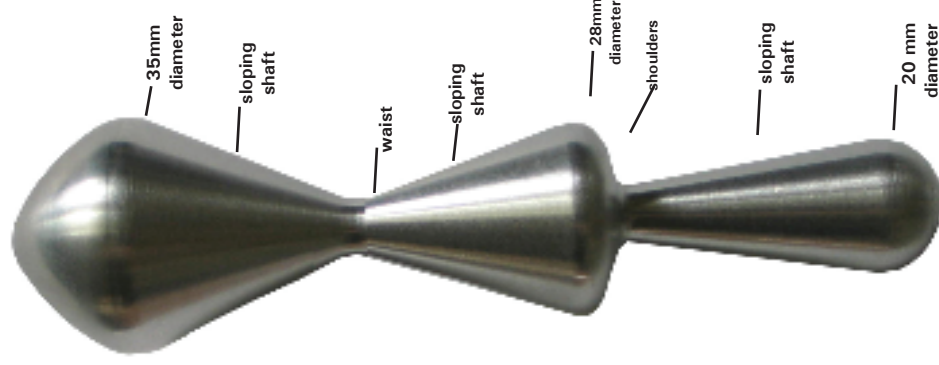
- * Weight devices such as the PelviBar may not be suitable for women with a prolapse, as the prolapse may preclude accurate positioning of a weight device.
- * No product should be used in the vagina during menstruation and no product should ever be shared with others.
- * Women who are uncertain about using a pelvic floor exercise product or who experience any difficulty in doing so, are advised to discuss their specific needs with a health professional.
- * As with any exercise program, you should consult your doctor or physiotherapist before embarking on a new exercise regime to ensure it is suitable for you, and seek their advice if you become concerned at any stage about your symptoms.

ABOUT THE PELVIBAR

- * The PelviBar is manufactured in Australia from premium quality 316 non-corrosive satin finish stainless steel.
- * The PelviBar weighs 345g (+/- 5g). It is 135mm long. The three sections have diameters of 35mm, 28mm and 20mm.
- * The PelviBar can be safely washed in the soap and water, or even washed in the dishwasher.
- * The PelviBar should be thoroughly washed and dried before first use and after every use, and stored in the velvet-reen bag provided.

PelviBar

for active pelvic floor muscle weight training



Premium quality
stainless steel
vaginal barbell
345g