



HELPFUL HINTS FOR USING YOUR NEUROTRAC® CONTINNENCE AND PELVITONE

Do not use internal electrical stimulation if you have an IUD (including Mirena) or pessary - check first with your doctor or physiotherapist.

Please check all other contra-indications before using, especially do not use a TENS or muscle stimulation device if you have a pacemaker or epilepsy- speak to your doctor.

1. To operate the unit, insert the battery supplied.
2. Attach the electrode to the Channel A **OR** B on the top of the unit, using one of the leads supplied with the machine.
3. Use the ON button (icon showing circle with line in it) to switch on the machine. This is on the front of the Continnence and Pelvitone.
4. Use the PRG/ESC on CONTINNENCE or PRG on PELVITONE button to move through the available programs. For a list of program options, see the instruction booklet supplied with the machine. Programs 1-9 (CONTINNENCE) and 1-11 (PELVITONE) are already pre-set in the unit and cover the needs of most users. Your health professional may create a CUSTOM program specifically for you in PC 1, 2 or 3 (PELVITONE) or PC1,2,3,or 4 (CONTINNENCE) PC4 in the CONTINNENCE is specifically for TENS ie can only be used continuously not with a work/rest ratio. Instructions on how to do this are in the instruction book.
5. Once you've chosen your program, use the + and - buttons **on the same side the electrode is plugged into** to control intensity. If the electrode is plugged into channel A then you can only increase/decrease intensity with the +/- control under the A channel. Likewise with the B. If using both (as with external adhesive electrodes) then A-side controls the electrodes plugged into channel A and B-side controls those plugged into channel B. The program you have selected will determine the timing, duration and cycle of the stimulation, leaving you to control only the intensity through the + or - buttons. As you increase or decrease intensity, the mA will register on the screen on the same side the electrode is plugged into.
6. Once you have practised setting up your machine following the steps above, the electrode can be used vaginally (or anally with an anal electrode if that is what your health professional has advised). Your health professional can assist you with guidance on the correct program and intensity level.
7. **VAGINAL ELECTRODE** Lie comfortably on the bed with your knees bent. Apply a *small* amount of lubricant to the tip of the electrode and gently insert into the vagina until the electrode plates are fully inserted. Unless you have an electrode with plates around the whole circumference, the electrode plates should be facing your hips - one towards the left hip, the other towards the right hip to ensure contact with your pelvic floor muscles. No matter which brand of electrode you have the end, or flange, of the electrode should remain outside the opening to the vagina. It sometimes helps to hold it there with two fingers to stop it sliding out and to feel the slight movement of the electrode downwards towards the tailbone when you contract. This indicates the correct action.
8. **ANAL ELECTRODE** It is more comfortable to use your machine with an anal electrode if your rectum is not full. Lie on your side with knees drawn towards chest. Apply a generous amount of lubricant to the electrode. Gently insert the electrode into the anus. It can help to gently bear down as you do, as if you are starting a bowel motion. Once you have inserted the electrode you will feel how easily it does go in. The first time can be a little daunting. If you are concerned, in your head compare the size of a bowel motion to the size of the electrode and you will see that what comes out is in fact larger than what you are trying to insert. Once the electrode is in place you can stay in this position or roll onto your back with knees bent. The flange of the electrode will remain outside the rectum/anus.
9. Commence your treatment as instructed by your health professional. Whilst the pre-set programs run for a minimum of 20 mins it is quite alright to start with a shorter session and build yourself up. If you feel you have had enough after 5 mins simply turn the intensity down to zero, turn off and remove the electrode. The pelvic floor workout setting is the only one where doing this means you miss part of the program as it cycles through different frequencies. You can gradually increase the time of each session until you reach the set time.
10. Once the program has finished, turn off the device and remove the electrode. Wash electrode in warm soapy water and allow to air dry thoroughly before storing.
11. Use as instructed by your treating health professional. Please read the instruction book supplied with the machine.

MORE HELPFUL HINTS

- You may be a bit nervous about turning up the intensity at first. Make your first session a learning one to get the feel for the machine and the sensation. Slowly press the + button as the program cycle starts its work phase. You may not get the intensity up high enough in the first few cycles for you to feel something. Continue taking the intensity higher with each work cycle until you can feel a comfortable tingling/buzzing sensation. Stay at that level

for a few cycles then if you are not aware of an actual contraction of the pelvic floor muscles, try taking the intensity a bit higher in the next few work cycles. The aim is to get it strong enough to cause a muscle contraction whilst remaining comfortable.

- NOTE! If using the Contenance – as a safety measure to prevent accidental increases in intensity if you do not increase the intensity (mA) for 60 seconds it will automatically lock at the mA level you are at. To increase from there you need to first unlock by pressing the minus (-) button, then proceed to increase intensity with the plus (+) button
- In your first few sessions just allow the machine to do the work. Once you feel comfortable with it, you can then start trying to "go with" the contraction and see if you can actively help the machine to contract your pelvic floor muscles.
- Practise the sensation of contracting when not using the device in order to teach your brain to re-activate the nerve pathways to the muscles.
- The programs cycle between work and rest phases so you will feel the tingling/buzzing/contraction then it will stop - *your machine is not malfunctioning!* This is the rest phase. Relax during this time.
- Programs with multiple phases will adjust the intensity when changing phase (usually a new Hz) so you may think it is not as strong. You can manually adjust this for that phase once you are used to it.
- When starting out, it can be helpful to use your machine at the end of the day prior to going to bed as initial sessions are likely to fatigue weak muscles. This way they can recover overnight. If you use it early in the day and the muscles fatigue, you may notice an initial increase in your symptoms as your pelvic floor muscles may not be able to effectively work when tired from their work-out.
- Post treatment muscle soreness, similar to other exercise induced muscle soreness, is normal. However any increase in pain or pain that does not go away, cease use and see your treating health professional.
- Please note that if your machine detects an "open" circuit, it will automatically reset the mA level to zero as soon as it reaches 5mA. If you experience this cut-out when using a vaginal electrode, it means that the electrode plates are not maintaining contact with vaginal tissue. You may be able to overcome this problem by adjusting your position (eg sitting up a bit propped on pillows, rather than lying down). It can also mean the lead or electrode wires are broken and the lead or electrode will need replacing.
- Ensure that the electrode remains inserted and is not slipping out. You may need to gently hold the end of the electrode to stop it sliding out. Too much lubricant can also cause this to happen.
- If at any stage you think your device or electrode are not working – follow the instructions on the supplied sheet: Care and Problem Solving with your Electrical Stimulation Machine. Follow the testing procedure to ensure machine is working to conduct current. This is particularly useful when you are only feeling the current on one side and think the machine or electrode may be faulty when in fact it means you are not getting good enough contact to complete the circuit internally. If it works in the glass of water then it is working and you may need to adjust your position when using, it may mean that your sensation is reduced on one side or that the muscle is avulsed (no longer attached to the pubic bone at the front) and hence can't generate any force to contract. If you are concerned please speak to your treating health professional.

Updated July 2023

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