



Multi Trainer Set

*FemiScan*TM
Pelvic Floor Therapy

Instruction Guide

FemiScan Multi Trainer Set

Incontinence can be cured

Incontinence is an embarrassing and disturbing problem. Now it can easily be treated at home. The *FemiScan* is a treatment device, developed in close co-operation with gynaecologists, for conditioning the muscles of the pelvic floor.

The *FemiScan Multi Trainer* and the exercise programs that come with it have been developed to strengthen the muscles of the pelvic floor and help in the treatment of incontinence. Studies have shown that eight out of ten cases are cured with the right kind of exercises.

The significant role of the pelvic floor

Incontinence is often due to a weakening of the muscles of the pelvic floor. On average 20% of 25-55 year-old women suffer from incontinence. The muscles of the pelvic floor are weakened by pregnancy and giving birth, and by hormonal changes occurring with age. Overweight and one-sided physical effort also strain the pelvic floor. The result can be a loss of bladder control which leads to embarrassing "accidents" in unexpected situations. Incontinence is generally associated with physical effort, for example, lifting heavy objects, laughing or coughing. This kind of incontinence, in which the strength of the pelvic floor muscles plays a significant role, is called stress or mixed incontinence and accounts for 65% of all cases.

Personal

The *FemiScan Multi Trainer* is battery operated and easy and hygienic to use. The sensor is removable and intended for personal use only. It is easy to keep the device clean at home. The treatment schedule programmed into the device guides the user in the daily performance of the muscle exercises. It also provides immediate and clearly-worded feedback on the activation level and relaxation of the muscles. All the user has to do is to put on the headphones, press the button and follow the instructions.

The *FemiScan Multi Trainer* automatically keeps a daily record of the treatment, or treatment diary, which can be downloaded at the clinic and analysed in graphic form using the *FemiScan* software.

The treatment in practice

FemiScan treatment typically takes 1-3 months. When used regularly it begins to have an effect after a few weeks. Only regular treatment guarantees a good result.

At first the treatment consists of brief contraction exercises 2-3 times a day for 3-4 days a week. Treatment should initially be gradual to ensure positive progress.

You can find more information about incontinence and *FemiScan* products from Internet www.femiscan.com

FemiScan Multi Trainer Set is a Class IIa medical device (MDD 93/ 42/ EEC)

Before starting training and always when necessary ask clinic personnel assistance with correct handling, maintenance and cleaning instructions of equipment.

NOTE!

During the training session avoid use of the following devices in close contact with Multi Trainer: Cellular phones, cordless phones, radio controlled toys, amateur radio equipment etc.

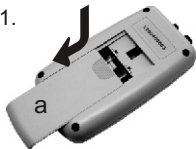
WARNING!

Do not use when pregnant or during menstrual period.

Do not use if you have an active implanted medical device (e.g. cardiac pacemaker)

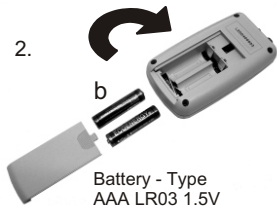
To change battery

1.



1. Open battery lid (a) by pressing gently the grooved area and pulling simultaneously as shown in figure 1.

2.



2. Place the batteries (b). Check the polarity of the battery. See the figures inside the device.

3. Close the battery lid (a) by sliding it as shown in the figure 2.

3.

**NOTE!**

The operating time with fresh battery is about 20 hours in continuous use. Multi Trainer informs you with a message when it is time to change the battery. Remove the battery, if the device is not used on a regular basis.



1. Take Multi Trainer (a) and headphones (b) from the system box.
2. Open the packages of electrodes (d) and (e or f) and the cable (c).
3. Connect grounding electrode (d) to the black connector of cable (c).
4. Connect measurement electrode (e or f) to red connectors of cable (c).
5. Connect the cable (c) to the connector (j).
6. Connect headphones (b) to the connector (i).
7. Place the electrode by following the electrode manufacturer's instructions.
8. Put the headphones on and press the button (h).
9. Follow the instructions given by the Multi Trainer.

Controls of the device

Volume Control:

You can adjust the volume by using the headphone volume control wheel (f).

Switching off the device:

The device is switched off automatically at the end of the training program. Please do not press the button while the device is switching off by itself.

The training program can be interrupted by pressing the button for 2 seconds when no message is heard and the device will be automatically turned off.

NOTE!

If vaginal irritation or other similar problems occur, get in touch immediately with the clinic personnel. You can use water-soluble lubricants. Ask clinic personnel for further instructions.

Cleaning instructions

NOTE!

Always follow the instructions given by the clinic personnel.
The Electrode **is intended for "SINGLE PATIENT USE"**.

Multi Trainer unit and cables:

It is usually sufficient to wipe the unit with a moistened towel.

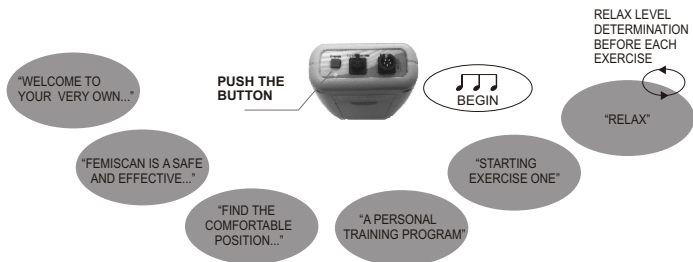
Electrode:

Follow the instructions given by the electrode manufacturer.

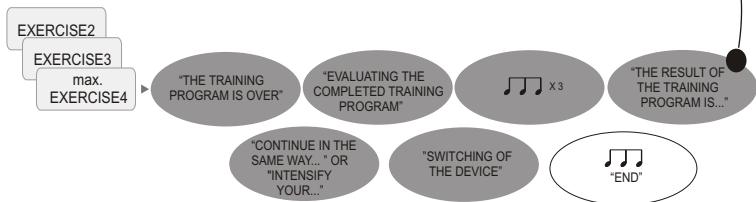
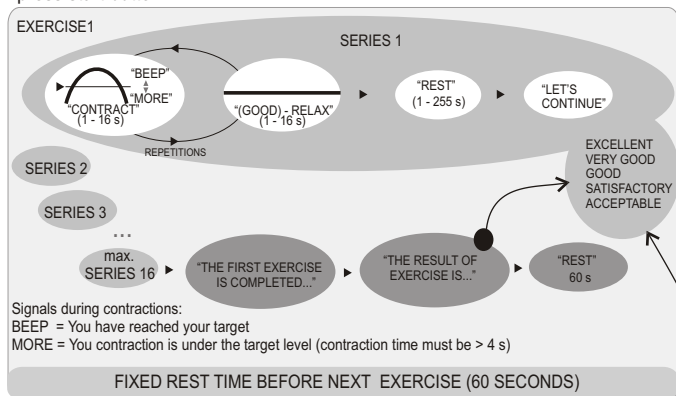
NOTE!

Do not scratch the plastic or metal surfaces with hard objects.
Do not use water warmer than 50°C for cleaning the Electrode.

Description of the training program



During the placing of Multi Trainer you will hear continues beeb signal until you press start button.



During rest period a beep signal comes in every three seconds.
 After training program Multi Trainer is automatically switched off.
 Please do not take headphone cables off at any time.

Training Record / Trainingsverlauf

Training Training Ejercicio	Date Datum Fecha	ACCEPTABLE AKZEPTABEL ACEPTABLE	SATISFACTORY BEFRIEDIGEND SATISFACTORIO	GOOD GUT BUENO	VERY GOOD SEHR GUT MUY BUENO	EXCELLENT AUSGEZEICHNET EXCELENTE
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Dealer:

