

# StepFree™

*Congratulations on your decision to improve your pelvic health. You have purchased the highest quality product of its type. StepFree is latex-free and produced to medical-grade standards by Personal Med, an FDA-registered manufacturer.*

## Helpful Hints

Clean the cone and weights before every use. This prevents irritation or infection.

It's usually best to empty your bladder and bowel before inserting the cone. It may fall out if it's in place when you use the toilet.

Once the cone is properly inserted, wear underwear to catch it in case it falls out.

If you can, choose a regular time of day to use StepFree. Mornings are good because later in the day your muscles can become tired. It's helpful to make your exercises a part of your normal routine by doing them during daily activities, such as brushing teeth, doing your hair, making the bed, etc.

When you're able to hold the cone inside you for 15 minutes while moving about, you may want to try something more advanced. Try climbing up and down a flight of stairs, washing your hands for one minute, or coughing 5 to 15 times. These kinds of activities can really build your bladder control and your confidence! You may have to step down to a lighter weight in order to do these activities.

If you can't hold the lightest weight, place your finger on the tip of the cone (where the removal string is attached) in order to reduce the effect of the weight. Then do your pelvic muscle exercises.

Always remove the StepFree cone after use. It's meant for limited periods daily and is not intended for constant use.



We always want to know what we're putting in our bodies. Personal Med is an FDA-registered manufacturer and we produce StepFree to medical-grade standards. We use biocompatible plastic, surgical (non-bacterial) suturing material and stainless steel weights, not lead like some other products.

## Ordering Information

Part Number: 84411271. Contains 1 ea. two-piece ABS cone and 5 ea. stainless steel weights (#1=20g, #2=32.5g, #3=45g, #4=57.5g, #5=70g).

## Limited Warranty

Personal Med will replace or repair any defective StepFree part due to defects in parts or workmanship within one year of purchase.



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# StepFree™

Vaginal Weights for  
Pelvic Muscle Exercise

## Instructions



*A Different Kind of Weight Training*



# StepFree™

## How StepFree Works

Most women have been told at some point that they should do Kegel exercises (a/k/a pelvic muscle exercises), but studies show that verbal instructions alone are not an effective way to learn these exercises. For instance, women are often told to interrupt their urine stream, but you can do this by contracting your abdominal (stomach) muscles instead of the pelvic floor muscles that you should be using. StepFree helps you identify the right muscles.

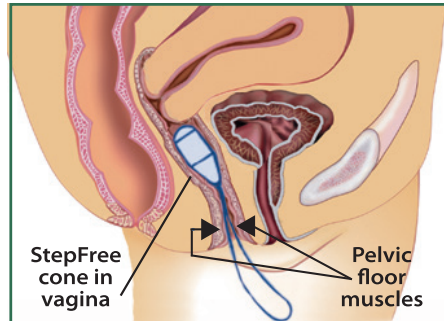
When you stand or walk around with the StepFree cone in place, it tends to slip out of its position in the vagina, which causes a “falling out” sensation that forces you to contract only the pelvic floor muscles. Once you know the right muscles, StepFree can help you strengthen them over time by using increasingly heavier weights.

## How to Use StepFree

Before you use StepFree, you should urinate and always wash both parts of the cone and string with mild soap and warm water. Dry them off and you're ready to start.

- Screw the lightest (#1) stainless steel weight into the top and bottom parts of the cone until everything fits tight (but not too tight).
- From a semi-squatting position (or with one foot on a chair or toilet), spread your labia (vaginal lips). Insert the cone into your vagina as you would a tampon. Be sure to keep the string out. Wetting the cone with water or using a personal lubricant can make it easier to insert.
- Keep your finger on the tip of the cone near the string and tighten your pelvic muscles around it. You should feel the cone being pulled upward into your vagina and away from your fingertip. This is how you can tell you've positioned the cone properly and you're contracting the right muscles.

See this diagram for guidance:



- If you don't feel the cone moving upward, or if you feel it being pushed back toward your finger, you're probably tightening your stomach muscle. Try tightening with your pelvic muscles again until you feel the cone moving correctly. This is where pretending to interrupt your urine stream can be helpful. It may take some practice, but remember - it's important to exercise the right muscles. Once you can do that, you're on your way.
- Start by standing with your legs slightly apart. If the weight falls out, it's too heavy - use a lighter weight. Once you can hold the cone in this position for two minutes, start moving about with the cone in place. Slowly increase time of use to a maximum of 15 minutes, twice a day. If you can hold a weight in place for 15 minutes two days in a row, you should use the next heaviest weight.

Many women using StepFree will see improvements in muscle strength and bladder control within 4-6 weeks, but getting your pelvic floor muscles adequately toned can take up to three months or more. Everyone is different, so progress at your own pace.

Even after your pelvic muscles are well-toned and your bladder control has improved, you'll benefit from continuing to exercise periodically. Continued exercise = continued success.

## How to Remove StepFree

Using the same position you used to insert the cone, relax and gently pull on the string until the cone is out. If you can't feel the string, place one or two fingers in your vagina, grasp the cone and then remove it.

## Contraindications

StepFree is not for women with known or suspected vaginal, genital or pelvic disease including infections, inflammation, STDs, pelvic inflammatory disease or those with cervical or uterine cancer.

Do not use StepFree during the first six weeks following childbirth or pelvic surgery. Unless directed by a doctor, do not use while pregnant or if you are trying to become pregnant.

Do not use StepFree during or just after sexual intercourse, or during your menstrual cycle.

Do not use StepFree while using such devices as tampons, pessaries or diaphragms.

Consult a doctor if you have an IUD, prolapse or any concerns about using StepFree.

## Precautions

Inspect the cone prior to each use and do not use if it is cracked or damaged in any way. Do not sterilize or use alcohol to clean the cone, as these methods may damage it.

To prevent transmission of diseases, only one person should use StepFree. Never share your cone and weights with anyone else.

It's normal to feel some discomfort or pain in the pelvic region when you begin to exercise with StepFree or when you increase the weight in the cone. This is a result of straining your untrained muscles through exercise. It usually gets better with continued use; however, if your discomfort or pain persists, or if severe pain occurs at any time, stop using StepFree immediately and speak to your doctor.

Vaginal irritation, inflammation or infection may occur, especially if recommendations for care and cleaning are not followed. If any of these conditions occur, stop using StepFree immediately and speak to your doctor.