

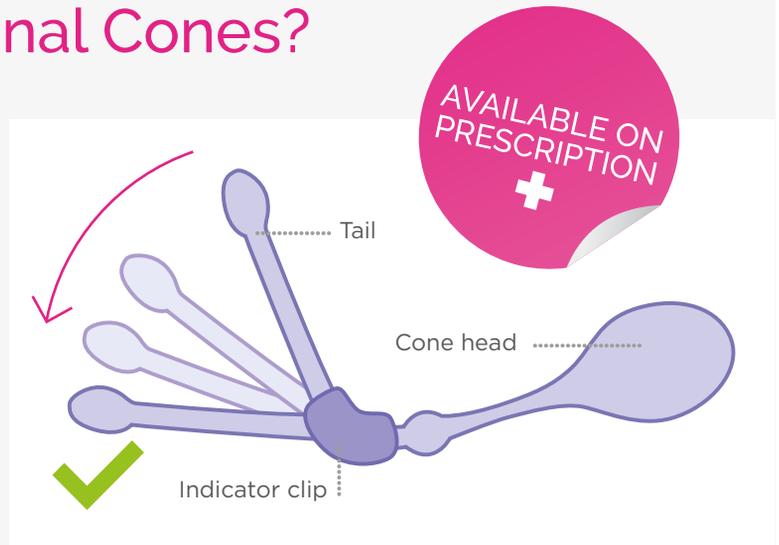
Learn more about **Kegel8**[®] Vaginal Cones

What are the Kegel8 Vaginal Cones?

A set of 3 vaginal cones of different weights and sizes. Start with the lightest, largest cone, and progressively train your pelvic floor muscles to their ideal strength and control as you advance to the smaller, heavier cones.

The unique indicator clip creates a tail which moves as you exercise – if the tail moves down, you're contracting the muscles in the correct way; if the tail moves up, you are pushing down instead of lifting the muscles, which can cause them damage.

The Kegel8 Pelvic Floor Strengthening System includes a 12-week plan of Specialist Physiotherapist designed exercises. Increase the weight of the cone you exercise with as your strength improves.



Key Benefits

Biofeedback – You can see straight away that you are exercising your pelvic floor muscles correctly.

Regain Strength – You are working your muscles and rebuilding the communication between your brain and the pelvic floor.

Motivation – Comes with a 12-week exercise plan to keep you motivated and help you monitor your progress.

Clinically Proven

During clinical trials^[1] of vaginal cones being used in the treatment of incontinence;

- ✔ 70% of women felt they were improved or cured of their incontinence.
- ✔ 90% of women found it an acceptable form of treatment.
- ✔ Vaginal cone therapy helps you avoid medical intervention for pelvic floor disorders



What you get...



3 Vaginal Cones

Largest cone: 32mm diameter, 24g
 Medium cone: 29mm diameter, 37g
 Smallest cone: 25mm diameter, 48g

Indicator Clip

When clipped onto the Kegel8 Vaginal Cone, this creates the unique indicator tail, so you can see that you are exercising correctly.



Free Exercise Plan

Easy to follow instructions, including a free beginners and advanced exercise plan devised by a Specialist Physiotherapist, ensuring you exercise safely and effectively.

Find out more at www.kegel8.co.uk

Clinical Studies and References: [1] Peattie AB., Plevnik S., Stanton SL. (1988) Vaginal cones: a conservative method of treating genuine stress incontinence. BJOG: An International Journal of Obstetrics and Gynaecology. 95: 1049-1053.