



Vaginal Exercisers  
 Masses d'exercice pour le vagin  
 Ejercitador vaginal

Instructions for Use  
 Mode d'emploi  
 Instrucciones

Contents | Contenu | Contenido

Five graduated exerciser cones  
 Cinq masses de poids cônes  
 Cinco conos ejercitantes graduales



Single Patient Use Only  
 À usage unique  
 Para ser usado únicamente por un solo paciente



Complete vaginal exercise system includes 5 graduated exerciser cones, universal handle, easy-to-read instruction guide, discreet carrying bag

**About Amielle Restore**  
 Amielle Restore is intended to gently exercise vaginal muscles to help improve elasticity and may assist in building muscle tolerance. Routine pelvic muscle training can be important for women to help enhance sexual responsiveness

for both them and their partner, and to help improve overall physical and sexual health. Five graduated sizes of exercisers allow you to progressively increase tolerance at your own pace.

**How to use**  
 Please read these instructions fully before using Amielle Restore vaginal exercisers for the first time.

**Before you begin**  
 Prior to first time use, thoroughly wash exercisers and handle in hot, soapy water. Rinse thoroughly and dry.

**Privacy**  
 Use the exercisers in a private, comfortable setting where you will be undisturbed.

**Positioning**  
 Proper positioning is important to ensure optimal results. We recommend lying flat on your back, with knees bent and legs slightly separated. Alternatively, you may stand with one leg raised on a chair.

**Progression**  
 Start with the smallest exerciser and once you can comfortably insert it, progress to the next size up. You may find when you first use the exercisers you can only tolerate the tip (this is normal). With routine, daily use you should be able to gradually progress to full insertion, then larger sizes. When transitioning sizes, move from the smaller exerciser to the next size in the same session, as vaginal muscles should already be relaxed and the transition should be easier. Through stretching of the pelvic muscles, Amielle Restore is intended to assist women in exercising the vagina to help re-establish and develop muscle motion. The time it takes to progress from size to size varies by individual.



**Inserting your exerciser**  
 Twist and lock the handle onto the exerciser cone.

Apply water-based lubricant to the tip of the exerciser cone and to your vaginal opening. Using controlled breathing, slowly ease the exerciser cone into the vagina, going as deep as is comfortable. Since the vagina slants upwards and towards your back, the exerciser cone should be angled upwards and in the direction of your back during insertion.



Once properly positioned, contract your pelvic floor muscles holding the contraction for at least 5 seconds before releasing. Repeat 4 or 5 times in a row. Work up to keeping the muscles contracted for ten seconds at a time, relaxing for 10 seconds between contractions. Remove gently and slowly.

**Duration & frequency**  
 For best results, daily use is recommended. Leave the exerciser cone in position for a minimum of 5 minutes; 10 minutes is optimal.

**Cleaning**  
 Amielle Restore Vaginal Exercisers and handle should be washed after each use. Wash in hot, soapy water, rinse thoroughly and dry before storing in carrying bag. Ensure all traces of soap are removed to avoid irritation. Alternatively, you may immerse the exerciser cones in boiling water.

**Warnings & Precautions**  
 These instructions are intended as a guide and are not a substitute for medical care or advice. It is strongly recommended that you consult your physician or healthcare provider prior to starting a new exercise program. If you suspect you have a health problem or medical condition consult with your physician immediately.

- Do NOT use Amielle Restore during the following conditions:**
1. During the 6 week post-partum period unless specifically recommended by your physician.
  2. For a minimum of 6 weeks after genitourinary or pelvic surgery unless specifically recommended by your physician.
  3. During known or suspected pregnancy, unless specifically recommended by your physician.
  4. If you have severe uterine prolapse.
  5. At the same time as other intravaginal devices such as tampons, pessaries, intrauterine devices or diaphragms.
  6. If you have or suspect a vaginal or urinary infection.
  7. If there is sensitivity to the product or if you do not understand the procedures outlined in this manual.

It is normal to feel some discomfort or muscle soreness with any exercise program. This discomfort or pain may be attributed to muscle strain and should subside with continued use. If discomfort persists, or if severe pain occurs, discontinue use and consult your physician.



**HEAD OFFICE**  
**INTERNATIONAL SALES & MARKETING**  
 Owen Mumford Ltd, Brock Hill, Woodstock  
 Oxfordshire OX20 1JU, United Kingdom  
 T: 01993 812021 F: 01993 813199  
 E: info@owenmumford.co.uk

**NORTH AMERICA**  
 Owen Mumford Inc.  
 175a West Oak Commons Court  
 Marietta, Georgia 30062, USA  
 T: 800 421 8906 | 770 977 2986  
 E: info@owenmumfordinc.com