

the Pelvic trainer® Mobile_S with USB cable connection to App

USER GUIDE





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Pelvictrainer[®] Mobile_S No charging Operation using a USB cable





Content

Symbols	
Introduction	5
Functional principle	
Purpose	
Safety	
Warranty	7
Legal protection	7
Start	
Content of Delivery	
First Start	
Software Installation	
Power supply of Pelvictrainer [®] tube	
Cables	
Set up of Pelvictrainer® sensor tube	
Storage	
Connect application to Pelvictrainer [®]	
Preparation body position	
Software Instructions	
Main Screen	
Training	
Basic training	
Advanced training	
Run lest	
Show Irend Progress	
Shapes and Treatment	
Settings	
Print and save results	
Cleaning & Disinfection	
Transport and storage	
Problem Solving	
EU-Declaration of conformity	
Contact & Support	
Customer care:	
Service centers EU:	
Technical Data	



Symbols







Symbol for type B applied parts.



Symbol to instruct the user to read and understand this user guide before using the Pelvictrainer[®].



The Pelvictrainer[®] shall be disposed of as an electronic device, in conformance with European WEEE directive, or according national or local regulations.

Symbol for DC Current. See technical data on page 37.



Symbol for batch code.



Symbol for country of production, including country code inside symbol.



Symbol for product reference number.



On tube, you find the **LOT/Serial number** (important for Service).



Introduction

Congratulations with your purchase of the Pelvictrainer[®]! We are confident that it will fulfil your expectations.

For proper use, we recommend that you read this user guide in-depth before usage.

Functional principle

The Pelvictrainer[®] is a device for easy and comfortable training of the pelvic floor muscles. The Pelvictrainer[®] shows you to which extent you are contracting your pelvic floor muscles during training and creates insight in performance and progress.

Purpose

The Pelvictrainer[®] is a medical device for the treatment of functional disorders related to the pelvic floor muscles. A functional disorder of the pelvic floor muscles may lead to problems like erectile dysfunction, incontinence, sexual disorder, instability of the pelvis.

The Pelvictrainer[®] can also strengthen the pelvic floor muscles in order to prevent a functional disorder.

The Pelvictrainer[®] shall be used while wearing clothes, between the contact area of the body and the device. Best option is to wear a trainer or a pair of pants.

The Pelvictrainer[®] shall be used indoors; at home, in a gym or in a clinical environment.

The Pelvictrainer[®] shall not be used in contact with injured skin. The Pelvictrainer[®] tube shall not be used inside the body (mouth, vagina, anal).

As all electronic devices, the Pelvictrainer[®] has electronic fields around the electronics, which may have an effect on other devices, for instance a pacemaker.

Please assure, in case you have a pacemaker, that it allows the usage of electronic devices within the range of the cable of the Pelvictrainer[®] and the connected computer.

Technical data on EMC you can find on page 38.

The purpose of the Pelvictrainer[®] is training of the pelvic floor muscles. Other usage may cause harm to you or the device.

The intended operators of the Pelvictrainer[®] are:

- medical practitioner (e.g. physio therapist) with experience regarding pelvic area and the training of pelvic muscles. Setting-up of the PelvicTrainer® and providing guidance to the patient.
- patient, suffering from issues in the pelvic area. Following the instructions provided by the medical practitioner and following the feedback from the PelvicTrainer[®].



Safety

Please follow the following instructions:

- 1. Bodyweight of the user shall not exceed 185 kg.
- 2. The Pelvictrainer[®] is not a toy. Please keep it safe from children and pets.
- 3. As all electronic devices, the Pelvictrainer[®] has electronic fields around the electronics, which may have an effect on other devices, for instance a pacemaker.

Please assure, in case you have a pacemaker, that it allows the usage of electronic Devices within the range of the cable of the Pelvictrainer® and the connected computer.

Avoid direct or close contact of a mobile device with the sensor unit.

Technical Data on EMC you can find on page 38.

- 4. Only use the cable provided with the Pelvictrainer[®].
- 5. Do not bend or twist the sensor tube.
- 6. In the following cases (which may be incomplete) we advise to consult a medical practitioner:
 - a. If you are uncertain, whether your condition is good enough for moderate training. For instance in case you have a weak heart, a pacemaker or very complex problems in the pelvic area.
 - b. If you are under the age of 18.
 - c. If you already have been treated for pelvic floor related problems in the past.
 - d. If you are uncomfortable or have pain during or after training with the Pelvictrainer[®].
 - e. If you do not understand how to use the Pelvictrainer[®].
 - f. If you want to know if training with the Pelvictrainer[®] is likely to improve your personal health situation.



Warranty

Msys B.V. provides a warranty of two years on the Pelvictrainer[®] for product failures caused by manufacturing errors.

Dysfunction or damage because of improper use are excluded. The exact description of the guarantee you find in the separate guarantee brochure.

Legal protection

The Pelvictrainer[®] and the Pelvictrainer[®] logo are registered trademarks of Msys B.V. Granted patents for the Pelvictrainer[®]: Patent US7473214, EP1747048 and NL1025526.





Start

Content of Delivery

The Pelvictrainer[®] contains from the following parts:



The connection between the tube and a device (PC, laptop) can by an USB cable connection.



For PC and laptop a USB stick with software is available.

The software can also be downloaded from the website www.pelvictrainer.com.



First Start

The Pelvictrainer[®] is almost ready after unpacking. Before first usage, please proceed as follows: In case of a PC or laptop take the USB stick and turn (flip) it open.



6. USB-Stick



Software Installation

- 1. Put the USB Stick in the USB port of your iMac or MacBook.
- 2. Copy the Pelvictrainer[®] software from the USB Stick to the iMac or MacBook.
- Start the program: SetupPelvicTrainer-1.0.241.pkg and follow the Instructions (only first time installation), see also step 1 in chapter Connect Application to Pelvictrainer[®].
- 4. Now you can use the software (see software instructions).

Similar steps shall be followed when the software was downloaded from the website www.pelvictrainer.com.

Power supply of Pelvictrainer® tube

In case of an USB cable connection, the USB cable supplies electric power to the Pelvictrainer[®] tube, which allows immediate use.

In order to provide power to the cable it has to be plugged in the USB port of your iMac or MacBook.



Cables

The USB cable connects the sensor tube with the iMac or MacBook.

Put the connector of the cable into the plug of the tube and **fixate the blue wheel by turning it**.

Caution! Don't twist the cable, as you can damage the interiors of the connector.



in order to connect the cable



Plug USB cable in iMac or MacBook.







Set up of Pelvictrainer[®] sensor tube

In order to place the tube into the seat, the tube has to slide from the back into the groove.

To remove the tube from seat, lift the sensor tube at the front, and shift it towards the rear. Don't pull at the cable.



Storage

If you do not use the Pelvictrainer[®], keep it protected (do not put sharp objects on the tube).

Software updates

The trainings software is stored on a USB stick, provided with the Pelvictrainer[®].

Future updates will be provided free of charge by download from the website (www.pelvictrainer.com).

Installation of updates will replace the training program in your computer, without elimination of the database.



Connect application to Pelvictrainer®

After downloading and installation of the software program the following steps are carried out:

1. A user licence will be effectuated.

For mobile devices, there is a single-user licence. No further actions are needed. For other devices, a multi-user licence applies. An administrator is registered with password access. Other users can be added if necessary. To do this, the administrator goes through the following steps:

• first create a password. Once an unlock code is created, you can save and print it. If you forget your password, the account can be reset with this unlock code.

• • •	PelvicTrainer - v1.0.241		
Pelvic trainer*	Bekkentrainer - Opstelling	M ^{sys}	
	Voer een beheerderswachtwoord in voor toekomstige toegang Minimale wachtwoordlengte is 6 tekens Wachtwoord: •••••• Herhaal wachtwoord: ••••••		─── i1. Check correctness of Password.
Druk de volgende or toegang wilt krijgen	ntgrendelcode af. Je hebt het nodig voor het geval je je wachtwoord bent tot de gebruikers- en rapportagedatabase 6C616A-2E7295-4B279B8-8E8AAC1-50485D	vergeten en weer	• i2. Print unlock code f
		Volgende	

• Next time administrator has to log in with the password.

•••	PelvicTrainer - v1.0.241	
Pelvic trainer*	Pelvictrainer - Authenticate	M ^{sys}
	Password: Login	



• Add and remove multiple users.



- Open the main screen.
- 2. Make a connection between application and Pelvictrainer[®].

On the settings screen a block represents the Sensor connection.

Sensor		
Connection:	usbserial-DP04NHJJ,V: v Debug	
	Framecount: 185 Framerate: 10 Battery:	
	i9. Check if you receive a signal from	
the tube (framecount increases).		
i8. Select protocol for connection.		
The current protocol is shown.		



In case the connection doesn't start automatically you can choose the right protocol by selecting the corresponding port.

rt 🗾
ınt: 967 e: 11

Protocol usbserial-####, V1

This protocol is for use with a USB cable connection (Pelvictrainer[®] manufactured in 2020 or earlier). This connection starts immediately after connecting cable in tube and USB port of iMac or MacBook.

Protocol usbserial-####, V2

This protocol is for use with a USB cable connection (Pelvictrainer[®] manufactured in 2021 and later). This connection starts immediately after connecting cable in tube and USB port of iMac or MacBook.

3. Start main screen.

On the main screen you see some activities that can be performed:

- Start a training. Default a Basic training is selected.
- Start a Run test in order to indicate to what extend and accuracy you use the pelvic floor muscles.
- Open menu option Switch User of 'File' in order to switch to an other user.
- Open menu option Save 'File' in order to save all measurement values of last training sessions.

For a good exercise sit straight in the middle of the seat and:

- Move forward or backward as little as possible.
- Move the knees and legs in and out as little as possible.
- Relax and breathe calmly.
- Use your abdominal muscles as little as possible when tightening your pelvic floor muscle.
- Do not use abdominal air pressure.
- Check if the signal goes up and down sufficiently. If not, raise your chair (if adjustable).

For more information see next pages Preparation body position and Software instructions.



Preparation body position

You can now start your training.

Beware!

Maximum bodyweight shall not exceed 185 kg!

Training

Training with the Pelvictrainer® is most effective if:

You sit in the middle of the seat of the Pelvictrainer[®] and slide down to the front, until you feel the sensor tube having good contact with your pelvic floor.

Only when you sit relaxed, painless and far enough to the front a good contact between the pelvic floor muscles and the elevation of the Pelvictrainer[®] seat is created.

Schematic front view of pelvic floor





Open

Closed

To prevent contamination, it's advised to do training with your clothes on.





Software Instructions

Main Screen



1. Start the Software by a double click **2. Follow the instructions** on the screen.
on the Pelvictrainer[®] button.



Open menu option Switch User of 'File' in order to switch to an other user.

Open menu option Save 'File' in order to save all measurement values of last training sessions.



Training

Each training has three phases:

- Initialize,
 - first 1 second to determine reference point (calibration for level zero).
 - othen 5 seconds where you can squeeze pelvic floor muscles in order to determine the offset of maximum strength and scaling of the graph.
- Exercise: try to follow the pattern of the presented shape by squeezing the pelvic floor muscles.
- Show report of exercise results, details and trend.

Basic training

Default a Basic training is started.







25. Follow green curve. The better you follow the green curve, the higher your coordination performance is.

The curve depends on shape.

A Basic training exercise has four phases:

- Controlled contraction of pelvic floor muscle (Tense).
- Isometric, continuous tensed pelvic floor muscle (Stay tensed).
- Controlled relation of pelvic floor muscle (Relax).
- Rest of pelvic floor muscle (Relaxation).

For each phase the performance is measured as determined by difference between the target line In green area and the real signal. If no differences occur you perform 100 %. **26. The width of green** area of curve is set by

parameter Target band x % Bandwidth.

For Advance training set bandwidth to 15 %.











Advanced training

While starting an Advanced training of the pelvic floor muscle you:

- Select Shape Advanced Training.
- Change Band width in Setting screen to 15 %.
- Start Training.

40. Type of training.







42. Follow green curve. The better you follow the green curve, the higher your coordination performance is.

The curve depends on shape.

An Advanced Training exercise has five phases:

- Controlled contraction of pelvic floor muscle (Tense).
- Isometric, continuous tensed pelvic floor muscle (Stay tensed).
- Controlled relaxion of pelvic floor muscle (Relax).
- Rest of pelvic floor muscle (Relaxation).
- Fast contraction and relaxation of pelvic floor muscle (Speed).

For each phase the performance is measured as determined by difference between the target line In green area and the real signal. If no differences occur you perform 100 %.







Run Test

The Run Test has two challenges combined:

- A special training curve with three levels with an indication on how accurate you use your pelvic floor muscles.
- A game to collect as many coins as you can. You receive coins if you use the pelvic floor muscles accurately and if you tense your pelvic floor muscle near the target line (see Settings screen) within coin limits.

To give an indication how the pelvic floor muscles are being used, the signal from the sensor is compared to a statistical configured learning model; a so called Machine Learning model. It is stored in the Application and determined from many training data. Ten times a second your training behaviour is compared to this model. The more the model has learned from trainings performed by several persons, the better the indication will be.

It is important to know that the model only provides an indication and does not makes absolute statistical statements. In case you want to help to make the model more accurate please contact us.













Show Trend Progress

Show Trend of progress as result of action 10.





Shapes and Treatment



- 71. The Force factor indicates the degree to which youwant to perform the workout relative to yourmaximum strength effort.
 - 72. The Tangent factorindicates the degree towhich you want to perform the workout relative to your maximum strengthacceleration.

Although Basic and Advanced training cover most needs, and you can always set up your individual training mode from these extra 10 trainings modes; they reflect the experience of a pelvic floor rehabilitation specialist.

1. Relaxation

It is not only important that you can contract your pelvic floor muscles, but many people have challenges to relax those sufficiently or fast enough. In this training mode you can train fast relaxation after fast contraction. For instance, if you suffer from Vaginismus you may profit from this training mode after a few rounds of Basic training.

2. Endurance

The pelvic floor muscles with its mostly slow muscles fibres aren't made for endurance purposes. This training mode is recommended as extra mode after Basic and Advanced training if you have erectile disfunction.

3. Basic

Basic Training is ideal to start with as it contains the 4 phases of traditional training: Concentric Phase (Upwards contraction), Isometric Phase (Holding), Eccentric Phase (Let go contraction) and Relaxation (Let go maximally).



4. Advanced

If Basic training is mastered, Advanced training offers the extra challenge of controlled fast contraction which not only offers force and coordination training but also offers more activation of fast muscle fibres that are used by fast response of the whole body and especially by high impact loads as lifting or jumping, running and sports like tennis, golf etc.

5. Stability

As the pelvic floor is situated in the lower end between the two pelvic bones (llium) it has much leverage on the whole of the pelvis and therefore offers a major contribution on the dynamic stability of the whole pelvic girdle including the lower spine. The stability training mode offers an extra challenge for people that need extra stability in this area.

6. Smooth

The Smooth training mode offers an extra challenge of coordination because it has no straight lines you can follow.

7. Sport

If every day's activities are supplemented by sports activities, the pelvic floor muscles are used on a higher level. The Sport mode is an extra mode after you finished Basic and Advanced training.

8. Power

Just like the Sport mode the power mode is meant as extra mode after you finished your Basic and Advanced training if everyday life or sports involve lifting.

9. Low back

As the pelvic floor is situated in the lower end between the two pelvic bones (llium) it has much leverage on the whole of the pelvis and therefore offers a major contribution on the dynamic stability of the whole pelvic girdle including the lower spine. The Low back training mode offers an extra challenge for people that need extra stability in this area.

10. Anti-urinary

Although Basic and Advanced Training must be mastered first to master this extra training mode it can be an important one for people that in high impact situations still loose urine.

11. Anti-Faecal

Although Basic and Advanced Training must be mastered first to master this extra training mode it can be an important one for people that in high impact situations still loose stool.



12. Bladder

The bladder is a hole muscle and can be too tense or suffer from lack of tension. This extra training mode offers an overflow training of the pelvic floor muscles onto the bladder, to influence bladder hypertension or -relaxation.

Note that the patterns are based on best practises and suggested way of movements.

Suggested build-up of training and treatment

Step 1. Ensure that client the pelvic floor muscles can be relaxed. Use shape Relaxation.

Step 2. Ensure that the pelvic floor muscles can be tightened at a lower force effort for a long period of time. Use shape Endurance.

Step 3. Train to tighten, keep tensed and relax the pelvic floor muscle in a coordinated manner. Use shape Basic.

Step 4. Train to tighten the pelvic floor muscles quickly and relax them quickly. Use shape Advanced.

Depending on the issue(s) regarding the pelvic floor or fitness goal, use the other shapes:

- Sport : Stability, Sport, Power.
- Medical : Smooth, Low back.
- Incontinence : Anti-urinary, Anti-faeces and Bladder.



Settings

	73. Select 74	4. Select Style
	language.	of interface.
	Ŷ	Ŷ
Opt	ions - PelvicTrainer	
System Settings		
Preferred language:	American English	
Style:	Standard Blue	
Sensor		
Connection:	usbserial-DP04NHJJ,V: 🗸	Debug 75. Show received messages.
	Framecount: 185	
	Framerate: 10 Battery:	• 76 Set time for preparation
	Buttery.	h of an a start training
Application defaults		before start training.
Autostart after calibration	6 Second	ds
Number of rounds	4 Orounds	77. Set number of rounds
Target band	15 🗘 Bandwi	^{idth} during training cycles.
FFT Settings		
Coin limit	40 %	78. Set width of allowed deviation
IIR filter	0.5	in training pattern.
Otherse and		
Storage		79. Set width of allowed deviation
Trend reporting	10 C Record	in test run pattern to receive
	reset	coins
Company info		coms.
Address details	Details	80. Reset numbers to original
		manufacturers data
?		
	81. Set number	82. Add your Identity
	of results for	to print and pdf file
	determining	
	the progress	
	indicators.	



Print and save results

You can **print** the training results or trend reports after every training, on your printer or store as PDF file.



If you chose to **print as PDF** then the software will ask you where on your computer you want to save the file.

The generated PDF File name, that you can change at any time, will always contain **Time information**.

Save file		
Bewaar als:	PelvicTrainer_Report-1-231222-1116	
Tags:		
Locatie:	Documents	
	Annuleer Bewaar	



Cleaning & Disinfection

Clean or disinfect your Pelvictrainer[®] with a soft and moist cleaning cloth. Do not use aggressive or abrasive detergent.

If you want to clean your PC or laptop screen or table, follow the cleaning instructions of the respective manufacturer.

The Pelvictrainer[®] is not waterproof and will get damaged when submerged in water or other liquid.

Beware!

If you clean the Pelvictrainer[®], assure yourself that you disconnected any power source so that there is no voltage on the device.

Transport and storage

The Pelvictrainer[®] must be stored in a safe way, so that you can be sure, that no damage to the device can occur, which can change the functionality or the safety of the device.

During transport and storage the following requirements must be fulfilled.

- Temperature between -20 °C and 50 °C.
- Air pressure between 700 hPa und 1100 hPa.
- Humidity between 10 % und 80 %.
- Prevention of bumping.

If the Pelvictrainer[®] is stored in a cold room, the device should be allowed to adapt to the environment for at least two hours, before usage.

The proper usage of the computer you use for the Pelvictrainer[®] Software you find in the manual of your computer.



The Pelvictrainer[®] is made of materials that can be recycled. So please follow the rules and regulations of your country concerning the recycling of electronic devices.



Problem Solving

If you have questions or requests, please visit our Homepage: **www.pelvictrainer.com** Frequently asked questions can be found there.

Some problems that could occur and possible solutions.

- 1. The Pelvictrainer[®] software does not function or does not function correctly:
 - Test if the connection cable is in the USB-port.
 - Test if the connection on Settings screen is set to usbserial V1 or V2. The moment connection is built and active, the Frame count and Framerate starts to publish figures.

Please contact the customer service of the company, where you bought the Pelvictrainer[®]. See pg. 36.



EU Declaration of conformity

EU- DECLARATION OF CONFORMITY.

The legal manufacturer, Msys B.V. in the Netherlands, hereby declares that the Pelvictrainer[®] fulfils the requirements of regulation (EU) 2017/745 on medical devices.

CE

Msys B.V.

The Netherlands





Contact & Support

Any serious incident that has occurred in relation to the PelvicTrainer[®] should be reported to Msys B.V. and the competent authority of the Member State in which the user and/or patient is established.

Customer care:

If you have any issue, please contact your local supplier or distributor (the one who sold you the Pelvictrainer[®]).

For general issues concerning the Pelvictrainer[®] please contact your trained and authorized reseller or one of the other addresses below.

Do not try to repair the Pelvictrainer[®] by yourselves. This can be dangerous and your warranty will get void.

Contact a service centre below to have your Pelvictrainer® repaired.

Only use original parts delivered by Msys or an authorized reseller as replacement.

Service centers EU:

Msys B.V. Van Breugelplantsoen 42 NL- 3771VR Barneveld the Netherlands **Msys Technology GmbH** Klausstrasse 44 CH-8008 Zürich Switzerland

service@msys.nl

service@msys-international.ch

For further Information:

Please visit www.pelvictrainer.com





Technical Data

Internal power consumption	5V +/- 5%, nominal current < 4 mA	
EMC-Level	CISPR 11, Group 1, Class B (according to IEC 60601-1-2)*	
Total weight	7 kg (Sensor tube: 0,35 kg, Seat: 0,8 kg, Frame 5.85 kg)	
Dimensions		
Chair	Diameter = 76 cm, H = 50 – 76 cm	
Seat	L = 27 cm, W = 20 cm, H = 1,5 cm	
Sensor tube	L = 27 cm, D = Ø 4,1 cm	
Maximal allowed load by user	1850 [N] (185 kg)	
Operating temperature (tolerable range)	10 – 40º C	
Storage temperature (tolerable range)	-25 – 65º C	
Relative humidity (tolerable range)	10 – 90% (without condensation)	
Air pressure (tolerable range)	700 – 1100 hPa	
Magnitude of shock forces (tolerable range)	< 100 cm	



* The Pelvictrainer[®] fulfils the requirements for medical devices conform safety standards IEC 60601-1 and IEC 60601-1-2.

Please use the problemsolving area (pg. 34) or visit our homepage: www.pelvictrainer.com or contact us if the device should not work properly.

Classification of the Pelvictrainer® According to EN/IEC 60601-1:

USB: Device with external low-voltage DC power supply

Class II

Applied part Type B

IPX0

Non sterile medical device

Continuous usage

Indoor use

