

Pelvic floor training cushion for urinary incontinence

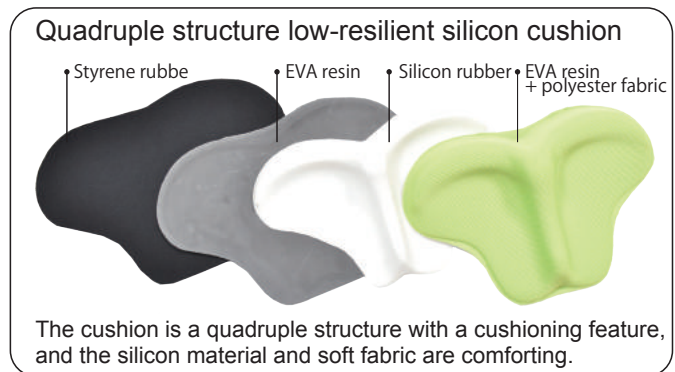
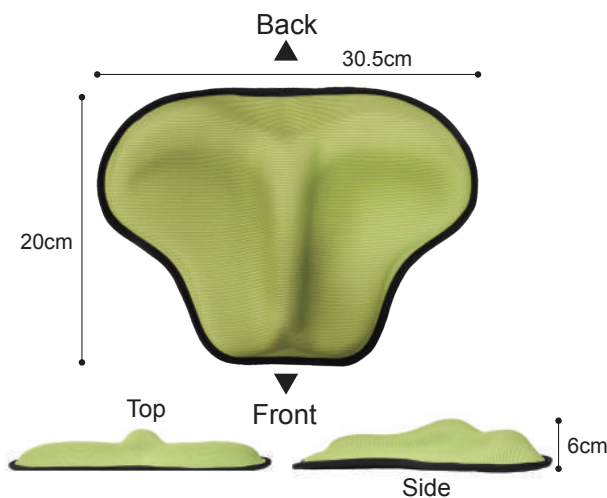
User Manual

Thank you for purchasing this product.
Read this User's Manual before using this product,
and make sure to use the product correctly.



Stress urinary incontinence causes slight urine leakage when sneezing, coughing or laughing. One of the causes of stress urinary incontinence is loosened pelvic floor muscles. Reducing stress urinary incontinence is possible by strengthening pelvic floor muscles.

* Results may vary between individuals.



How to use

- 1 Sit with the highest protrusion to fit around the anus.
- 2 The cushion can be used on a dining table chair or legless chair and so on. Placing on a hard floor or chair offers just the right firmness. If it feels too hard, adjust by placing a cushion under it or place it on a softer surface.
- 3 Feeling of use will also vary depending on the by pants and undergarments being worn. Make adjustments within a reasonable range.
- 4 Begin by sitting for about 5 to 10 minutes per day and gradually extend the time to about 2 hours per day.



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