

## **The StepFree Daily Exercise Program**

You may want to make your exercises a part of your normal daily routine by doing them during daily activities, such as brushing your teeth, doing your hair, making the bed, etc. Making the exercises a part of your routine will help you stay with the program and reach your goal of improved bladder control. You may find it easier to use the cone in the morning, as later in the day your muscles can become tired.

1. Always clean the cone and weights before exercising. (See “How to Clean & Care For The StepFree Parts”)
2. Begin the exercise program with the heaviest weight you can retain for one minute. (See “How to Choose The Proper Weight”) If at any time you feel the cone slipping out, use your finger to gently push the cone in place.
3. Follow Steps, “How to Insert the Cone,” which follow and work up to keeping the cone in place for five minutes. For best results, move about while the cone is in place. There are fewer benefits if the cone is used while sitting or lying down.
4. Slowly increase the time of use to a maximum of 15 minutes, twice a day.
5. When you’re able to use the cone comfortably for 15 minutes twice daily without the cone slipping out, proceed to the next heavier weight.

Once you have reached your goal of improved bladder control, proceed to the “StepFree Muscle Maintenance Program.” It is important that you continue your exercises to keep your muscles in shape.

Everyone is different, so progress at your own pace. It is not necessary for every woman to use all the weights or to use the “Additional StepFree Exercises.”

## **How to Clean & Care for the StepFree System**

The StepFree carrying case contains a tampon shaped plastic cone and a set of weights made of plastic and stainless steel.

1. Rinse the cone and used weights in warm, not hot, water.
2. Use soft cloth and a mild soap such as Ivory or antibacterial hand soap. Gently scrub the cone’s surface, the string and any used weights. Do not use alcohol or a product containing alcohol as it may cause damage.
3. Thoroughly rinse the cone and used weights under warm tap water to remove all soap residue.
4. Thoroughly dry the cone and used weights with a clean, soft dry cloth. Store the cones and weights in the container provided.

## **How to Choose the Proper Weight**

1. Take weight #1 (the lightest weight) and screw it into the cone. The weight numbers are imprinted on the case below the weights.
2. Insert the cone into your vagina, using the instructions that follow, (see “How to Insert the Cone”).
3. Try to hold the cone in place while walking around for 1 minute.
4. If you can successfully walk while holding the cone in place, remove the cone and go on to weight #2. Try to hold it in place for 1 minute while walking.
5. Continue trying heavier weight until you reach the heaviest weight you cannot retain for one minute. The heaviest weight you can retain for 1 minute is the weight you should use to start your exercise program.

## **How to Insert the Cone**

Inserting the cone is as easy as inserting a tampon.

1. Use the toilet before you begin. Wash hands thoroughly with soap and water.
2. Screw one half of the cone onto the proper end of the weight until it stops turning, then screw the other half of the cone onto the weight until the 2 halves are snug. Do not force them beyond the point where they are snug.
3. If lubrication is needed to make the cone easier to insert, you may want to wet the cone or use a personal lubricant.
4. From a semi squatting position or with one foot on a chair or stool, spread your labia (vaginal lips) as you would for insertion of a tampon. Insert the cone, rounded end first into your vaginal opening with the string end pointing down. You can also insert the cone while lying down.
5. Only the string should be felt protruding from your vaginal opening. If the cone is inserted properly you may have the sensation that it is coming out, but you won't see it or feel it with your hand.
6. Make sure the cone is in the right position by inserting a finger into your vaginal opening beside the string until you feel the cone. You should feel the tapered end of the cone with the string at the tip of your finger. Be careful not to push the removal string into your vagina.
7. You retain the cone by tightening your pelvic muscles. After you have inserted the cone into your vagina 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 have positioned the cone properly and you are contracting the muscles correctly.  
If you do not feel the cone moving upward or if you feel it being pushed back toward your finger, you are probably tightening your stomach muscles. Try

tightening your pelvic muscles again until you feel the cone moving correctly. Pretend you are interrupting the urine flow. It may take some practice, but it's important to exercise the right muscles. Once you can do this you are on your way.

When the cone is inserted properly wear underwear to catch it if it falls out.

### **How to remove the cone**

Using the same position you used to insert the cone, relax and slowly pull on the string until the cone is removed.

If you cannot feel the removal string simply place one or two fingers into your vagina around the cone and remove it.

### **Additional StepFree Exercises**

When you are able to hold the cone inside you for 15 minutes while moving about, you may want to try something more advanced. Try doing your exercises while climbing up and down a flight of stairs, running in place for one minute, washing your hands for one minute, or coughing five to fifteen times. These types of activities can really build your bladder control and your confidence. You may have to step down to a lighter weight in order to begin these exercises.

### **StepFree Muscle Maintenance Program**

Getting your pelvic floor muscles adequately toned up can take up to three months or more. Once you've progressed to the point where your pelvic muscles are well toned and your bladder control has improved, you will want to continue exercising twice a day for fifteen minutes at least two or three times a week to maintain muscle control. Continued exercise is the key to continued success.