

C reLift

Visual Pelvic Floor Trainer

Instruction Guide

Manufactured For:



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CoreLift – Instructions for Use

What is the CoreLift?

The CoreLift has been developed from the award-winning PERIFORM®+ probe, used worldwide by Continence Care specialists.

Its unique shape allows it to follow the movement of the internal walls of the vagina. These movements reflect how your pelvic floor muscles are contracting.

The external indicator amplifies this movement, showing whether the contraction is being performed correctly. This makes the CoreLift™ a simple but highly effective form of visual biofeedback, helping you learn how to contract your pelvic floor properly.

Why is it important?



One in four women will experience some form of incontinence in their lifetime, especially after childbirth.



The most common form is Stress Incontinence, which occurs during coughing, sneezing, laughing, or physical activity, when weak pelvic floor muscles cannot contract quickly or strongly enough to prevent leakage.

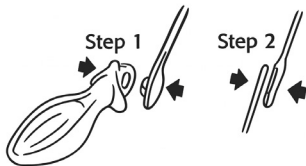


A strong and healthy pelvic floor also helps prevent fecal leakage and supports bladder and bowel control.



Studies show that even with expert instruction, up to half of women contract their pelvic floor muscles incorrectly—sometimes bearing down instead of lifting, which can weaken the pelvic floor.

The CoreLift provides immediate feedback, helping you ensure you are performing contractions the right way.







Contents

- 1 x CoreLift™ body
- 1 x Indicator
- 1 x Indicator Extension




Important Safety Information

- For adult female use only
- For single person use only
- Do not use if pregnant

Precautions


-  Do not use if you experience discomfort, irritation, or infection.
-  Do not expect immediate results—muscle training takes time.
-  Seek professional advice if no benefit is felt after 12 weeks.
-  Clean before and after every use as instructed.


Preparation

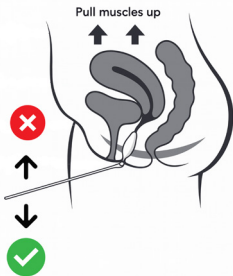
1. Wash, rinse, and dry the CoreLift™ thoroughly. (See Cleaning Instructions)
2. If needed, apply a light coating of water-based lubricant (e.g., Slippery Stuff).
3. Find a comfortable position:
 -  Sitting on the edge of a chair, knees apart.
 -  Lie on your back with knees bent and supported by pillows.
 -  Or insert while standing, as you would a tampon.
4. Insert the CoreLift™ body into the vagina until the flange sits just inside the labia.
5. The indicator must remain outside the body, pointing upwards.

Checking Your Contractions

1. Relax your pelvic floor, abdomen, thighs, and buttocks.
2. Contract your pelvic floor as if trying to stop passing wind—squeeze and lift.

 If correct: The indicator moves downward (toward your knees).



 If incorrect: The indicator moves upward—this means you are bearing down (as if passing a stool). Keep practicing until it moves downward.



If the Indicator Doesn't Move

1. Ensure correct positioning with the indicator pointing upward.
2. Try again while relaxing other muscles.





3. If still no movement:

-  Try identifying the pelvic floor by stopping urine flow mid-stream (only as a test, not a regular exercise).
-  Place a finger on the skin between the vagina and anus—you should feel a lift when contracting correctly.



If you suspect your pelvic floor is very weak or if you experience leakage, ask your doctor for referral to a pelvic floor therapist or continence specialist.

Exercises


1. Fast Contractions (“Quick Flicks”)

-  Contract as strongly and quickly as possible, then release.
-  Repeat once per second, up to 10 repetitions.
-  Rest for 2–3 minutes, then repeat.
-  These exercises help your pelvic floor respond to sudden pressure (coughing, sneezing, jogging).

2. Slow Contractions (“Endurance Holds”)

-  Contract and hold as long as you can while keeping the indicator down.
-  Release when you feel the muscle let go.

 Aim for up to 10 holds of 10 seconds each.

 These exercises build strength and endurance over time.

Building Progress

1. If movement is small at first, don't give up—any downward movement shows progress.
2. Consistency is key: Use daily for at least 3–4 months.
3. Once confident, you can practice contractions without the device, anytime and anywhere.
4. Remember: Use it or lose it! Like all muscles, the pelvic floor needs regular exercise.

Cleaning & Storage

Clean the device with hot, soapy water before and after each use. Rinse thoroughly and dry with a clean, lint-free towel or disposable paper. Avoid boiling water. Confirm the device is fully dry prior to storage.

Disposal

When no longer in use, clean thoroughly and dispose of according to local regulations.



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