

TensCare X-VPM-FR

TensCare Liberty Plus Vaginal Probe (32mm) Instruction Manual

Model: X-VPM-FR

1. PRODUCT OVERVIEW

The TensCare Liberty Plus Vaginal Probe is a high-quality, reusable probe designed for use with electrostimulators and EMG biofeedback equipment. It is specifically developed for pelvic floor muscle training to address conditions such as female urinary incontinence.

This probe features a 32mm diameter, making it slightly wider than the standard Liberty probe, and is designed for comfortable and effective intravaginal use.



Image 1: TensCare Liberty Plus Vaginal Probe. This image shows the white, ergonomic probe with its attached lead wires and 2mm pin connectors.

2. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before use. Failure to do so may result in injury or improper device function.

- Do not use this probe if you have a copper Intrauterine Device (IUD).
- If you experience allergic reactions to metals such as steel, a gold-plated probe (e.g., TensCare Gold Vaginal Probe) may be a more suitable alternative.
- Consult your healthcare professional before using this device, especially if you have any pre-existing medical conditions.
- This device is intended for intravaginal use only.
- Keep out of reach of children.

Toutes les sondes TensCare sont conformes aux réglementations de sécurité et de performance du Royaume-Uni et de l'UE



Dispositif médical de classe IIa
certifié en matière de sécurité



Réutilisable jusqu'à 6 mois

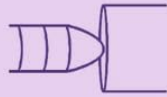


Image 2: Safety and Reusability. This graphic highlights that TensCare probes comply with UK and EU safety regulations, are certified Class IIa medical devices, and are reusable for up to 6 months.

3. SETUP AND CONNECTION

1. **Preparation:** Ensure the probe is clean and dry before each use. Refer to the "Maintenance and Cleaning" section for proper cleaning procedures.
2. **Lubrication:** Apply a water-based lubricant to the tip of the probe for easier and more comfortable insertion.
3. **Connection:** Connect the 2mm pin connectors of the probe's lead wires to your compatible electro-stimulator or EMG biofeedback device. Ensure a secure connection.
4. **Insertion:** Gently insert the probe into the vagina. The ergonomic design and smooth surface facilitate comfortable insertion.

Compatible avec la plupart des appareils d'exercice du plancher pelvien du marché



Connecteurs à broches de 2 mm courants



Compatible avec les exercices du plancher pelvien TensCare



Image 3: Compatibility. This image illustrates the 2mm pin connectors, confirming compatibility with most pelvic floor exercise devices, including TensCare models.

4. OPERATING INSTRUCTIONS

The TensCare Liberty Plus Vaginal Probe is designed to be used with an approved electro-stimulator or EMG biofeedback device for pelvic floor muscle training. Always follow the specific operating instructions provided with your primary device.

General Usage Guidelines:

1. Once the probe is inserted and connected, turn on your electro-stimulator or biofeedback device.
2. Select the appropriate program or settings on your device as recommended by your healthcare professional or the device's manual.
3. Adjust the intensity gradually to a comfortable level. You should feel a gentle contraction or sensation, not pain.
4. Perform your pelvic floor exercises as instructed by your healthcare professional or the device's program.
5. After each session, turn off your device and carefully remove the probe.

This probe is particularly effective for stimulating, toning, and strengthening pelvic muscles, and can help

soothe bladder muscles to reduce urinary leakage.

À utiliser en complément des exercices du plancher pelvien pour traiter l'incontinence urinaire et fécale



Stimule, tonifie et renforce les muscles pelviens.



Apaiser les muscles de la vessie et arrêter les fuites urinaires



Image 4: Usage Benefits. This graphic illustrates how the probe stimulates, tones, and strengthens pelvic muscles, and helps soothe bladder muscles to stop urinary leaks, complementing pelvic floor exercisers for incontinence treatment.

5. MAINTENANCE AND CLEANING

Proper maintenance and cleaning are essential for the hygiene and longevity of your TensCare Liberty Plus Vaginal Probe.

1. **After Each Use:** Disconnect the probe from the device. Wash the probe thoroughly with mild soap and warm water.
2. **Rinsing:** Rinse the probe completely under running water to remove all soap residue.
3. **Drying:** Dry the probe thoroughly with a clean, lint-free cloth or allow it to air dry completely before storage.
4. **Storage:** Store the probe in a clean, dry place, away from direct sunlight and extreme temperatures.
5. **Do Not:** Do not boil, sterilize, or use abrasive cleaners on the probe.

The product has an approximate lifespan of 6 months, depending on the frequency of use. Replace the probe after this period or if any signs of wear or damage are observed.

6. TROUBLESHOOTING

- **No Sensation or Weak Sensation:**
 - Check that the probe is securely connected to your device.
 - Ensure the device is turned on and the intensity is set to an appropriate level.
 - Verify that the probe is inserted correctly and making good contact.
 - Ensure sufficient water-based lubricant has been used.
 - Check the battery level of your electro-stimulator.
- **Discomfort or Pain:**
 - Reduce the intensity setting on your device immediately.
 - Ensure adequate lubrication.
 - Re-position the probe for comfort.
 - If discomfort persists, discontinue use and consult your healthcare professional.
- **Probe Damage:**
 - Inspect the probe and lead wires for any visible signs of damage (cracks, frayed wires).
 - If damaged, discontinue use and replace the probe.

7. SPECIFICATIONS

Feature	Specification
Model Number	X-VPM-FR
Probe Body Material	GE MG47 Plastic (Lightweight ABS)
Electrodes Material	#301 Stainless Steel (Surgical Grade)
Cable Material	PVC housing copper conductor wires
Weight	20 g
Introduced Length	73 mm
Diameter	32 mm
Connection Type	2mm pin connectors
Probe Surface Area	7.45 cm ²
Product Lifespan	Approximately 6 months (depending on frequency of use)
Latex-Free	Yes
Compliance	EN60601-01 approved for muscle stimulation and EMG biofeedback equipment

Les matériaux de qualité médicale garantissent un traitement sûr et efficace



Plastique ABS léger



Acier inoxydable de qualité
chirurgicale

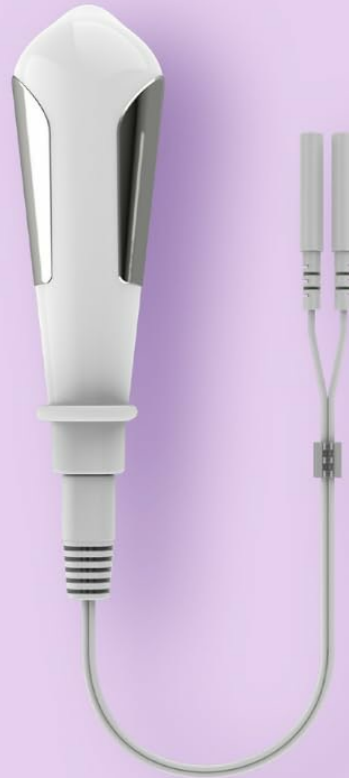


Image 5: Quality Materials. This graphic highlights the use of lightweight ABS plastic for the probe body and surgical-grade stainless steel for the electrodes, ensuring safe and effective treatment.

Conçu pour assurer une insertion facile et confort d'utilisation









Image 6: Ergonomic Design. This image illustrates the ergonomic shape of the probe, designed for comfortable vaginal use and easy insertion.

8. WARRANTY AND SUPPORT

The TensCare Liberty Plus Vaginal Probe comes with an approximate 6-month warranty, depending on the frequency of use. For warranty claims or technical support, please contact TensCare customer service or your retailer.

For further information or assistance, please refer to the TensCare official website or contact their support channels.

	<p>TensCare itouch sure Pelvic Floor Stimulator Instructions for Use</p> <p>Comprehensive guide for the TensCare itouch sure pelvic floor stimulator, covering setup, operation, programs for stress, urge, and mixed incontinence, and pelvic floor exercises.</p>
	<p>TensCare itouch sure - Instructions for Use</p> <p>Comprehensive instructions for the TensCare itouch sure pelvic floor exerciser, covering setup, operation, programs, troubleshooting, and safety information for managing incontinence and improving pelvic floor strength.</p>
	<p>TensCare Elise 2 Pelvic Floor Stimulator: User Manual & Incontinence Guide</p> <p>Official user manual for the TensCare Elise 2 pelvic floor stimulator. Learn about its features, EMS technology, pelvic floor exercises, incontinence treatment, and safety guidelines.</p>
	<p>TensCare iTouch Sure Pelvic Floor Exerciser User Manual</p> <p>User manual for the TensCare iTouch Sure, an intelligent continence stimulator for pelvic floor exercise to help reduce stress, urge, or mixed incontinence.</p>
	<p>TensCare iTouch Go User Manual: Pelvic Floor Stimulator for Incontinence and Pain Relief</p> <p>This user manual provides instructions for the TensCare iTouch Go, a medical device designed for home use to treat urinary incontinence and chronic pelvic pain through electrical stimulation of the pelvic floor muscles. It covers setup, usage, programs, safety guidelines, and troubleshooting.</p>
	<p>iTTouch Go Quick Start Guide: Pelvic Floor Exerciser</p> <p>Learn how to use the iTouch Go for pelvic floor exercises, including setup, operation, and maintenance. This guide covers stress incontinence, urge incontinence, mixed incontinence, pelvic floor toning, and pain relief.</p>

