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## iSTIM EM-5200

# iStim EM-5200 Pelvic Floor Exerciser User Manual

Model: EM-5200 | Brand: iSTIM

## 1. INTRODUCTION

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The iStim EM-5200 is a device designed to assist with Kegel exercises, which are simple clench-and-release movements that strengthen the muscles supporting the uterus, bladder, and bowel. This device is intended to help individuals manage urine leakage or bowel control issues, and to enhance pelvic muscle strength. It utilizes low-frequency electrical muscle stimulation (EMS) to increase blood flow to the muscles, improve fatigue resistance, and reduce involuntary bladder contractions.

Regular use of the iStim EM-5200 can help address both stress incontinence (leakage during activities like sneezing or coughing) and urge incontinence (leakage due to an overactive bladder). It is also beneficial for postpartum recovery by strengthening pelvic floor muscles.

## 2. SAFETY INFORMATION AND PRECAUTIONS

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Before using the iStim EM-5200, it is crucial to read and understand all instructions provided in this manual. Consult with a healthcare professional to determine if this device is suitable for your specific condition, especially if you have any pre-existing medical conditions, are pregnant, or have an implanted electronic device.

- Do not use if you have a pacemaker or other implanted electronic devices.
- Do not use on swollen, infected, or inflamed skin areas.
- Discontinue use if you experience any discomfort or adverse reactions.
- Keep out of reach of children.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

## 3. PACKAGE CONTENTS

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The iStim EM-5200 package includes the following items:

- 1 x iStim EM-5200 Control Unit
- 1 x Small Probe (iStim PR-02) with Indicator Wand

- 1 x Large Probe (iStim PR-03)
- 1 x USB Charger Set (USB cable and wall adapter)
- 1 x Instruction Manual
- 1 x Lead Wire
- 1 x Quick Guide



Figure 3.1: Complete package contents of the iStim EM-5200 Pelvic Floor Exerciser.

#### 4. PRODUCT OVERVIEW AND COMPONENTS

The iStim EM-5200 features a compact control unit with a clear display and intuitive buttons for operation. It comes with two medical probes of different sizes to accommodate various user needs and training levels.

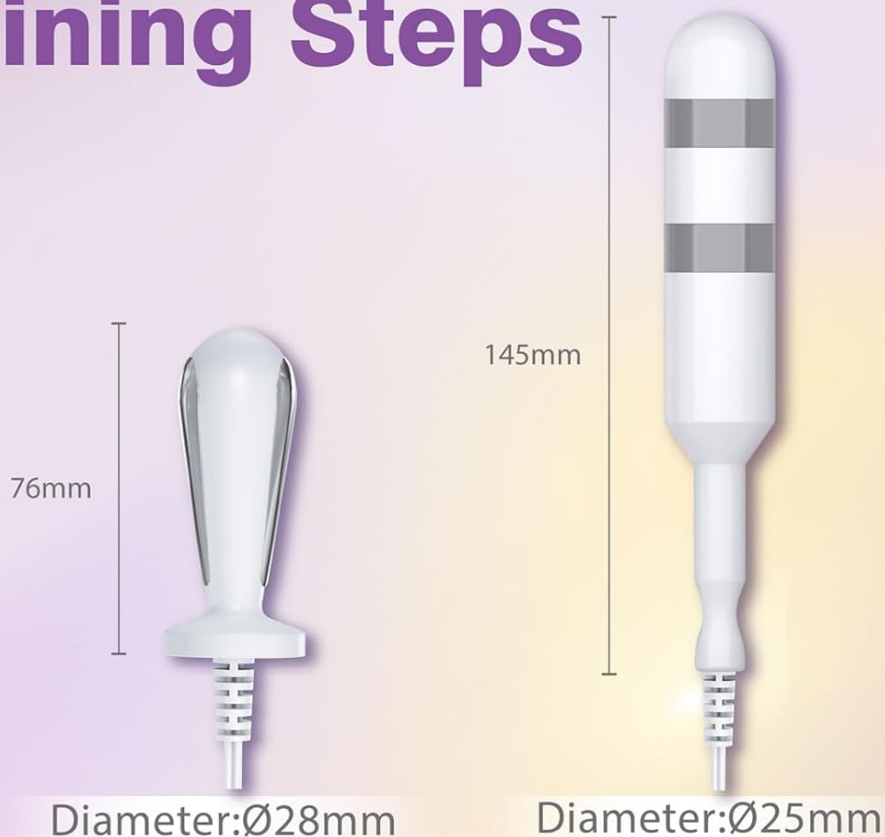
# Motion Display



Figure 4.1: iStim EM-5200 Control Unit with 3-button control and digital display.

- **Control Unit:** Features a digital display showing program (P1-P6) and intensity level (0-16). Buttons include Power/Mode Select, Intensity Up, and Intensity Down.
- **Probes:** Two types are included:
  - **Small Probe (iStim PR-02):** Recommended for experienced users.
  - **Large Probe (iStim PR-03):** Recommended for beginners to easily feel the current.
- **Indicator Wand:** An optional accessory that attaches to the small probe (iStim PR-02) to provide visual feedback on muscle contractions.

# Two Probes for Different Training Steps



## iStim PR-02 vs iStim PR-03

### Training Recommendation:

- For beginner to easily feel the current, please use the iStim PR-03 first.
- For experienced user who already knows how to flex and relax, please use the iStim PR-02

Figure 4.2: Two medical probes for different training steps.

## 5. SETUP AND INITIAL USE

1. **Charge the Control Unit:** Connect the USB charger set to the control unit's charging port. Ensure the unit is fully charged before first use. A low battery signal will appear on the display when recharging is needed.



Figure 5.1: USB charging port and low battery indicator.

2. **Attach the Probe:** Select either the small (PR-02) or large (PR-03) probe. Connect the lead wire from the probe to the control unit.
3. **Optional Indicator Wand:** If using the small probe (PR-02), you may attach the indicator wand. This wand helps visualize muscle contractions; during correct contraction, the indicator should move downwards (away from your body).



Figure 5.2: Attaching the indicator wand to the small probe.

4. **Apply Lubricant:** Apply a water-based lubricant (not included) to the probe for comfortable insertion.
5. **Positioning:** Lie down in a comfortable position with your knees up and your back supported by a cushion or pillow.

## 6. OPERATING INSTRUCTIONS

1. **Power On:** Press and hold the Power/Mode button (**/M**) for 3 seconds to turn on the unit.
2. **Select Program:** Briefly press the Power/Mode button (**/M**) to cycle through the 6 preset EMS programs (P1-P6). Choose the program recommended for your training stage (e.g., P1 for initial weeks).

# Different Sizes & Forms

## From Beginner to Expert



Figure 6.1: Motion display showing "Flex" and "Relax" signals for guided exercises.

3. **Adjust Intensity:** Use the up (▲) and down (▼) arrow buttons to increase or decrease the intensity level (0-16). Start with a low intensity and gradually increase it to a comfortable yet effective level.
4. **Follow Signals:** The display will show "Flex" and "Relax" signals. Follow these prompts by contracting your pelvic floor muscles during the "Flex" phase and relaxing during the "Relax" phase.
5. **Session Duration:** Each program has a predefined duration. The unit will automatically turn off after the treatment is complete.
6. **Power Off:** To manually turn off the unit, press and hold the Power/Mode button (M) for 3 seconds.

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Video 6.1: Demonstration of iStim EM-5200 setup, program selection, and intensity adjustment. This video illustrates the process of connecting the probe, powering on the device, selecting one of the six preset EMS programs, and adjusting the intensity level from 0 to 16. It also shows the visual cues for "Flex" and "Relax" signals to guide the user through Kegel exercises.

## 7. MAINTENANCE AND CLEANING

Proper maintenance ensures the longevity and hygiene of your iStim EM-5200 device.

- **Cleaning Probes:** After each use, clean the probes with mild soap and water. Rinse thoroughly and dry completely before storage.
- **Storage:** Store the device and accessories in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Care:** Ensure the unit is charged regularly. If storing for an extended period, charge the unit periodically to maintain battery health.

## 8. TROUBLESHOOTING

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If you encounter any issues with your iStim EM-5200, refer to the following common troubleshooting tips:

- **Device not turning on:** Ensure the unit is fully charged. If the battery is low, connect it to the USB charger.
- **No sensation during use:** Check that the probe is correctly connected to the control unit and properly inserted. Increase the intensity level gradually using the up arrow button. Ensure sufficient lubricant has been applied.
- **Discomfort during use:** Reduce the intensity level. Ensure the probe is inserted correctly and adequately lubricated. If discomfort persists, discontinue use and consult a healthcare professional.
- **Indicator wand not moving:** Ensure the indicator wand is correctly attached to the small probe. Verify that you are performing contractions during the "Flex" phase. If the issue persists, consult the detailed instruction manual.

## 9. TECHNICAL SPECIFICATIONS

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Feature	Specification
Model	EM-5200
Programs	6 Preset EMS Programs (P1-P6)
Intensity Levels	0-16 Precision Intensity Control
Power Source	USB Rechargeable
Probe Types	Small Probe (PR-02), Large Probe (PR-03)
Package Dimensions	9.65 x 5.47 x 2.36 inches
Weight	15.6 ounces
Manufacturer	Everyway-Medical

## 10. WARRANTY AND SUPPORT

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The iStim EM-5200 is manufactured with reliable quality. For any questions or support regarding your device, please contact iSTIM customer support immediately. iSTIM is committed to providing impressive customer service. This product qualifies as FSA/HSA eligible, allowing you to use your flexible spending or health savings account for purchase.