

STEP-BY-STEP REFLEXONIC® PRE-VIBERECT® STRETCH EXERCISES AND PROPER APPLICATION OF THE VIBERECT® FOR OPTIMAL SEXUAL RESPONSE

	<p>1. Lie on your back or sit comfortably.</p> <p><i>Grasp the head of penis as demonstrated.</i></p>		<p>5. Hold the Viberect® close to the vibrating end and bring the medical Softpads toward the head of the penis.</p> <p>Attempt different positions. <u>Standing is very effective position, with penis located below the heart</u></p>
	<p>2. Squeeze the head and stretch the penis straight in the air until its natural limit.</p> <p><i>You should feel a gentle reflex tightening of your pelvis and penis.</i></p>		<p>6. As you close your grip, the Viberect® automatically activates. Apply pressure.</p> <p><i>You can move the Viberect® to find the most sensitive area.</i></p>
	<p>3. Release the stretch back to normal length.</p> <p><i>Do not release your grip.</i></p>		<p>7. Now stretch your penis while stimulating with the Viberect® and hold for several minutes (5-10 minutes).</p>
	<p>4. Repeat steps 2 and 3 every 2-3 seconds for 2-3 minutes.</p>		<p>8. As you stimulate, focus on sexual thoughts and intense past memories, or actual sexual encounters in your life. Let <u>both</u> your penis and the brain stimulate sexual centers in your spinal cord. Relax. Avoid impatience and anxiety.</p>
	<p>The penis gradually becomes engorged with arterial blood and gets incrementally rigid, exposing nerve antennas for Viberect stimulation.</p>		<p>Warning: use these instructions at your own risk. Never perform pre-Viberect® & Viberect® stimulation if you have sores or tears on your penis. Viberect use in men with spinal cord injury carries risk of autonomic dysreflexia</p>