



## Instruction Guide



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More information: [www.penimaster.de](http://www.penimaster.de)


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 With the CE marking, the manufacturer of a medical product documents the complete conformity with the relevant legal regulations.

 Special attention is required.

 Shows the manufacturer of the medical device.

 The product contains latex.

 The product is a medical device.

**MSP CONCEPT**  
GMBH & CO. KG  
MEDICAL PRODUCTS

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## Areas of application Medical / intended use and indications

The PeniMaster®PRO rod expander system is used to treat Peyronie's disease (Induratio penis plastica (IPP)) on the penis. Induratio penis plastica is a sometimes severe curvature of the penis.

IPP can manifest itself into painful erections with bending of the penis (usually upwards, but also downwards or to one side), which can cause pain during intercourse or make physical intimacy practically impossible. Erectile problems up to erectile dysfunction (erectile inability) can also occur. As a concomitant symptom, Peyronie's disease can lead to emotional suffering in the person affected, such as declining self-esteem and depressive moods. These physical and emotional effects can also put a heavy burden on a couple's relationship. In the early stages of developing IPP, the increasing curvature of the penis can be counteracted.

US-market: Due to current US-market restrictions, the product is to be used only under medical advice for the following indications:


- mechanical penile extenders
- foreskin remodeling or restoration
- penile enhancement, such as penis enlargement
- treatment of diseases or conditions of the penis with respect to curvature and other penis deformities, e.g., Peyronie's Disease.
- prevention or reversal of erectile dysfunction/impotence.


Please contact your urologist for more information.


## Areas of application Non-medical

PeniMaster®PRO can bring about a plastic-cosmetic lengthening and thickening of the penis. When flaccid, the penis is stretched to its natural maximum length. The penis can maintain this length for some time after it has been taken off, which may be desirable, for example, before going to a sauna. After several weeks of regular stretching over several hours a day, the penis can also lengthen and thicken for a long time. The glans can also enlarge. A shortening of the penis, which can occur in old age, can be counteracted with the device, and congenital curvature of the penis can be alleviated. The application can also help to control premature ejaculation and improve mild erection problems.

## Known Risks and Side Effects

 If PeniMaster®PRO is used properly, the mechanical principle of operation may result in an increase of penile blood flow and, thus, in a slight redness of the glans, at which the latter will abate quickly after having removed the device. On the basis of the high levels of comfort, higher pulling forces than the recommended 200–1100 grams may be transferred to the glans easily. Particularly in case of the aforementioned or if higher pulling forces are applied without sufficient familiarization, the result may be a temporary slight swelling of the glans and/or a partially whitish colour, which will normally abate significantly after a few minutes.

 **In case of improper application** Pulling forces exceeding the aforementioned may result in the formation of blisters on the glans that will subside within a period of a few hours after having removed the device. Unnecessarily strong vacuum may result in the foreskin (if applicable) being sucked into the vacuum chamber at least partially and then exhibiting signs of swelling. All side-effects described and caused by improper application are temporary and are noticed well ahead of time by means of itching or burning reactions. Thus, the device should be removed in the event of such symptoms presenting, and it should only be re-applied properly in accordance with these instructions after the symptoms have abated and with lower pulling forces.

 **Contraindications / When should the device not be used?** In case of venous issues or weaknesses of the connective tissue within the penis or other issues as regards to the penis or the urethra a doctor (e.g., urologist) should be consulted before application. To provide for the natural sensation of the body and of pain during the application, the device should not be operated in the following cases for safety purposes

- under the influence of alcohol
- under the influence of narcotics
- under the influence of sedatives
- under the influence of sleeping drugs or drugs that lower awareness of pain
- in case of allergies against latex.

## System overview PeniMaster®PRO (basic system)



**1 Anatomically self-adapting connection to the glans of the penis**

**1.1 Anatomic glans chamber with frenulum protection**

Anatomically shaped hollow chamber connecting glans and adhesion diaphragm (4) by means of a vacuum. Based on the inclined aperture, the sensitive frenulum (foreskin frenulum) will remain outside of the vacuum area.

**1.2 Attachment groove**  
To attach the elasto parts (3 and 4).

**1.3 Coupling head**  
Connects the glans chamber (1.1) to the belt or rod pulling force generator (not shown).

**1.4 Valve port**  
(not visible)  
With screw thread for standard rotary valve (6) and hose rotary valve (8.1).

**2 Sluice ring**  
For easy insertion of the glans into the sluice (3). With spacer to prevent bodily hair from being pinched.

**3 Elasto sluice**  
(Set)  
Prevents the penetration of air between glans and adhesion diaphragm (4).

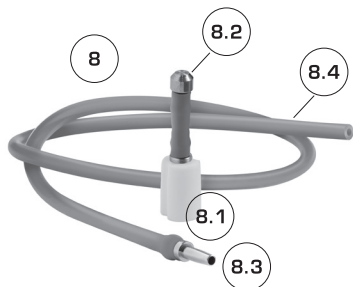


**4 anatomically adaptive Elasto diaphragm**  
(Set)

Adapts to the shape and size of the glans in a physiologically flexible manner and transmits the pulling force to the penis.

**5 Split adapter**  
(two sizes)

For optimised adaptation of the glans chamber (1.1) to smaller penis diameters. Released automatically when removing PeniMaster®PRO.



**6 Standard rotary valve**  
Impermeable to air if screwed down.

**7 Pump ball application system**  
For easy application of PeniMaster®PRO. Generates overpressure or vacuum. With automatic valve adapter (7.1) with closure mechanism for the glans chamber (1.1).



**8 Hose application system**  
(accessories)

For the application of PeniMaster®PRO in accordance with the straw principle. With hose valve (8.1), sealing plug (8.2), hose connector (8.3), and extension hose [8.4]. Fits in each pocket.

**9 ProMaster® Comfort and Care**

Facilitates the application procedure, improves the wearing comfort, and maintains the elasto parts (3 and 4). Forms a resistant adhesion film between diaphragm and glans, at which the same does not soak in to the glans. Application is extremely efficient. Skin friendly, and not sensitising.



## Assembly of the PeniMaster®PRO

PeniMaster®PRO is delivered fully assembled ready to use.

For replacement or cleansing of the pre-assembled parts, please note the following information.



Fully assembled PeniMaster®PRO

**Please be careful when handling:**

The elasto parts may be damaged by fingernails!

*The elasto parts may be damaged by fingernails!*

### 1. Closing the valve

Screw the valve anti-clockwise (to the left) in a downwards direction completely. The lateral grooves have to be aligned with the lamella of the stop plate.

### 2. [optional] – Inserting split adapter

#### Note:

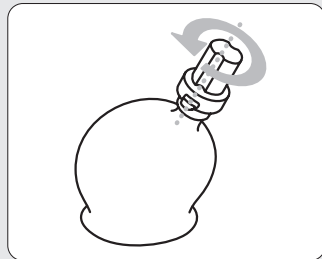
PeniMaster®PRO can be fixed reliably to the penile glans. However, adapting the aperture to the penis diameter by means of the split adapter can further increase the wearing comfort and the fixing performance, specifically in case of higher pulling forces being applied.

In order to select the appropriate split adapter, please retract the penile foreskin (if present) and measure the diameter of the shaft of the penis just behind the glans.

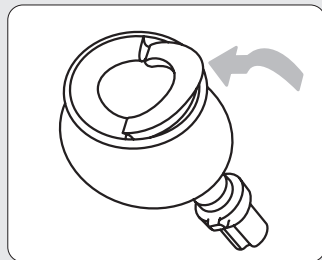
#### If the penis diameter is

- more than 24 mm: no split adapter
- between 19 – 24 mm: narrow split adapter
- less than 19 mm: wide split adapter

- Please hold the glans chamber with the aperture pointing in an upwards direction.
- Insert the adapter half.
- Press the second adapter half against the first one and press both in a downwards direction to engage.



1. Closing the valve



2. a-c) Optionally insert split adapter

### 3. Installing the adhesion diaphragm

- a) Please hold the glans chamber with the aperture pointing in an upwards direction.
- b) Put the adhesion diaphragm over the glans chamber by means of a rotary movement.

#### Note 1:

The adhesion diaphragm should be tensioned over the glans chamber with medium tension.

#### Note 2:

Installed split adapters are fixed by the adhesion diaphragm.

### 4. Connecting the sluice ring and the sluice

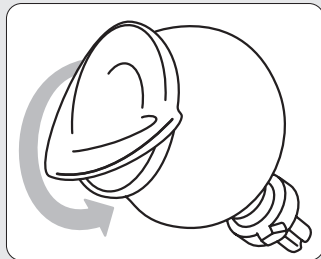
- a) Using a rotary movement, clamp one end of the sluice into the groove of the sluice ring [1].
- b) Press the other end through the sluice ring [2].

#### PROFESSIONAL TIP:

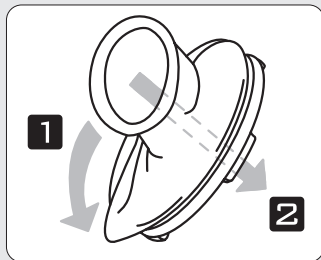
Protract the end of the sluice and release the same so that the end flicks through the sluice ring.

#### Note:

Afterwards, the free end of the sluice has to protrude at the side of the sluice ring with the four spacers.



3. a-b) Installing the adhesion diaphragm



4. a-b) Connecting the sluice ring and the sluice

## 5. Connecting the sluice to the glans chamber

Using a rotary movement, put the free end of the sluice over the bead of the adhesion diaphragm in a circumferential manner (!). When applying for the first time, this will require some practice.

### Note 1:

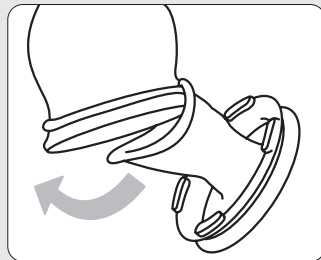
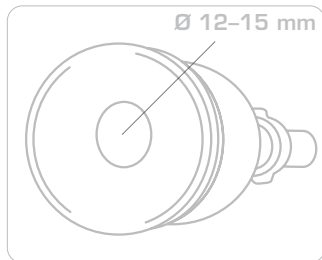
The bead of the sluice must be put over (!) the bead of the adhesion diaphragm, because this prevents the slow penetration of air into the glans chamber during application.

### Note 2:

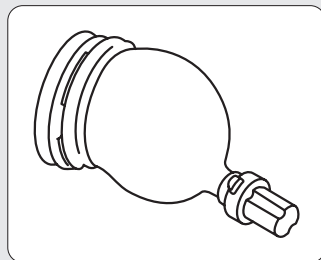
The sluice ring should use all four spacers and a low amount of pressure to make contact to the glans chamber. If applicable, correct the position and distance of the sluice ring by using a finger to reach into the aperture of the sluice.

### Note 3:

The aperture of the completely installed sluice has to be arranged in the centre and should be characterized by a diameter of approximately 12 – 15 mm.



*5. Put the bead of the sluice over (!) the bead of the adhesion diaphragm*



*Completely installed  
PeniMaster®PRO*

# Application of PeniMaster®PRO to the penis

## Preparation for application

### Hygiene note: cleanse and degrease the penis

Please cleanse penis and glans before each application using water and soap.

### Note:

To insert the glans and to generate adhesive linkage forces we recommend using the specifically designed comfort and care agent ProMaster® Comfort & Care. Alternatively, you can use lubricants (preferably with medium viscosity) on the basis of silicone.

[!] Creams and oils containing grease (oil based) may cause damages to the Elasto parts.

## 1. Distributing the adhesion liquid

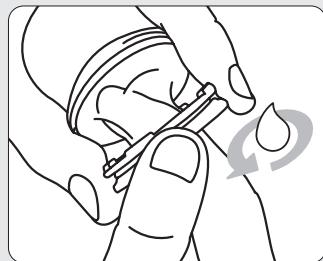
Apply some drops of a suitable adhesion liquid (see above) to the inside of the sluice and the adhesion diaphragm. For this, slightly lift the sluice ring, in order to be able to reach the entire surface of the diaphragm up to the margins with your fingertip. The insides of the elasto parts are to be coated with a thin [!] film of liquid to the full extent. The places covering the attachment groove of the glans chamber have to remain dry, because the Elasto parts components may otherwise slip off!

### Note:

The insertion procedure may be achieved more easily if you coat the glans with a low amount [!] of liquid (see above) as well.

### Note:

*With skilled users, the application procedure takes a total of approx. 30 seconds.*



1. Distributing the adhesion liquid

**TIP:****Bring the glans to its medium size:**

Stimulate the penis, in order to enlarge the glans a little bit above the flaccid size. The penis should not erect completely!

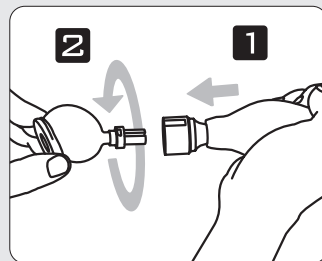
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**2. 2. Application of PeniMaster®PRO 2. to the penis****Note:**

The rotary valve has to be screwed down!

**2.1 Variant: application with pump ball**

- a) Hold the PeniMaster®PRO in lateral view as illustrated. Hold the pump ball with your other hand in a way that the markings of the valve adapter point in an upwards direction.
- b) Compress the pump ball nearly completely.  
**[!]** A little bit of air should still remain in the pump ball!
- c) Put the valve adapter onto the rotary valve of PeniMaster®PRO [1].
- d) Turn the glans chamber a quarter turn to the right in a clockwise direction [2].
- e) Continue to press the pump ball, in order to arch the adhesion diaphragm slightly to the outside.



*2.1 a-e) Compress the pump ball [1] and attach the same [2]*

**[!] For the uncircumcised penis (with foreskin)**

Pull back the foreskin.

- f) Gently (!) press the penile glans into the aperture of the sluice.
- g) Slowly release the pump ball and insert the glans into the glans chamber, following the suction. This will take between three and ten seconds. In doing so, no air should penetrate between the glans and the diaphragm, if possible. When the pump ball has reached it's complete release (open expanded) size, please wait for a few seconds as the system will still suck air.

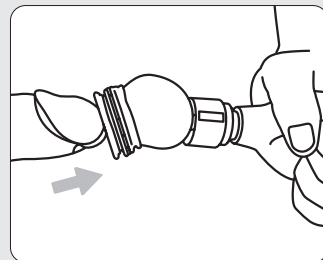
**Note:**

In case the glans has not been sucked into the glans chamber completely, again pump down air (see also the following professional tip). In case the aforementioned does not help, remove the device and repeat the procedure.

- h) Turn the pump ball in the opposite direction and remove the same. If the system is not completely impermeable to air, tighten the rotary valve somewhat more.

**PROFI-TIPP:**

Apply without pressure and without rotation in a loose manner only, you can also compress the pump ball on the valve – if applicable, in preparation for re-pumping. Advantage: you can increase the vacuum without having to remove the pump ball!



*2. f-g) Release the pump ball, have the glans sucked in*

*2. h) Release the pump ball, have the glans sucked in*

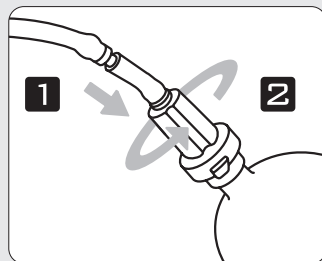
Please proceed with section “After having inserted the glans into PeniMaster®PRO”.

## 2.2 Variant: application with hose application system (accessories)

### 1. Preparation for application

- a) Pull the closing plug from the hose valve.
- b) Insert the connector of the extension hose into the hose valve [1].
- c) Screw the hose valve in a downwards direction [2].

1. a) Pull off the closing plug



1. b-c) Plug the extension hose into the hose valve, screw the hose valve onto the glans chamber



## 2. Application with hose application system

- a) Insert the extension hose into your mouth just like a straw.
- b) Blow a low amount of air into the extension hose, in order to arch the adhesion diaphragm slightly to the outside.

### TIP in case of problems:

If you are not able to blow-in or suck-out air, open the hose valve a few milli-metres by turning it precisely so that the aforementioned is possible.

### Note:

If you open the hose valve by turning it beyond this point, air will penetrate the system.

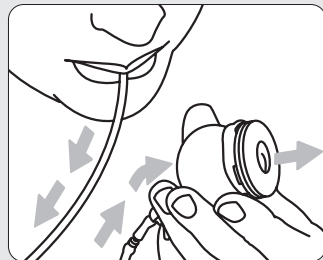
### [!] For uncircumcised penis (with foreskin)

Pull back the foreskin.

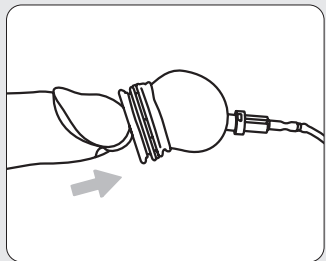
- c) Gently (!) press the glans into the aperture of the sluice.
- d) Suck at the extension hose slowly and powerfully several times and insert the glans completely into the glans chamber, following the suction. In doing so, no air should penetrate between glans and diaphragm, if possible.

### Note:

While taking a break from breathing press your tongue against the aperture of the hose so that no air may flow back!



2. a-b) Blow in air, slightly arch the adhesion diaphragm to the outside



2. c-d) Position glans, suck off air, in this, insert the glans

e) Firmly compress the hose valve [1], disconnect the extension hose, and plug the sealing plug into the hose valve [2].

Please proceed with section "After having inserted the glans into PeniMaster®PRO".

## en Cleansing the hose application system

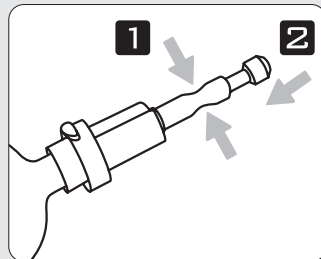
If required, you can cleanse the hose using medical disinfectant or hot water and a small amount of detergent.

## After having inserted the glans into PeniMaster®PRO

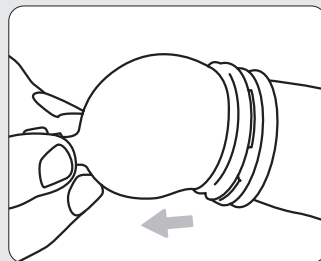
Slowly and emphatically pull the glans chamber. It is possible that air sucked in to the glans chamber will escape with an audible, creaking sound. The glans has to remain in the glans chamber to the fullest extent (if applicable, lift the sluice ring to permit visual inspection).

### [!] For uncircumcised penis (with foreskin)

If the foreskin is also sucked into the glans chamber after the foreskin is released, please pull the foreskin back out from the glans chamber gently. To do this, shortly open the valve to the minimum extent to allow some of the vacuum to dissipate, if applicable. If the glans slips out of the glans chamber partially or completely by means of the aforementioned, please again remove air (re-establish the vacuum) by pumping as described above.



2. e) Compress the hose valve, pull off the extension hose, and insert the sealing plug

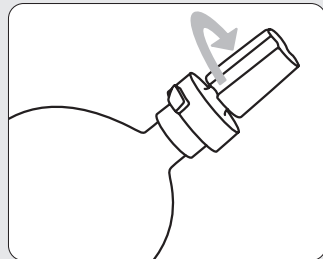


Pull slowly and check for firm seat

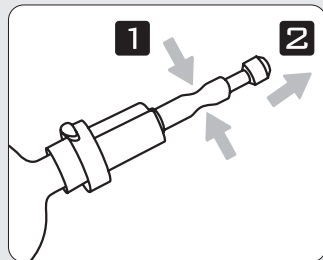
[!] Now you may connect PeniMaster®PRO to the belt pulling force generator or rod pulling force generator.

## Removing PeniMaster®PRO

Open the rotary valve at least one-half turn. Normally, PeniMaster®PRO will automatically loosen from the glans in less than one minute or can be removed by exerting a small amount of pulling force.



*Remove PeniMaster®PRO by opening the valve*



*Pull plug from hose to remove*

# Cleansing PeniMaster®PRO

Due to reasons of hygiene, please cleanse your PeniMaster®PRO in accordance with the following instructions.

## 1. Suitable cleansing agents and methods

All components of PeniMaster®PRO can be cleaned with normal detergents and lukewarm water. Please do not use any soap, household cleaners, or similar for the aforementioned, because the same may damage the Elasto parts. High temperatures (e.g. dish washers or thermal disinfection) may cause damage to the device and the components of the same. If necessary, you can disinfect all components with a suitable medical disinfection agent (e.g. Milton / Dettol). Please follow safety instructions and application of the disinfectant given by the manufacturer.

Exception: The elasto parts can be put in boiling water up to 30 minutes to be disinfected, five minutes for this is also sufficient.

## 2. Quick intermediate cleansing procedure

When interrupting the application for short periods of time (e.g. to urinate) you can wipe the moisture from the elasto parts by using a paper towel.

*Please use detergent instead of soap!*

### 3. Cleansing once a day during application

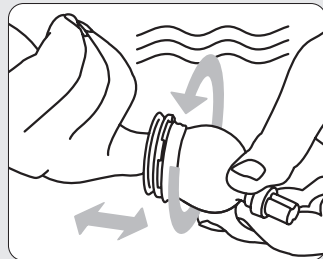
#### 3.1 Cleansing by replacing the elasto parts

The cleansing procedure of the system preferred in the clinical area is the complete daily replacement of all elasto parts of PeniMaster®PRO, because they have a direct contact with the penis.

#### 3.2 Cleansing without disassembling the elasto parts

If ProMaster® Comfort & Care (included in delivery) is handled and used carefully, you can use installed elasto parts up to 10 days longer and, thus, minimise the costs of application. Please cleanse the installed elasto parts as follows on a daily basis:

- a) Suck off the air within the glans chamber by means of the pump ball or the hose application system so that the diaphragm makes contact with the internal wall of the glans chamber.
- b) Fill the glans chamber with detergent and water or submerge the same completely into detergent and water.
- c) Use a fingertip to wipe off the internal wall of the glans chamber several times.
- d) In order to cleanse the sluice, pull the finger back and forth several times.
- e) Drain the glans chamber.
- f) Use clear water for rinsing purposes.



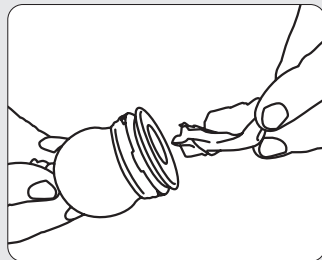
*3.2 a-f) Simple cleansing with water and detergent with the diaphragm sucked in*

*Fingernails may cause damages to elasto parts!*

#### 4. Drying without disassembling the elasto parts

- a) Fill the glans chamber with a soft paper towel and pull out the same afterwards.
- b) Open the valve to remove the tension from the adhesion diaphragm.

**PeniMaster®PRO is ready to be re-used.**



*4. a-b) Drying the elasto parts using a soft handkerchief*

# PeniMaster®PRO belt expander system

## Parts list and denomination of parts



**1 PeniMaster®PRO  
(basic system)**

**2 Belt pulling force generator for PeniMaster®PRO  
system**

Elongation belt to be adjusted on both sides with multiple-position anchors (2.4) and coupling socket (2.1).

**2.1 Coupling socket**  
Connects the belt to PeniMaster®PRO [1] under pulling force.

**2.2 Tissue belt**  
Skin-friendly, heavy-duty tissue band. Width: 5 cm; adjustable length: without pulling force 70 to 140 cm, below a pulling force of 1 kg approx. 90 to 240 cm.

**2.3 Conductive buckles**  
To adjust the length of the tissue belt (2.2) to each body height. On the basis of the two sided design there is always an adjustment option possible for all elongation techniques. Consists of impact-proof plastic material.



**2.4 Multiple-position anchors**  
Allow for special wearing techniques (e.g. winding below the knee joint) without disturbing the formation of wrinkles of the tissue belt (2.2).

**2.5 Fixing clip**  
Attaches the free end of the tissue belt (2.2) to the margins of the same, to the multiple-position anchors (2.4), or even to the waistband.



## Wearing variant hip belt

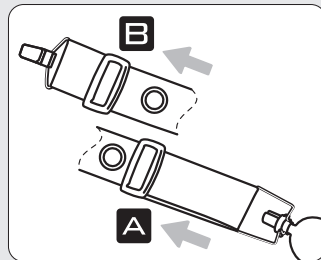
### About this wearing variant:

- Pulling force nearly equal in all body positions
- Stronger pulling force on one side of the penis
- Beneficial for corrections of curvatures of the penis to the left- or right-hand side

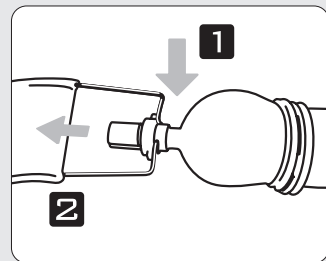
### Preparation for application

[!] PeniMaster®PRO already has to be attached to the penis

1. Position conductive buckle A immediately in front of the first multiple-position anchor and conductive buckle B approximately at the other end of the belt.
2. Press the narrow segment of the coupling head of PeniMaster®PRO into the protrusion of the coupling socket (1) and pull the belt (2). In doing so, both parts are coupled in a fixed manner.



1. Set the belt length in accordance with the girth



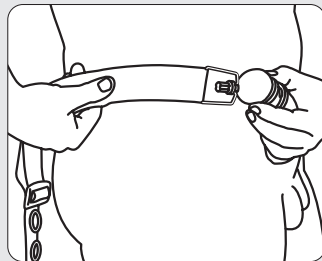
2. Connect belt to PeniMaster®PRO

**Application as a hip belt**

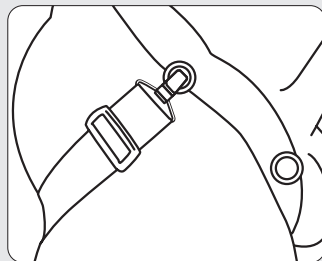
- a) Optionally, pass the belt to the left- or right-hand side so that PeniMaster<sup>®</sup>PRO is located above the hip bone and you can see the glans chamber from the side.
- b) Pass the belt around the back.
- c) Wind the free end around the thigh once from the front side in the groin area.
- d) Attach the clip to a multiple-position anchor.
- e) Use the conductive buckles to adjust the length of the belt in a way that your penis is elongated in a noticeable and comfortable manner by means of the pulling force of the belt (200–1100 grams; see page 56 et. seq.). You can also adjust the winding around the thigh as required.

**Note:**

When using this wearing variant, you should change the pulling direction from day to day. If you wish to correct a curvature of the penis in one direction, you can implement the elongation exclusively in the direction opposite to the curvature (e.g. penis curvature to the left = application of the belt to the right).



*a-b) Route the belt around hip and back*



*c-d) Wind belt around the leg and fix the same by means of a clip*

*e) Adjust the pulling force*

## Wearing variant: shoulder belt

### About this wearing variant

- produces an axially symmetrical elongation in an upwards direction similar to the procedure with a rod expander
- pulling force varies depending on the position of the upper part of the body
- If the penis protrudes over the waistband of the trousers / pants in an upwards direction, the waist band / belt tension should be sufficiently loose to not to inhibit the elongation process.
- For the purposes of privacy a shirt should be worn, extending over the trousers.

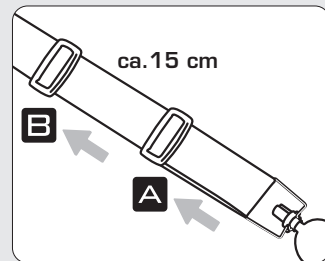
### Preparation for application

[!] PeniMaster®PRO already has to be applied to the penis.

#### Note:

Normally, when used as a shoulder belt the belt has to be adjusted to a relative short length. The information on the adjustment of the belt length refers to a body height of approx. 175 cm at a normal weight and has to be adapted individually otherwise.

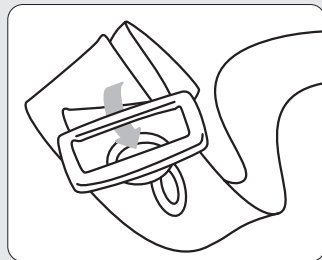
For this, position conductive buckle A approx. 15 centimetres from the coupling socket and conductive buckle B another 15 centimetres from the aforementioned.



*Pre-set the belt length*

**Note:**

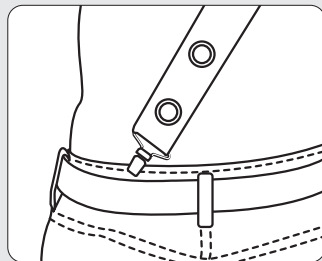
For this, you may pass the multiple-position anchor through the conductive buckle.



*Note on the adjustment of the length: the multiple-position anchors fit through the conductive buckles!*

**Application as shoulder belt**

- a) Attach the clip of the belt to the left- or right-hand side of the rear waistband.
- b) Pass the free end of the belt diagonally over the shoulder (i.e. if you have attached the clip for example to the left rear side, pass the belt over the right shoulder to the front).

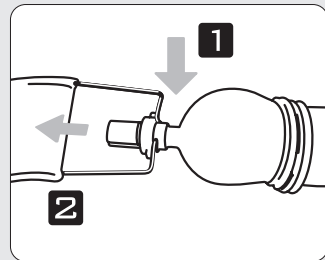


*a-b) Clip the belt to the rear of the trousers and route the same to the front diagonally over the shoulder*

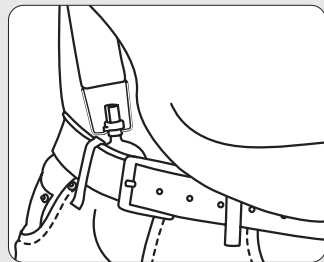
- c) Press the narrow segment of the coupling head of PeniMaster®PRO into the protrusion of the coupling socket (1) and tension the belt (2). In doing so, both parts are coupled in a fixed manner.
- d) Use the conductive buckles to adjust the length of the belt in a way that your penis is elongated in a noticeable and comfortable manner by means of the pulling force of the belt (200–1100 grams; see page 56 et. seq.) and cover the system by means of your shirt / clothing.

**Note:**

Please observe that the trousers are sufficiently loose, in order to not to pinch PeniMaster®PRO. This is particularly applicable to the waistband if your penis protrudes beyond it.



*c) Connect belt to PeniMaster®PRO*



*d) Adjust the pulling force by adjusting the length of the belt and cover the system with your shirt*

## Wearing variant knee belt

### About this wearing variant

- axially symmetrical elongation in a downwards direction similar to the procedure with a rod expander
- pulling force varies depending on the position of the leg
- dynamic (increasing/decreasing) elongation load at every step = a good complement to the training for elongation variants within the framework of which the pulling force remains constant over extended periods of time
- If you leave your house you should wear loose trousers with wide legs for this wearing variant.

### Preparation for application

[!] PeniMaster®PRO already has to be applied to the penis (see page 20 et. seq.).

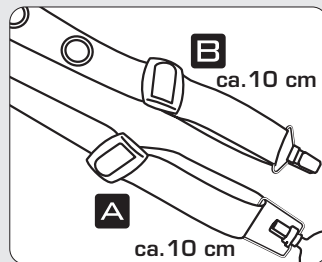
#### Note 1:

The information on the adjustment of the belt length refers to a body height of approx. 175 cm at a normal weight and has to be adapted individually otherwise.

#### Note 2:

Winding the belt around the knee properly, requires some practice.

1. Position conductive buckle A approx. 10 centimeters from the coupling socket and conductive buckle B another 10 centimeters from the aforementioned.

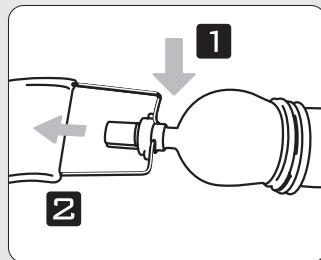


1. Pre-set the belt length

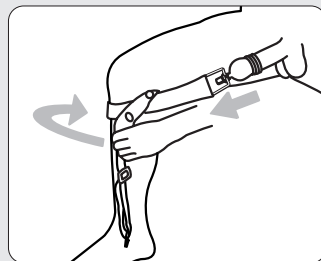
2. Press the narrow segment of the coupling head of PeniMaster®PRO into the protrusion of the coupling socket and pull the belt. In doing so, both parts are coupled in a fixed manner.

### Application as knee belt

- Position yourself on a chair so that thigh and lower leg of the desired leg form a right angle.
- Starting at the front side, wind the belt one hand width below the knee cap around the lower leg exerting medium force so that the belt is directly located within the knee bend.
- Wind the belt another turn around the leg directly below the knee cap.
- Coming from the bottom, route the free end around the part of the belt attached to the penis once, and route the same afterwards again once or twice around the knee.

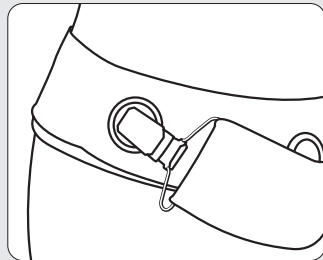


2. Connect the belt to PeniMaster®PRO



a-d) Wind the belt below the knee cap several times and cross the same

- e) Attach the fixing clip to one of the multiple-position anchors, at the inside or outside of the knee, if possible.
- f) Stand up.
- g) Use the conductive buckle pointing towards the penis to adjust just the length of the belt in a way that your penis is elongated in a noticeable and comfortable manner (200 – 1100 grams).



*e) Attach clip to multiple-position anchor*

*f-g) Stand up and adjust the pulling force by adjusting the length of the belt*

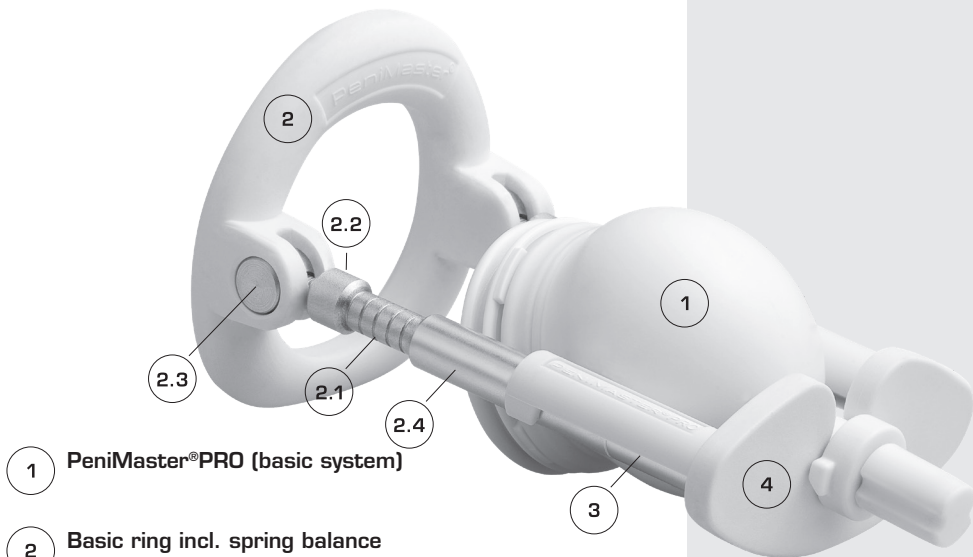
## Cleansing and maintenance

If required, you can wash the belt pulling force generator of PeniMaster®PRO up to a temperature of 60 degrees Celsius using the washing machine. In order to prevent the parts from catching other pieces of laundry, we recommend washing the expander belt protected by a laundry net.



# PeniMaster®PRO rod expander system

## Parts list and denomination of the parts



1 PeniMaster®PRO (basic system)

2 Basic ring incl. spring balance

Holds PeniMaster®PRO (1) in position in order to generate the pulling force. Anatomically shaped with a flat, non-arched lower side so that the rod expander can also be worn in a diagonally upwards direction without protruding over the belt. Consisting of a fibre-glass reinforced, high-strength plastic material.

### 2.1 Pulling force control

Displays the pulling force exerted on the penis by means of a 5-part scale up to approx. 1150 grams. Higher pulling forces are possible (not recommended), but the same are not displayed on the instrument.

### 2.2 Threaded screw

For fine re-adjustment of the rod length and of the pulling force exerted on the penis.

### 2.3 Rotary joints

Compact hinges swiveling 180 degrees for wearing in an upwards or downwards direction or away from the body at right angles.

### 2.4 Basic rods

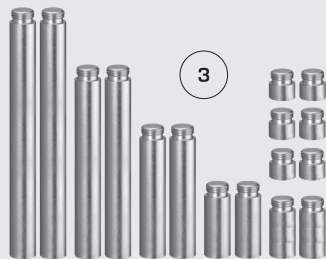
In order to attach the coupling socket (4). Secured against being unscrewed accidentally, can be extended by means of the included extension rods (3).

### 3 Complete set extension rods

Pairs of rods of 2 cm, 4 cm, 6 cm, and 8 cm are included in each case, as well as three times x 0.5 cm to adjust the length accurately according to the dimensions of the penis up to a maximum of 30 cm. Further extension can be achieved by acquisition and use of additional rods.

### 4 Coupling socket

Connects the rod pulling force generator (2-4) to PeniMaster®PRO (1). Can be pressed conveniently onto the rods (2.4 respectively 3) from the top (clip function).



# Application rod expander

## Preparation for application

[!] PeniMaster®PRO already must be applied to the penis.

### 1. Application as rod expander

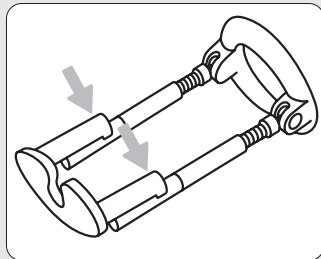
a) Turn the basic ring in a way that the lettering "PeniMaster" points in an upwards direction.

b) Clip the coupling socket onto the extension rods from the top.

c) Adjust the length of the rods:

Adjust the overall length of the device (corresponds approximately to the length of the penis if you protract (stretched flaccid length) the penis directly out from the body wall from base to tip, plus 1.5cm) by removing or replacing the supplied extension rods or by screwing the same into each other. The rods are characterized by lengths of 2, 4, 6, and 8 cm and can be screwed to each other in each case. The results in the following extension lengths: +10 cm (rods 8+2), +12 cm (8+4), +14 cm (8+6), +16 cm (8+2+6), +18 cm (8+4+6), +20 cm (8+2+4+6).

[!] The six mini rods permit fine adjustments in stages of +0.5, +1.0, or +1.5 cm.

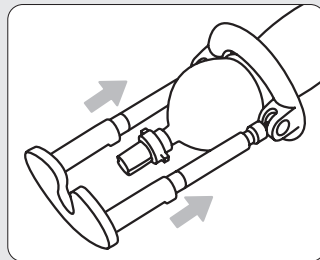


*1. a-b) Turn the lettering PeniMaster to the top position, press the coupling socket onto the rods*

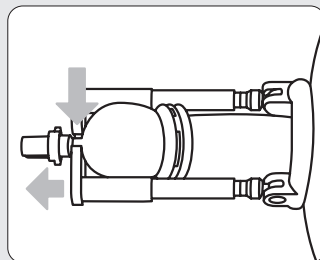
*1. c) Adjust the length of the rods: corresponds approximately to the length of the penis, if the same if protracted, plus 1.5 centimetres*

## 2. Connection to PeniMaster®PRO

- a) Pass the penis together with PeniMaster®PRO through the basic ring.
- b) Pull the rods in the direction of the body until the limit position of the spring balance is reached.
- c) Protract (stretch) the penis with the PeniMaster®PRO using medium force.
- d) Press the narrow segment of the coupling head into the protrusion of the coupling socket and release the same. This way, both parts are coupled.



2. a-c) Press in the pre-set rods



2. d) Clip in PeniMaster®PRO from the top and release rods

### 3. Adjustment of the pulling force

Example for reading the spring balance: if for example, the device retracts so far upon application that that you can only see 3 of the 5 markings, the adjusted pulling force is between 460 and 690 grams. If you can only read the last marking, the pulling force is between 920 and 1150 grams.

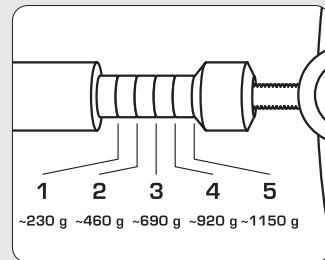
In order to increase the elongation of the penis, please turn both setscrews equally to the right in a clockwise direction. This increases the overall length of the device. In order to reduce the pulling force, turn the setscrews into the opposite direction (counterclockwise to the left).

#### Note 1:

The threaded screws must only be unscrewed if the penis is already elongated by having selected the proper rod length. Otherwise, zero or only insufficient pulling force can be generated!

#### Note 2:

Normally, the pulling force is reduced automatically to a small extent when the rod expander is folded upwards or downwards from the horizontal position.



*3. Adjust the pulling force to between 200 and 1150 grams*

**Note 3:**

If the penis elongates again at a certain time after the application (normally after 10–20 minutes) and if the pulling force is reduced by the aforementioned, please re-adjust the pulling force by means of adjusting the threaded set-screws of the spring balance on the basic ring!

**TIPP:**

Experienced users adjust the rod length in a way that the spring balance only shows one to two markings or that the same is pressed-in nearly completely, if possible, directly after the device has been applied. After a period of approx. 10–20 minutes the penis is already elongated to some extent so that the reduced pulling force can now be increased by using the threaded screws of the basic ring.

## Cleansing and maintenance

You can degrease and cleanse your rod expander by using lukewarm water and soap or detergent or by using commercial household cleaners (e.g. glass cleaning agent).

*Simple cleansing of the rod expander; because the same does not rust*

## Duration and frequency of application

### How many hours a day should PeniMaster®PRO be worn?

There is a simple rule of thumb: The longer and more frequently you stimulate the penis tissue with moderate pulling force by means of PeniMaster®PRO, the better the results will be.

Thus, your objective should be to train your penis for at least three hours a day using PeniMaster®PRO, during which the wearing / usage phases in each case should be at least 30 minutes and three hours at the most.

Eight hours of daily application are ideal within the meaning of the achievable result. After three hours at the most, a break of half an hour (30 minutes) is recommended.

Longer wearing times without interruptions, e.g. during the night time, are possible.

If you would like to wear PeniMaster®PRO while sleeping, you should familiarize yourself with the way the device is handled and with the pulling forces suitable for your individual case, beforehand. You should also test a planned period of application during the day using the desired pulling force several times without interruption to correspond to an overnight application as a means of testing.

As rest breaks cannot be taken whilst sleeping, this should be taken into considerations otherwise the desired daily duration of use cannot be achieved.

### **Note:**

*It is better to train longer with less pulling force than to train a short period of time only with high pulling force!*

### **Training goal:**

*at least three, ideally eight to twelve hours a day*



*Interruptions may have positive effects on the therapy result.*

**Hinweis:**

It is recommended that the product be worn underneath legwear (e.g. jogging pants or wide-cut pants). You can take a break from application once for a day or over the weekend or during a short holiday trip; simply continue the treatment regularly as usual once back or convenient..

## The proper pulling force

During application you should achieve a pulling force of 200 grams up to a maximum of 1100 grams for at least one hour without any problems or inconvenient sensations. Afterwards, you can increase the pulling force until reaching your personnel maximum value, at which you can permanently use the device up to three hours at a time without any problems. Values between 280 and 400 grams are good values for permanent training.

## Adjustment of the pulling force

When using the rod expander, the installed spring balance will support you in checking your individually determined pulling load to the penis in an objective manner and in using the same in a reproducible manner. Basically, the penis should be noticeably tightened and be under tension, without the same resulting in any pain or discomfort. This way, you can adjust the pulling force intuitively to the proper value without having to use any pulling force indicator.

### Notice:

The PeniMaster®PRO system is able to apply pulling forces to the penis significantly exceeding the recommended values and the range of indication of the spring balance. However, such high pulling forces do not necessarily have any positive effects on the result.

### **Notice pulling force:**

*The tensile force can be reproduced using a spring balance or set intuitively.*

## **Wearing the device should always be comfortable!**

It is important that you perceive the application as being comfortable at all times. If you feel any pain or experience any other undesired side-effects, the same can be attributed to misuse or overload. In these cases please stop using the device and wait until the symptoms have abated. Afterwards, continue to train at a lower pulling force and get used to higher loads more gradually.







*Wearing the device should always be comfortable – otherwise, a misuse occurred in most cases!*

en

## **Wearing the device while sleeping**

Although regular breaks at the least every three hours are beneficial for training the penis from a physiological point of view, you can use PeniMaster®PRO for extended periods of time as well, for example while you are sleeping. Please familiarize with the way the device is handled and with the pulling forces suitable for your individual case beforehand. You should also test the planned period of application during your sleep using the desired pulling force several times during the day, in preparation.

## Technical Data / Scope of delivery

<i>Item number</i>	<i>Product picture</i>	<i>Description</i>	<i>Dimensions</i>	<i>Weight</i>	<i>Material</i>
PMP-015		PeniMaster® PRO Expander System	275 x 235 x 85 mm	1 110 g	Plastic
EPMP-001		Glans chamber with frenulum protection	78 x 40 x 66 mm	12 g	Plastic
EPMP-002		Sluice Ring	40 x 40 x 8 mm	3 g	Plastic
VPMP-009		Starter-Set Diaphragms and Sluices, 6 x 2 pieces	42 x 23 x 23 mm 42 x 26 x 26 mm 42 x 29 x 29 mm 12 x 23 x 23 mm 17 x 26 x 26 mm 22 x 29 x 29 mm	1 g 1 g 1 g 1 g 1 g 1 g	Elasto parts
EPMP-004		Split-Adapter (two sizes)	33 x 33 x 6 mm	3 g	Plastic
EPMP-003		Standard- Rotary Valve	15 x 10 x 10 mm	3 g	Plastic

<i>Item number</i>	<i>Product picture</i>	<i>Description</i>	<i>Dimensions</i>	<i>Weight</i>	<i>Material</i>
EPMP-005		Pump ball application system	103 x 60 x 60 mm	83 g	Plastic
ZPMP-001		ProMaster® Comfort & Care lubricant	111 x 57 x 34 mm	62 g	Plastic, Dimethicone, Dimethiconol
EPMP-008		Rod pulling force generator	with minimum extension length: 90 x 67 x 67 mm with maximum extension length: 300 x 67 x 67 mm	80 g 286 g	Plastic, Stainless Steel
EPMP-007		Belt pulling force generator	Without pulling force, depending on the setting 700 – 2400 mm x 50 mm x 18 mm	48 g	Polyester, Elastoide
EPMP-052		Instruction guide	153 x 123 x 4 mm	52 g	Paper

## Additional information

### Product usage / lifetime

If used and cleaned properly in accordance with these instructions, the product described can in principle be used by the purchaser up to a life-time. Excluded from this is wear and tear to components and consumables.

### Used by the same user / patient

The product described in these instructions is for multiple use by the same user or patient at home and **MUST NOT** to be re-used by another user or patient.

Please contact us at MSP Concept GmbH / Co. KG (see imprint) if you have any queries or problems regarding the application of the device. Serious incidents related to the product are our responsibility to report to the competent authority..

### Maintenance instructions

The product described in the instructions is maintenance-free. Please do visual inspection regularly for any damages caused to the device. The hygiene and safety instructions described must be observed

### Disposal

The device and its components can be disposed within a normal household waste bin but unused ProMaster® Comfort & Care should be handed over to a waste disposal company.

# IMPRINT

**Manufacturer of the penis expander system PeniMaster®PRO and publisher of this manual and these instructions for use**

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