

## Pelvic floor muscle repair instrument



Please read the manual carefully and follow the instructions before use.

## One、 Outline

Pelvic floor muscle health is one of the key issues in European and American countries in recent ten years, and now it has become a global public health problem. Nowadays, a new pelvic floor muscle rehabilitation equipment has entered the Chinese market -with more advanced technology, more comfortable treatment experience and better treatment effect, which subvert the traditional treatment of pelvic floor dysfunction. It can improve women's quality of life and improve many problems caused by pelvic floor muscle relaxation.

This device is-private repair chair

Private repair chair, it's a chair specially designed for private care. It's the top partner to help women and men pelvic floor rehabilitation.

It's a non-invasive private beauty instrument that uses the most advanced (HIFEM) high-intensity focused magnetic vibration technology to directly stimulate motor neurons to control the pelvic floor muscles, so that it can achieve 100% extreme training without pain, just like doing more than 10,000 muscle exercises. Therefore, it can be used to deeply train and strengthen the muscles to restore their thickness and elasticity and enhance pelvic floor muscle strength and elasticity,

restore pelvic floor function to keep private state young;It's suitable for urine leakage or sexual dysfunction caused by weak pelvic floor muscles and it can be used across clothing.

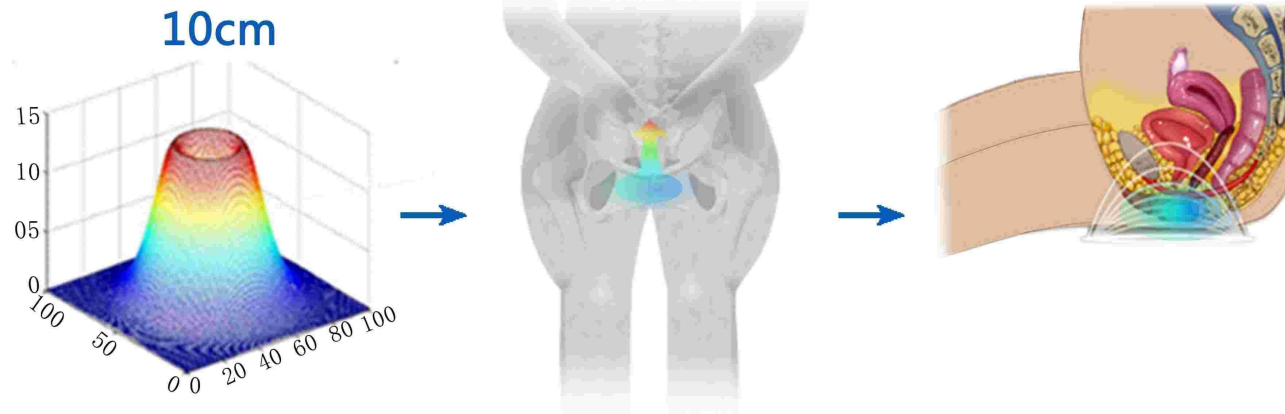
HIFEM technology has been obtained FDA, CE international safety certification.The device has no injury or discomfort. It's better than completing 10,000 Kegel exercises at one time. It's safe and effective. It takes 30 minutes each time without taking off the pants. There is no embarrassment, no pain, no anesthesia, and no recovery period.It's suitable for those who in busy work and life,and those are afraid of the side effects of vaginal reduction surgery.

## **Two、 Acting principle & mechanism**

### **■ HIFEM technical principle:**

The magnetic vibration wave generated by the coil, the final magnetic vibration wave has a certain stimulation depth and focus. Taking the circular coil as an example, the magnetic vibration wave of it is like a crater as shown in the figure below,the magnetic induction intensity of the middle part is the highest, and the acting radius can reach 3-5cm,when applied to pelvic floor muscle stimulation, 7 Tesla magnetic

vibration wave intensity can effectively penetrate the bone and stimulate the pelvic floor muscle. The stimulation depth is about 10 cm.



#### ■ Acting principle :

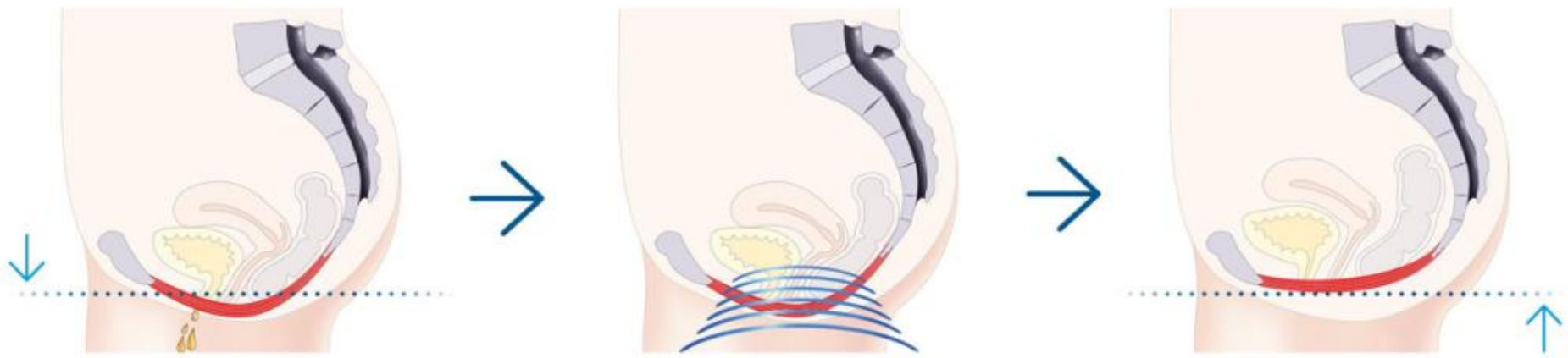
By using HIFEM technology, the magnetic vibration waves generated by the coil stimulate motor neurons to control the pelvic floor muscles for extreme training, stimulate the pelvic floor muscles to produce repeated hyper-contractions, thereby activating the pelvic floor muscle tissue and enhancing muscle control ability to promote the blood circulation of it, and increasing the number of muscle fibers to effectively improve pelvic floor muscles to restore firmness, improve elasticity, and improve the function of pelvic floor muscles.

### ■ Acting mechanism:

By using non-invasive HIFEM energy to stimulate motor neurons to control the pelvic floor muscles to make it perform hyper-contraction exercises, activate the entire pelvic floor muscles, and enhance the coordination of its tension and its contraction and control ability, accelerating tissue repair and the recovery of physiological functions, so as to obtain more effective pelvic floor training.

The main structures affected are muscle and motor neuron tissue.

The results of the interaction with tissues include muscle contraction and increase blood circulation to the pelvic floor muscles.



Stimulation of deep pelvic floor muscles by using HIFEM

Process:

High frequency magnetic vibration wave energy → deeply penetrate → stimulate motor neurons to control the entire pelvic floor area → make pelvic floor muscles hyper-contraction exercise (triggering pelvic floor muscle to tighten about 30,000 times in 30 minutes)

### Three、 Advantage

Safety: Obtained FDA and CE international safety certification, safe and no side effects; suitable for men and women;

Advancement: The most advanced non-invasive and noninvasive HIFEM technology, without any damage and discomfort;

Effective: a course of treatment is better than completing 10,000 Kegel exercises, the treatment effect is more efficient;

High efficiency: each treatment only takes 30 minutes, no pain, no wound, no anesthesia, no recovery period;

Convenience: no need to take off pants during the treatment, no need to change clothes, no contact and no embarrassment, just do it and go;

#### **Four、 Benefits of improving pelvic floor muscles**

- √Strengthening pelvic floor muscles to enhance the control force of defecation;
- √Preventing or improving bladder, uterus or sagging rectum caused by pelvic floor muscle relaxation.
- √Reducing the leakage of urine caused by coughing, sneezing or beating.
- √Activating and enhancing pelvic floor muscle tissue to restore muscle tightness and increase elasticity.
- √Increasing the blood flow and nerve function of pelvic floor.
- √Strengthening the pubococcygeal muscle (PC muscle) to improve the sensitivity and sexual function.

#### **Five、 Appropriate population & efficacy**

◆ For the lady trying to get pregnancy:

Efficacy: Helping pregnancy to reduce the risk of miscarriage due to short cervix; strengthening pelvic floor muscle relaxation to reduce the chance of bed rest; strengthening the pelvic floor muscles to support the fetus and avoid from severe uterine, intestinal and vaginal prolapse.

◆ Green lady:

Efficacy: strengthening pelvic floor muscle to improve vaginal relaxation and dissatisfaction with sexual life.

◆ For mothers going through childbirth:

Efficacy: Strengthening the pelvic floor muscles to improve pelvic floor muscle diseases such as different degrees of urinary leakage (stress, urgency, mixed urinary incontinence) and vaginal bulging caused by body changes.

◆ Over 35 years old, not preparing for pregnancy or menopausal symptoms:

Efficacy: Strengthening the pelvic floor muscles to restore elasticity of the uterus and vagina and increasing secretion and moisture; Increasing blood circulation to activate female part.

◆ For lady after gynecological surgery:

Efficacy: pelvic floor muscle repair.

◆ Men hoping enhance their vitality / mature men:

Efficacy: strengthen the pelvic floor muscle; improve the frequency of urination; avoid incontinence after aging; improve the condition of urine drops;

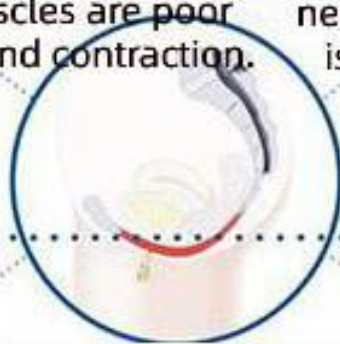


## Six、 HIFEM Technology--empirical ultrasonic development

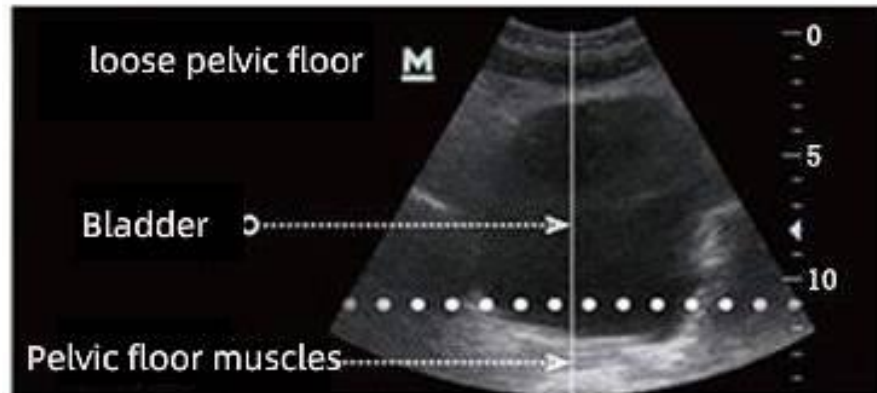
### Before

With Increasing age, childbirth and menopause can cause incontinence or poor close relationships.

Pelvic floor muscles are poor in perception and contraction. neuromuscular control is lost.



Uncontrollable leakage of urine weak pelvic floor muscles restore bladder control stimulate and strengthen deep pelvic floor muscles

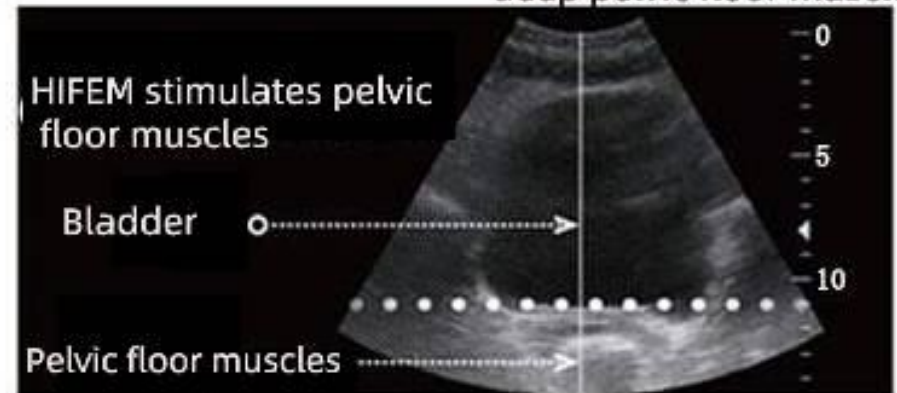
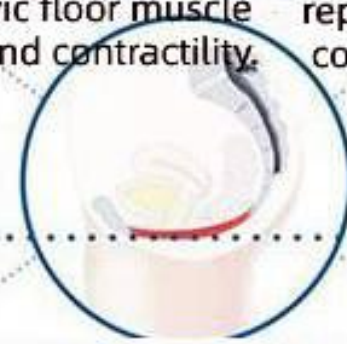


Relaxed and loose pelvic floor muscles

### After

HIFEM technology can strengthen the pelvic floor muscles and the main connective tissues.

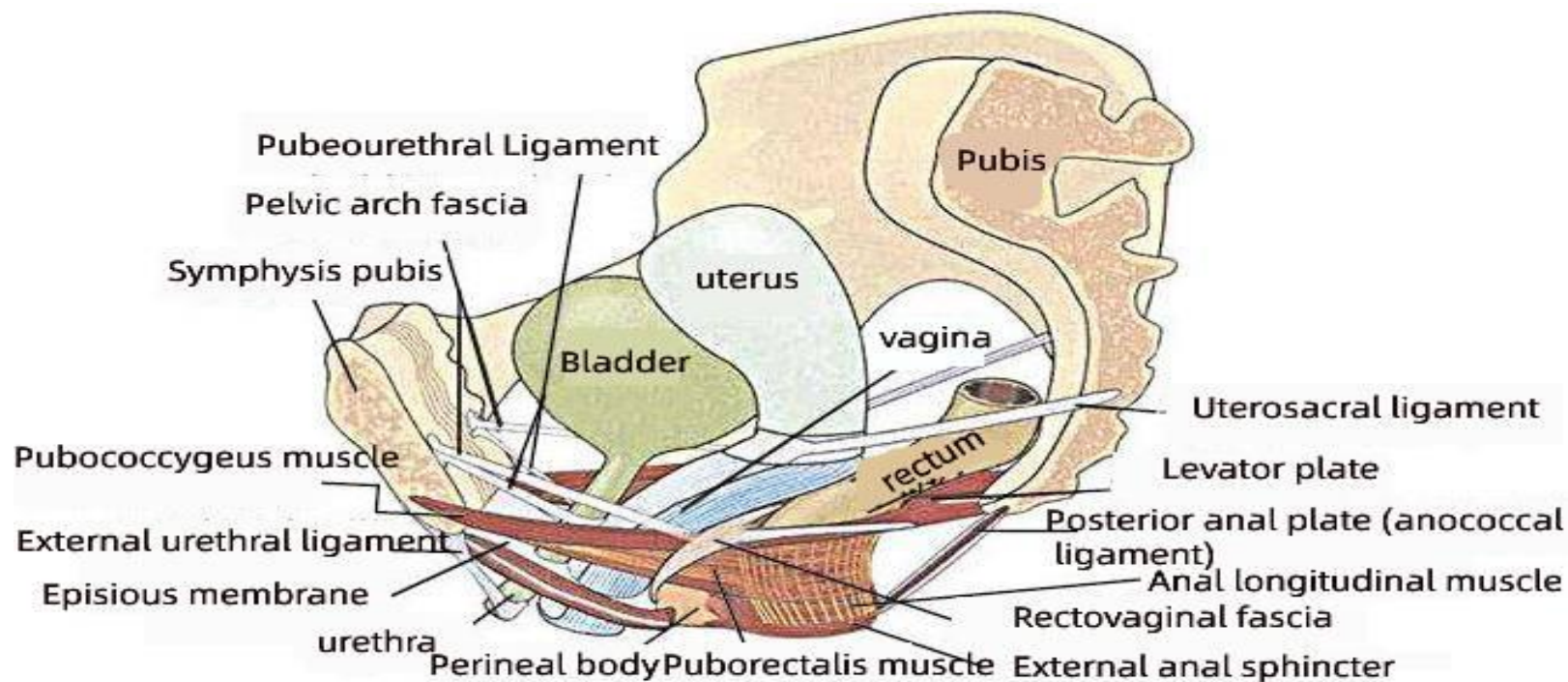
improve pelvic floor muscle perception and contractility. repair neuromuscular control.



Pelvic floor muscles activated by HIFEM technology

## Seven、 Pelvic floor

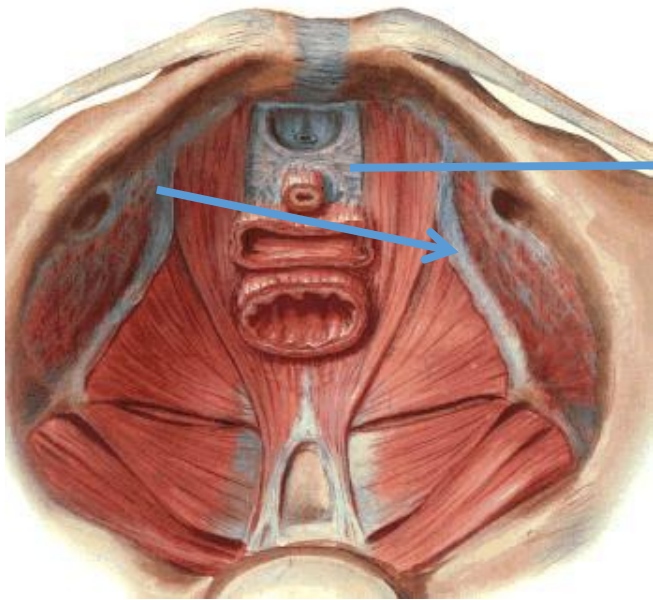
Pelvic floor muscles are the muscle groups that close the pelvic floor. This muscle group is like a "hanging net", the urethra, bladder, vagina, uterus, rectum and other organs are tightly hung by this "net", so as to maintain a normal position in order to perform its functions. Meanwhile, it also has a number of physiological functions, such as controlling urination and defecation, maintaining vaginal tightening, and increasing sexual pleasure. The pelvic floor muscles are like a spring that connects the pubic bone and coccyx together. Once the "net" becomes less elastic and the "lifting force" is insufficient, the organs in the "net" cannot be maintained in a normal position, resulting in corresponding dysfunctions, such as incontinence and pelvic floor organ prolapse.



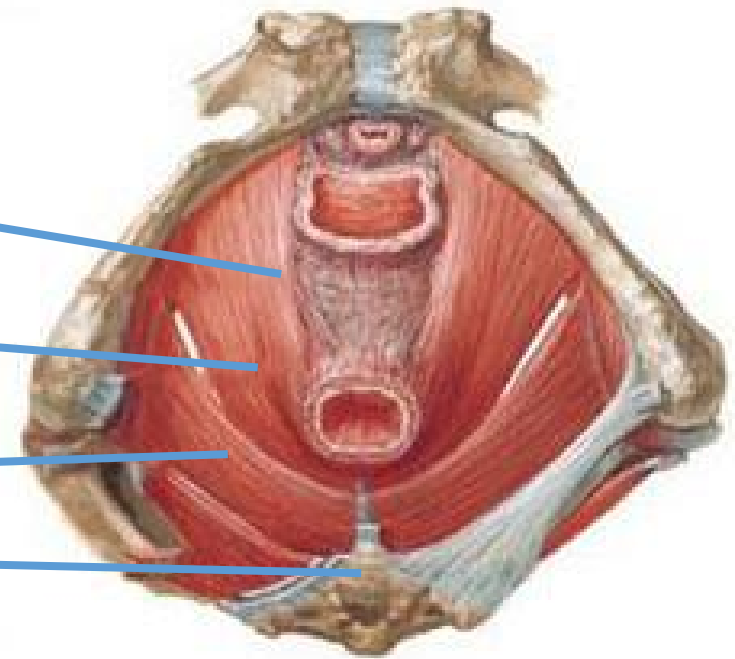
Pelvic floor muscles, ligaments and fascia suspension system

◆ Inner layer of pelvic floor muscle

From above



From bottom



Pubovaginalis muscle

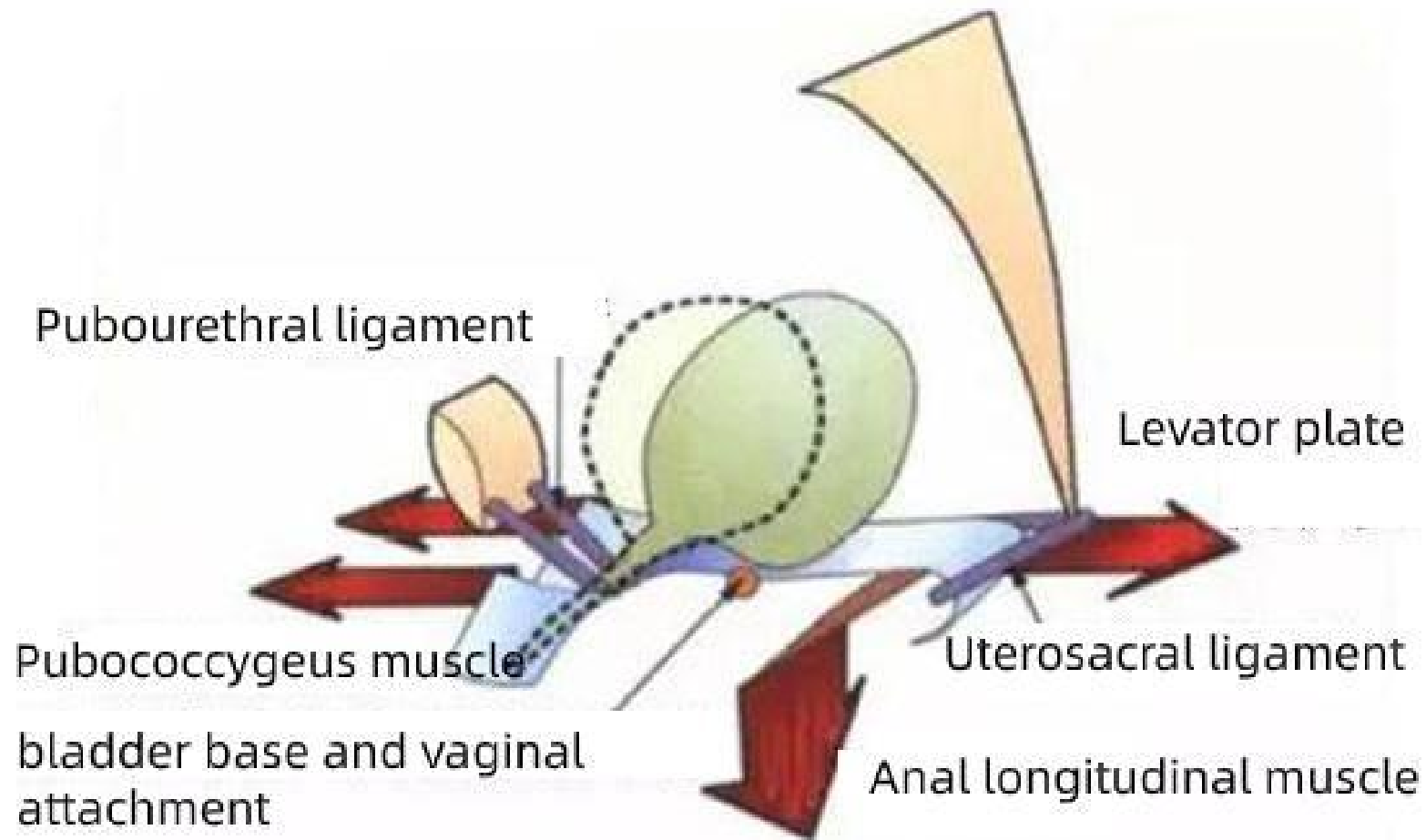
Puborectalis muscle

Pubococcygeus muscle

Iliococcygeal muscle

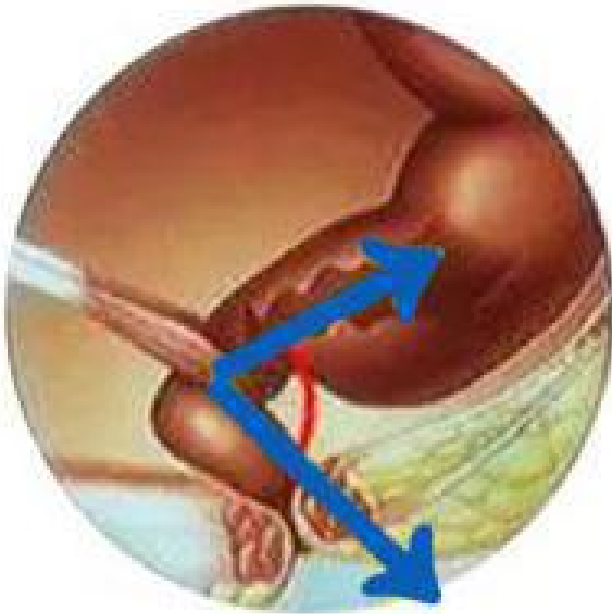
Coccygeal muscle

◆ Pubococcygeus muscle--Urine control and sexual life



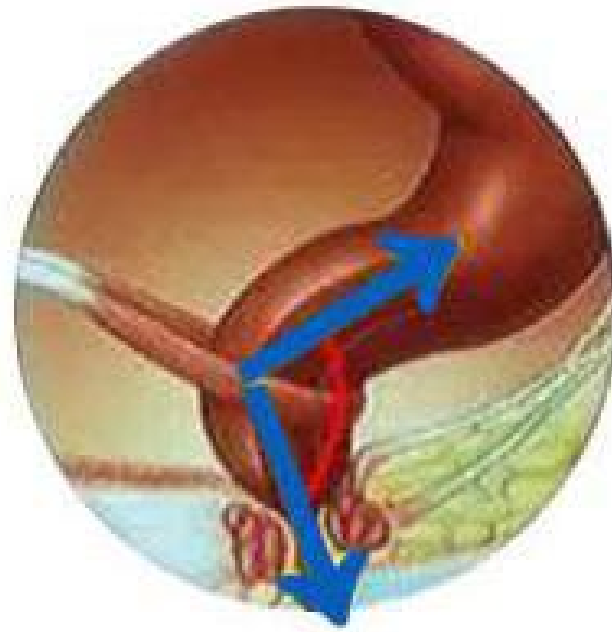
◆ Puborectalis muscle--defecation control

In resting state



Puborectalis muscle contraction

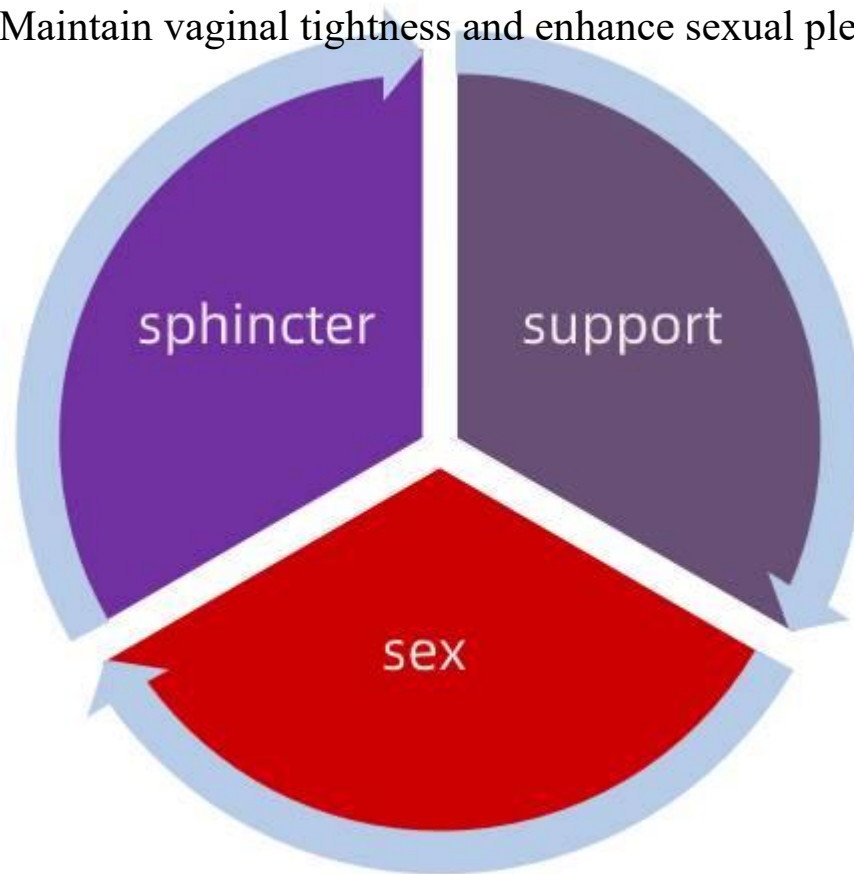
In defecating state



Puborectalis relaxation



- ◆ The main physiological functions of pelvic floor muscle
- ◆ Maintain the normal anatomical position of pelvic organs
- ◆ Participate in urine control and defecation control
- ◆ Maintain vaginal tightness and enhance sexual pleasure



## **Eight、 Pelvic floor muscle fiber type-muscle selectivity**

There are two types of pelvic floor muscle fibers, which are divided into slow-twitch fibers and fast-twitch fibers. Their functions are to support and carry the bladder, uterus, rectum and other pelvic organs, maintain the tension of the pelvic floor muscles, and have the sphincter function.

◆ Type I/slow-twitch muscle fiber characteristics: rigid contraction, long and lasting contraction, endurance;

Deep muscles account for 70%, which are long-lasting muscles, which help to maintain persistent rigid contraction and support pelvic organs such as bladder, uterus and rectum. It's related to maintain support functions under resting conditions;

◆ Type II/fast-twitch fiber characteristics:staged contraction, fast and short, without endurance;

The superficial muscles account for 30%, which are fast-contracting muscles, which can contract quickly and briefly, control urine and feces, and maintain physiological functions such as vaginal tightening. It is related to the rapid and powerful contraction of the pelvic floor muscles;

◆ Only fast and slow muscle fibers work in harmony, pelvic floor muscles can perform normal functions;

- ◆ The faster the movement speed, the more white muscles are stimulated, and the slower the speed, the more red muscles are stimulated;



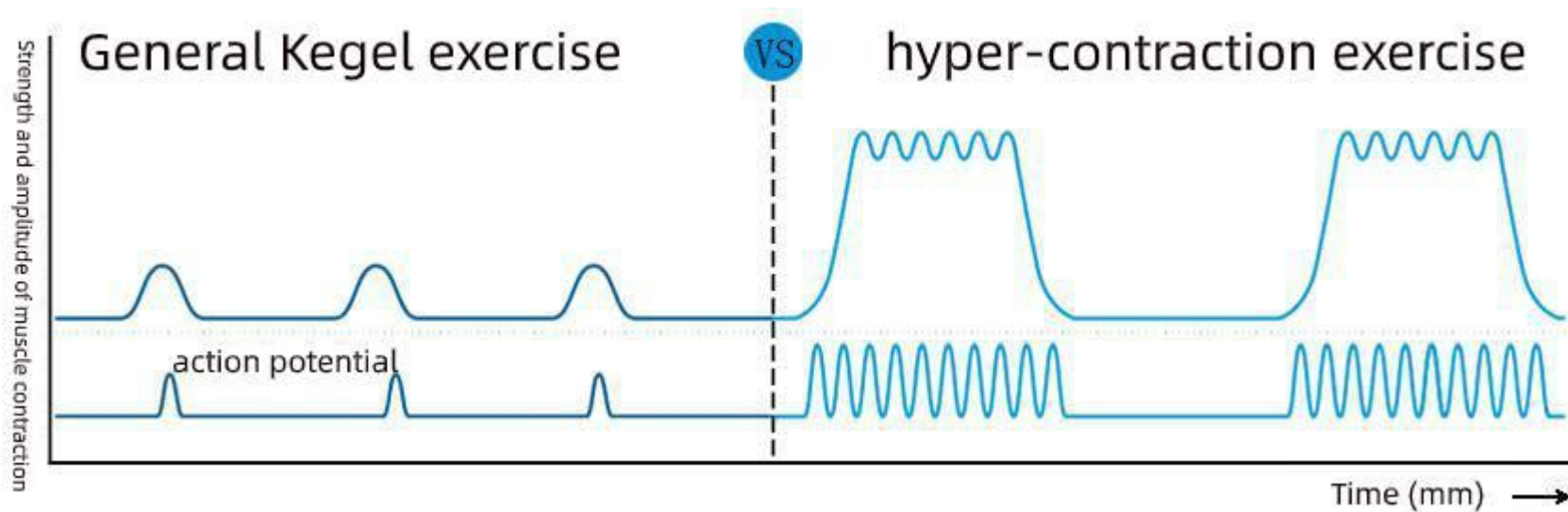
Fast-twitch muscle fiber (white muscle)



Slow-twitch muscle fiber (red muscle)



## Nine、General Kegel exercise VS private repair chair hyper-contraction exercise



- Pelvic floor muscles (PFM) Physiologically produce and maintain Max Voluntary Contraction (MVC). But usually there is only a moment, and the frequency, intensity and amplitude of general Kegel exercises are limited.
- The effect of "hyper-contraction exercise" is higher than the tension of Max voluntary Contraction (MVC).HIFEM technology stimulates the violent contraction of the pelvic floor muscle (PFM) for several seconds,However, the general Kegel exercise can not achieve the contracting intensity and frequency, but also train the muscle group which can not be achieved by the general independent training, which subverts the traditional pelvic floor muscle training method.

## Ten、 General vaginal tightening instrument VS private repair chair

General vaginal tightening instrument		Private repair chair
Therapeutic principle	thermal effect	patented HIFEM high-intensity focused magnetic vibration technology
Instrument properties	invasive	non-invasive
Therapeutic feeling	①need to place a therapeutic probe in the vagina; ②The therapeutic environment is demanding, and it also needs to pay attention to hygiene, and avoid the occurrence of inflammation caused by the external therapeutic probe placed in the vagina;	①no need to place a therapeutic probe in the vagina; ②no need to take off pants to avoid embarrassment, just sit comfortably on a chair; ③the whole process has a sense of tremor, muscle contraction, non-invasive and painless, and comfortable process.

	③Swelling, soreness, slight hot tingling;	
Therapeutic depth	deep and superficial connective tissue (about 5mm below the mucosa)	penetrate the pelvic floor to stimulate the muscles with stimulating depth of 10cm
Recovery periods	About 3 days	No recovery period
Applicable gender	For women only	For men and woman

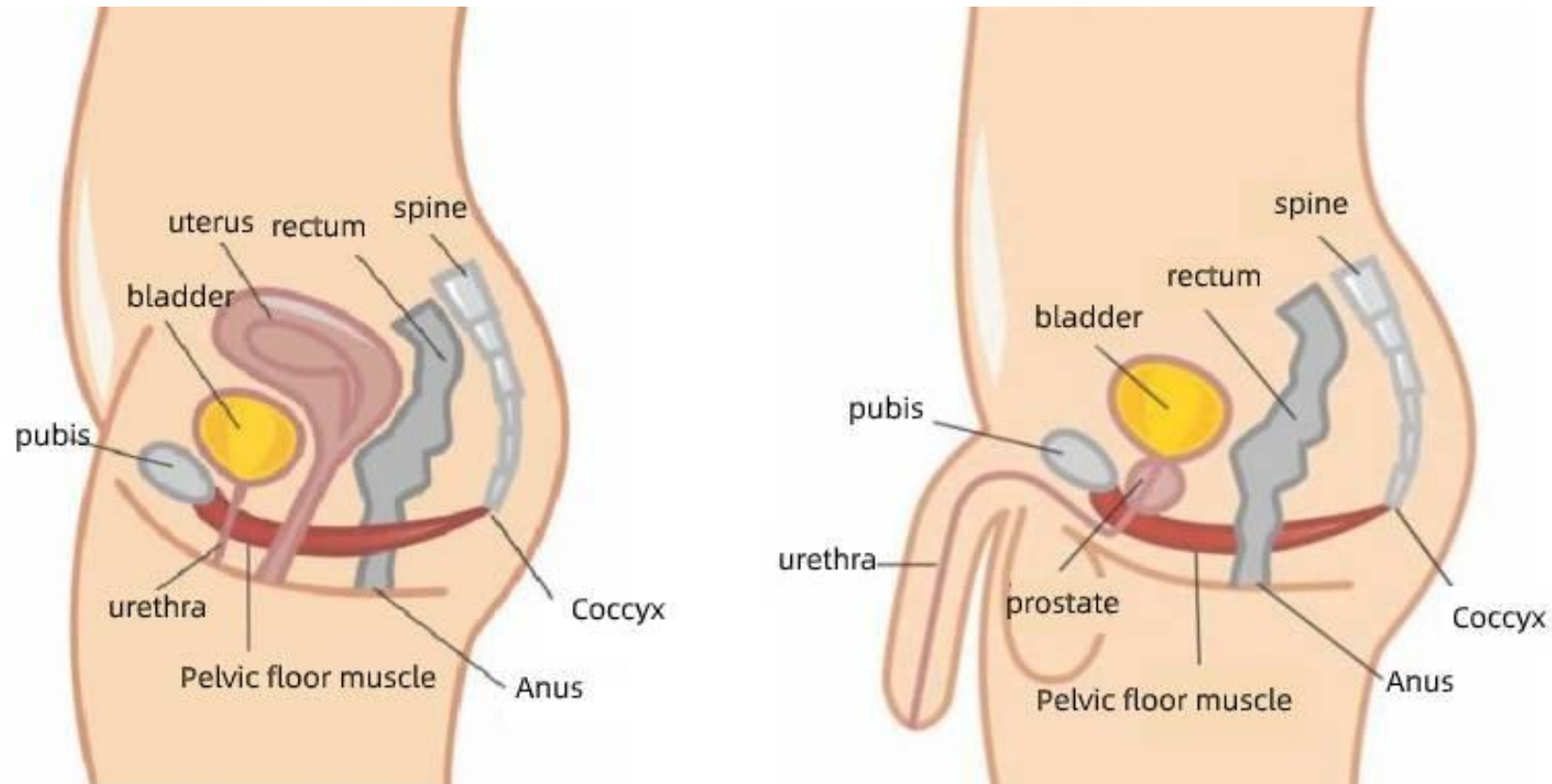
## Eleven、 Common problem

- What happens if the pelvic floor muscles are weak?

The pelvic floor muscles are directly related to the urethra, rectum, exercise of women, and insufficient control of the prostate in men. If the pelvic floor muscles are relaxed and energy is insufficient, the normal function of related organs may be impaired, and incontinence is common.

For women, it may cause vaginal prolapse; uterine prolapse and other problems;

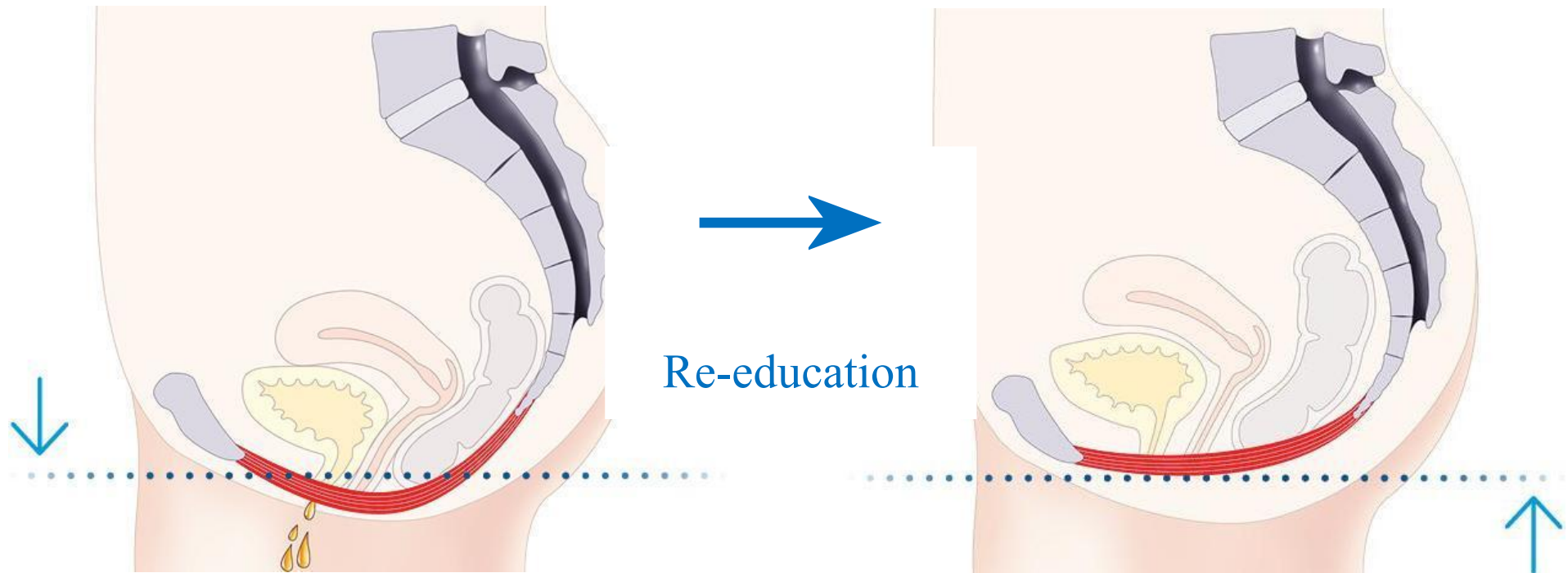
For men, it may cause problems such as prostate problems and erectile dysfunction.



- **What are the effects of pelvic floor muscles on female sexual function?**

In addition to supporting the pelvic floor organs and controlling urination, it also play a key role in arousing orgasm at an appropriate time. The relaxation of the pelvic floor muscles cannot meet the needs of vaginal

friction, thus inhibiting the possibility of orgasm. Effective treatment involves "re-education" of the pelvic floor muscles to alleviate such conditions



- **What technology does it use? What's the acting principle ?**

It uses HIFEM technology. HIFEM energy stimulates the pelvic floor muscles in the pelvic cavity, which can stimulate neurons to control the pelvic floor muscles to make the pelvic floor muscles hyper-contract to achieve the treatment of urine leakage.

- **What are the clinical applications for private repair chair?**

- ① Postpartum rehabilitation;
- ② Potential injury of pelvic floor muscles (childbirth, exercise, illness).
- ③ Urinary dysfunction: urinary incontinence (stressful urinary incontinence, urgent urinary incontinence, mixed urinary incontinence, frequency of urination, urgency of urination), overactive bladder;
- ④ Defecation dysfunction: constipation, fecal incontinence;
- ⑤ Sexual dysfunction: male erectile dysfunction, female lack of sexual pleasure;
- ⑥ Chronic pelvic pain: interstitial cystitis, vaginismus, male prostatitis.

- **What are the effect of private repair chair on men?**

Men have the same pelvic floor muscles as women. Whether the pelvic floor muscles are strong or not will affect men's urinary health, such as the frequency of urination, urine drops, etc., and even the overall sexual function, affecting the blood circulation system to enhance erectile function. Therefore, men are also suitable for private repair chair.

- **What are the common types of urinary incontinence?**



### **Stressful urinary incontinence**

(SUI) is related to exercise and increased intra-abdominal pressure (coughing, sneezing, laughing)



### **Urgent urinary incontinence**

It refers to the unconscious incontinence when a person has a strong, sudden desire to urinate



### **Mixed urinary incontinence**

It involves stressful urinary incontinence and urgent urinary incontinence.

- **Is the treatment safe?**

Private repair chair adopts non-invasive HIFEM technology, which has been certified by FDA and CE.

FDA clearly states that it's safe under correct use.

The chair is different from other private treatment equipment, and it's more safe for men.

- **How long is the single treatment? How many times in a course of treatment?**

A single treatment for 30 minutes. It's generally recommended that intensive treatment is required 2-3 times a week regularly, one course of treatment/6-8 times.

But the severity of the problem may be different for each person, so the number of times may be slightly different for each person.

- **When will it work?**

Most people have obvious feeling after 1-2 times of treatment (the difference after pelvic floor muscle strengthening), and will continue to improve in the next few weeks. It's suggested that the course of treatment should be completed continuously to make the pelvic floor muscle strengthening effect more stable, and the interval is too long or interruption will affect the treatment effect.

The clinical recommendation is 2 times a week for a total of 6 times, and complete the entire course of treatment within 3 weeks. For urinary incontinence, the quality of life improved by up to 95%, up to 93% of female sexual dysfunction has been well improved.



- **How long can it last after the treatment?**

Clinical studies have shown that after about 6 months of follow-up treatment, 75% of patients still maintain a good pelvic floor muscle effect. As the pelvic floor muscle is the same as other muscles, the muscles will gradually become soft and weak without exercise, especially the pelvic floor muscle does not go to special training in daily life. Therefore, it's recommended to complete the treatment and it can be used for prevention and regular maintenance, so that the pelvic floor muscles can maintain health and toughness.

- **How is the feeling during the course of treatment?**

The whole process is comfortable and painless. There is no need to take off cloths during treatment. The treatment time is 30 minutes and the treatment experience is as follows:

1. Feeling bounce and slight shock in the perineum area.
2. Feeling the contraction of pelvic floor muscles and numbness.

According to the physical and mental condition of each person and the strength of the pelvic floor muscle, there will be different treatment feelings, which are normal phenomena.

- **Is there any radiation damage?**

It adopts HIFEM technology to trigger the muscle contraction of the pelvic floor muscles, which does not have radiation, but electromagnetic radiation is everywhere, such as mobile phones, microwave ovens,

induction cookers, televisions, microphones, etc. Those will produce electromagnetic radiation. Like mobile phone TV, it also produces electromagnetic radiation, so it will not cause radiation damage.

- **Will it use HIFEM technology to affect internal organs, such as the large intestine and stomach?**

The depth of its the magnetic vibration wave is 10cm, which will stimulate the pelvic floor muscles within the range, but will not affect the internal organs, because the HIFEM technology will only affect the skeletal muscle, and the smooth muscles such as internal organs will not be stimulated.

- **Is there a recovery period?**

After each treatment, you can go to work normally without affecting your daily routine. A small number of people will have soreness and stuffiness in the pelvic floor muscles, which will disappear in about 1-2 days.

- **How long can the treatment be carried out after delivery?**

Regardless of normal delivery or cesarean section, the treatment can only be carried out until the body is fully recovered. Generally, wait at least 3-6 months later or consult your doctor.

- **Can we do it with intrauterine device (IUD)?**

Regard to IUD, two issues need to be considered: 1、The heating of the IUD. If the metal IUD forms a closed circuit in the body, it will produce inductive current when the magnetic flux changes, so it will generate heat, but there is no research on how high the temperature will be; 2、The displacement of IUD, because of the contraction of pelvic floor muscle, may cause the displacement of IUD and affect contraception. Therefore, for the sake of safety, it is recommended that patients take off the IUD before treatment.

## **Twelve、Contraindication**

- It cannot be used in the cases of following diseases or conditions:

- ▲ Forbidden for pregnant women and menstrual period; lochia is not discharged completely; abnormal uterine bleeding;

- ▲ It cannot be used to treat head area and heart area

- ▲ Patients with open wounds in the treatment site, inflammation/severe infection;

- ▲ Patients with acute pelvic infection and at risk of pelvic bleeding; patients with severe hemorrhoids;

- ▲ Vascular embolism; pulmonary insufficiency; anticoagulant therapy; bleeding disorders;

- ▲ For patients suffering from cancer; heart disease; hypertension; dementia; epilepsy; patients with malignant tumors;
- ▲ For patients with metal implants or electronic implants in the body; Metal IUD ; Pacemaker / defibrillator; Nerve stimulator; electronic cochlea; drug pump; stent, etc.
- ▲ For those having pelvic floor or pelvic surgery recently; (Pelvic floor rehabilitation is recommended after 3 to 6 months after surgery. You should wait until you have recovered before starting a course of treatment, or consult your doctor if it's appropriate for you) .
- ▲ For those women after artificial abortion, it's suggested that the treatment course should be carried out after the menstruation is clean.

## Thirteen、 Precautions

- 1、 Don't put metal objects, electronic equipment, magnetic cards on the instrument and don't touch the energy output area when working.
- 2、 Before treatment, take out the objects on customer's body (such as bank card, mobile phone, watch, metal jewelry, etc.)

## Fourteen、 Instructions

- 1、 Installation: Align the handle with the socket on the back of instrument and insert it; Insert the power cord into the rear socket of the device, turn on the power switch, and the device will start immediately.



- 2、 Place a cushion on the chair and let the therapist siting in the center of the chair to relax.

### 3、 Suggested sitting posture for seat chair:

- (1) Sit on the pelvic floor training chair (schematic diagram), adjust the sitting posture and position, determine the correct position of the pelvic floor muscles (between the urethra and anus), and prepare for training.
- (2) It is recommended to start with low energy intensity and gradually increase it, based on the patient's tolerance.



## Fifteen、 Interface introduction


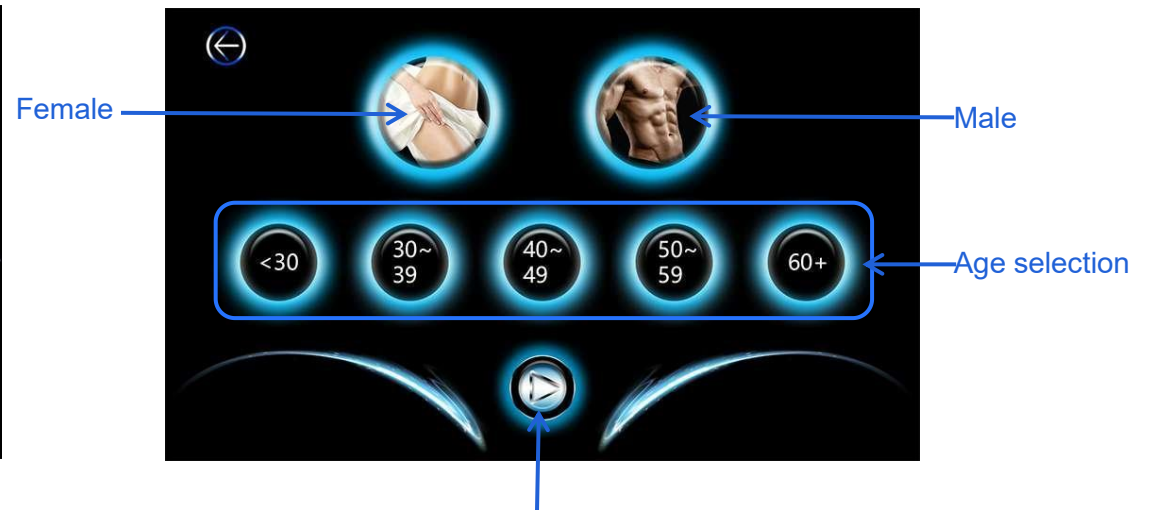
- 1、 After starting up instrument, enter into the Power on interface (Figure 1 ).
  - 2、 After clicking in Figure 1 enter into the gender/age selection interface (Figure 2 below).
- choose the corresponding gender and age;and then click “” again to enter into the work interface.


Figure 1



Figure 2



Click to enter the working interface in Figure 3

3、Click on “” in Figure 2 to enter the working interface ( Figure 3 below).

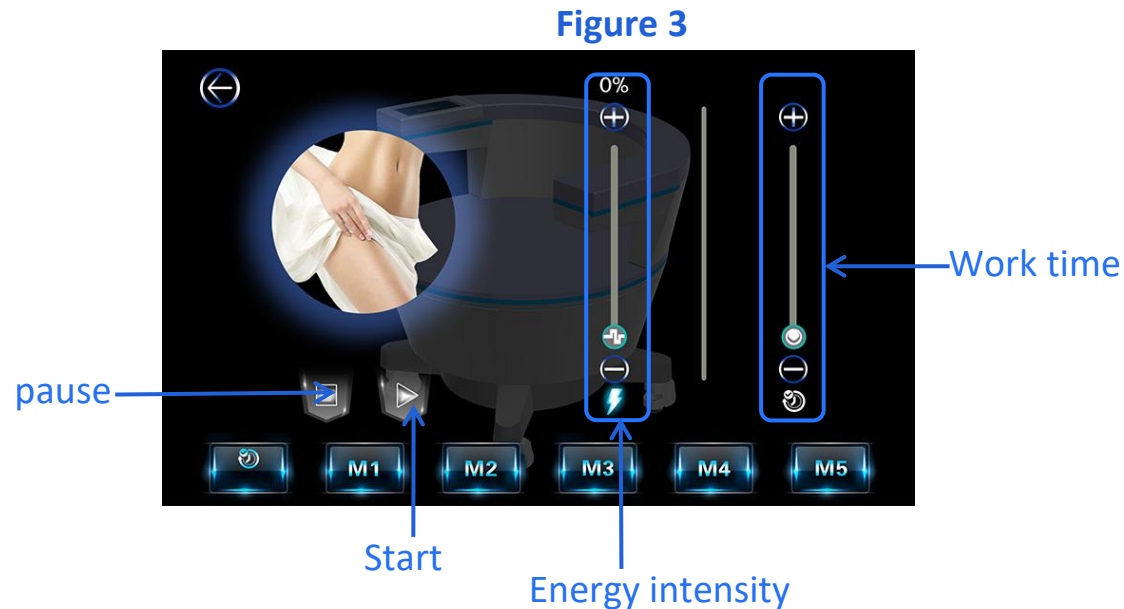


Figure 3 working interface

• In Figure 3 interface, select the operation mode before operation:

【M1】 : Basic training for beginners

【M2】 : Adaptation training.

【M3】 : preliminary training

【M4】 : Advanced training.


【M5】 : Professional training.

Each mode contains 6 different frequencies automatic switching. The first minute of each mode is



warm-up.



- Setting the intensity from 8% (weak) to 100% (strong).

 : Energy intensity, click **[-]** and **[+]** to adjust.

Setting the intensity before the operation, the treatment starts from a low intensity, and the intensity should be gradually increased according to the therapist's ability to withstand.

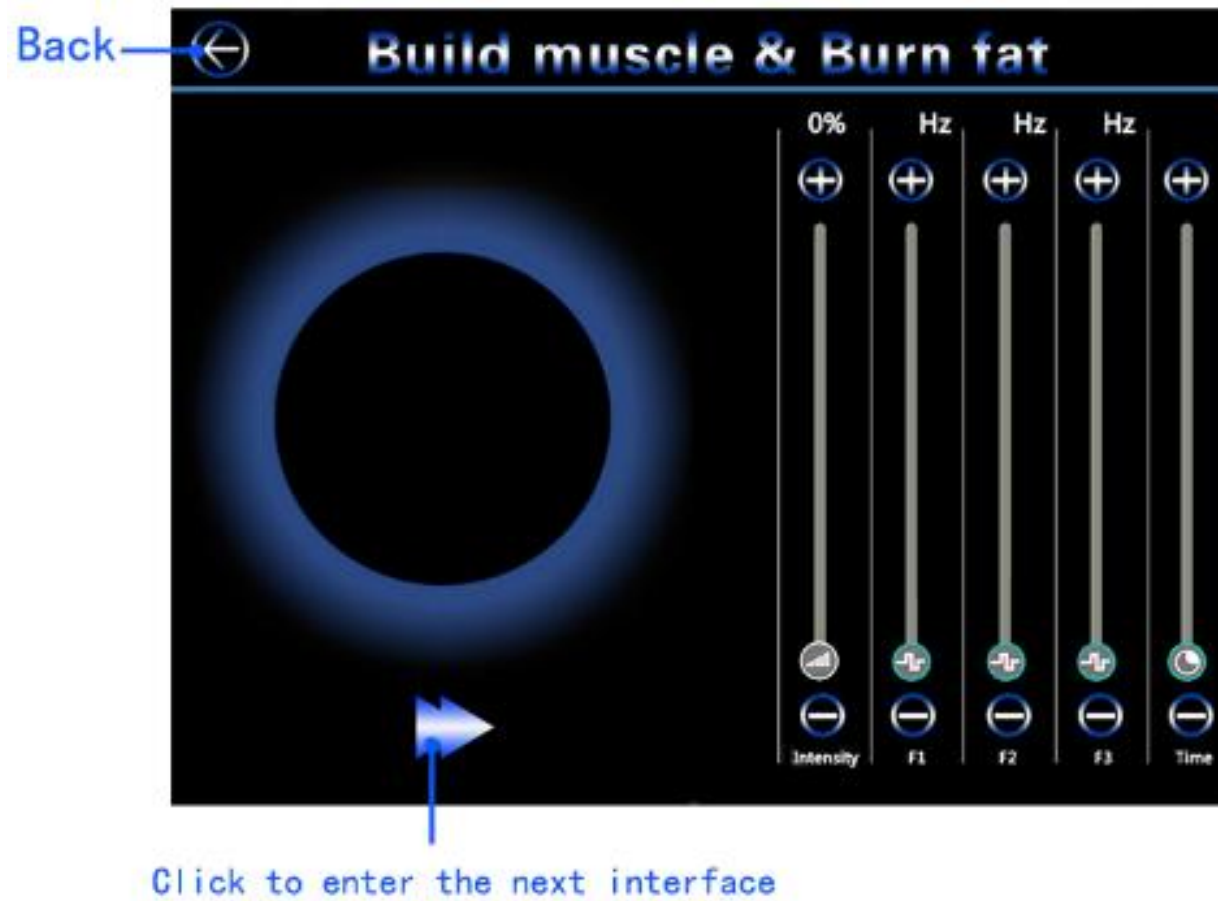
- Setting the working time, The default working time is 30 minutes,click **[+]** and **[-]** to adjust.

The time range can be adjusted for 5-60 minutes, The operated for about 30 minutes.

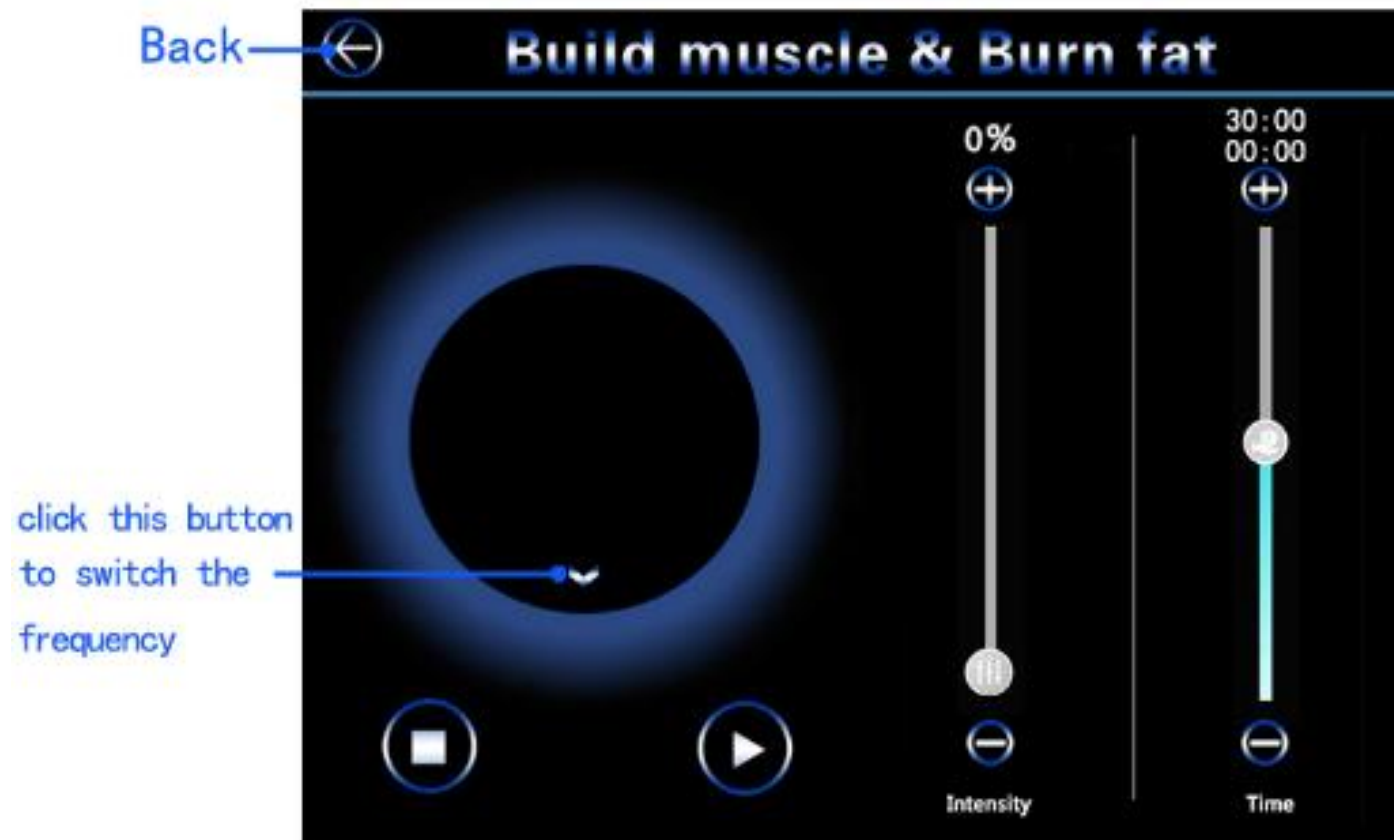
- click“”start.If need to pause, please click“”. click“”return to the previous interface.

**Note:** Click **[-]** and **[+]** to adjust parameters when the device is in a paused state.

4、 According to the manual mode selected in Figure 1, click in Figure 2 to enter into the manual frequency setting interface (as shown in Figure 4).



5、 Manual working interface: Setting the intensity (Figure 5 below)



(Figure 4) / (Figure 5) Manual working interface:

- Setting the frequency of F1-F3; Click **【+】** and **【-】** to adjust the speed of output frequency,

Range:

【F1】 : intensity range is 3HZ (weak) to 150Hz (strong);

【F2】 : intensity range is 3HZ (weak) to 150Hz (strong);

【F3】 : intensity range is 3HZ (weak) to 150Hz (strong);

Before operation, setting the frequency parameters according to the required frequency, F1 works for 5 minutes, F2 works for 1 minute, F3 works for 5 minutes, F1, F2, F3 frequency circulates in turn.




The use the parameters is suggested that F1 set 50 Hz, F2 set 5 Hz, F3 set 150 Hz.

- Setting the intensity from 8% (weak) to 100% (strong)

【Intensity】 : Energy intensity, Click 【-】 and 【+】 to adjust.

Setting the intensity before the operation, the treatment starts from a low intensity, and the intensity should be gradually increased according to the therapist's ability to withstand.

- Setting the working time, The default working time is 30 minutes, click 【+】 and 【-】 to adjust. The time range can be adjusted for 5-60 minutes, and each part is operated for about 30 minutes.

- Click “” start, if you need to pause, please click “”. Click “” return to the previous screen

## Sixteen、Maintenance

- The instrument must use a plug with a grounding pin, and ensure that the power socket of it is well grounded.
- Ensuring that the power supply is stable and adaptable. If the local power supply voltage is unstable, It's recommended that the user add a regulated power supply with matching power. **Special reminder: The power cord of the socket is required to be more than 1.5 square meters.**
- When using this device, please keep away from the wall and keep a space of 30cm around the device for heat dissipation.
- After each treatment, wetting the towel with saline, wipe and clean the accessories.
- Please do not use alcohol or corrosive solvent to clean the host and handle to avoid damage.
- In the process of use, avoid the damage caused by pressing the handle line and bending the handle line.
- Don't place the instrument in an environment with high temperature, humidity, dust, and direct sunlight.  
The instrument should be placed in a dry, cool, and ventilated room with a temperature of 5 to 40°C and a humidity of no more than 80%.。
- When the instrument is not in use, please turn off the power, then unplug the power plug, and place all

kinds of accessories .If possible, cover the instrument with a dust cover.

- It's strictly forbidden to disassemble and modify the equipment without authorization.
- If there is any fault in the equipment, it should be shut down immediately and please contact us.

## **Seventeen、 Technical specifications**

Product name	Pelvic floor muscle repair instrument
Magnetic vibration intensity	7 Tesla
Output voltage	AC110V-230V
Output Power	300W-3000W
Output frequency	3-150HZ
Fuse	20A
Chair packaging size	85×74×71cm
Total weight	50kg