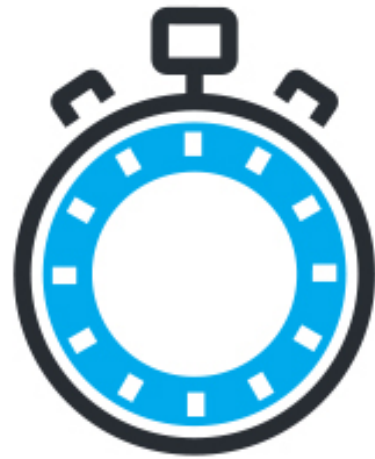


# TESLAChair™

## Consultation Guide





## EFFECTIVE & DURABLE

IMPROVEMENTS  
AFTER A FEW  
SESSIONS



## SAFE AND PAINLESS

RESULTS ARE  
SUPPORTED BY  
SCIENTIFIC STUDIES



## NON INVASIVE

EFFECTIVELY STIMULATES  
MUSCLE TISSUE WITHOUT  
DIRECT SKIN CONTACT

# TESLAChair™

## **WHAT IS THE TESLA CHAIR?**

TESLAChair uses Functional Magnetic Stimulation (FMS) to stimulate muscle contraction which is much higher than what typically the body can achieve through exercise. TESLAChair is the only system capable of running all muscle groups up to 50,000 contractions in one session.

## **WHAT IS IT USED FOR?**

TESLAChair excels in muscle development and training also offers basic therapies, physical rehabilitation therapies. TESLAChair form is the only system that can work with 24 different sequences within the same program / session according to the treated area.

## **WHY TESLA?**

TESLAChair form offers a fundamental therapy with 2 Applicators - a unique system with fixed programs for different parts of the body. In A 30-minute session, using different frequencies and sequences, it stimulates muscle nerves, contract muscles, increases the circulatory system and stimulates the fascia. While working on the muscles, the body begins to consume fat tissue in the targeted area. In this way, you build in muscle tone and burn fat.

# TESLAChair™

## **WHAT IS THE TECHNOLOGY?**

A special magnetic field is generated by a pulse of current inside the Tesla Electro-Magnetic Mechanism, and this induces a current that triggers the motor nerve system of the body, stimulating the targeted muscles to contract, and helping to boost circulation and nutrition.

## **WHAT DOES THE TREATMENT INVOLVE?**

You will be seated, fully clothed, in the comfortable TESLAChair. The therapy is non-invasive, painless and without any known side effects. You will be encouraged to concentrate on muscle contraction during the stimulation. This facilitates the implementation of active learning exercises.

## **WHO IS IT SUITABLE FOR?**

The treatment is suitable for all types of urinary and fecal incontinence. It is used for faster rehabilitation after surgeries in the urogenital area, after childbirth and for some sexual dysfunction and chronic pelvic and lower back pain. You will complete a questionnaire and receive a physical examination as part of your assessment for treatment.

# TESLAChair™

## **WHAT IS THE TREATMENT COURSE?**

Most patients will require a minimum of 4 treatments. More for severe cases 6 – 10 treatments could be required. Therapy is performed two or three times per week for thirty minutes. TESLAChair is a highly tolerable treatment. Results are accumulative with enhanced result after every single session, even from the 1<sup>st</sup> session.

## **DOES IT HURT?**

The sensation is new to most patients, contracting muscles at a fast and effective rate without causing discomfort. No pain management is involved in the treatment.

## **IS THERE ANY DOWNTIME?**

TESLAChair is an in and out procedure, non-invasive and no downtime. Treatments take from 30 minutes and patients can return to their normal routine after their treatment. TESLAChair is suitable for anyone who wants to tone and strengthen pelvic floor muscle.

# TESLAChair™

## WHAT ARE THE ADVANTAGES OF FMS TECHNOLOGY?

- Allows deep penetration into tissue
- FMS allows stimulation of deep muscle structures that cannot be reached by other modalities
- FMS is painless, noninvasive and thus suitable for patients where other technologies cannot be used
- FMS effectively stimulates muscle tissue without direct skin contact
- No negative side effects are known in the literature as long as contraindications are taken into account

# TESLAChair™

## WHAT DOES THE TESLAChair TREAT

The treatment is suitable for all types of urinary and faecal incontinence. It is used for faster rehabilitation after surgeries in the urogenital area, after childbirth and for some sexual dysfunction, as well as chronic pelvic and lower back pain. Therapy also has a positive effect on improving sexual intercourse, erection and ability to reach orgasm. It provides intense contraction of thigh and buttock muscles.

- Urge urinary incontinence
- Stress urinary incontinence
- Mixed urinary incontinence
- Incontinence after radical prostatectomy
- Fecal incontinence
- Regeneration after childbirth
- Milder forms of drooping uterus and bladder (cistokela, descensus uterusa)
- Rehabilitation after pelvic floor surgery
- Chronic prostate inflammation
- Erectile dysfunction

# TESLAChair™

## PRESCRIPTIONS

### **Incontinence: Chair treatments 'pelvic floor gym'**

- Most of the studies were based around 16 total sessions (2 treatments for 8 weeks)
- 2-3 sessions a week for 8 weeks (always having 1 day rest in-between)
- Improvement is seen after 4-6 sessions
- Strong existing muscles will build faster - less sessions required.
- Kegel exercises recommended home care or more frequent maintenance may be required
- Strong existing muscles will build faster - less sessions required
- If more subcutaneous fat in area and muscles are weak - more sessions will be required



# TESLAChair™

## **WHO CANNOT BE TREATED?**

- Pregnancy
- Cancer
- Epilepsy
- Medication pumps
- Complete muscle tear at or near the site of stimulation
- Cardiac pacemakers, Cardiac arrhythmia
- Severe active pulmonary conditions
- Implants made of ferromagnetic metal at or near the site of stimulation
- Endometriosis at time of menstruation
- Open wounds at or near the site of stimulation
- Recent surgery
- Hearing aid
- You are under the age of 18

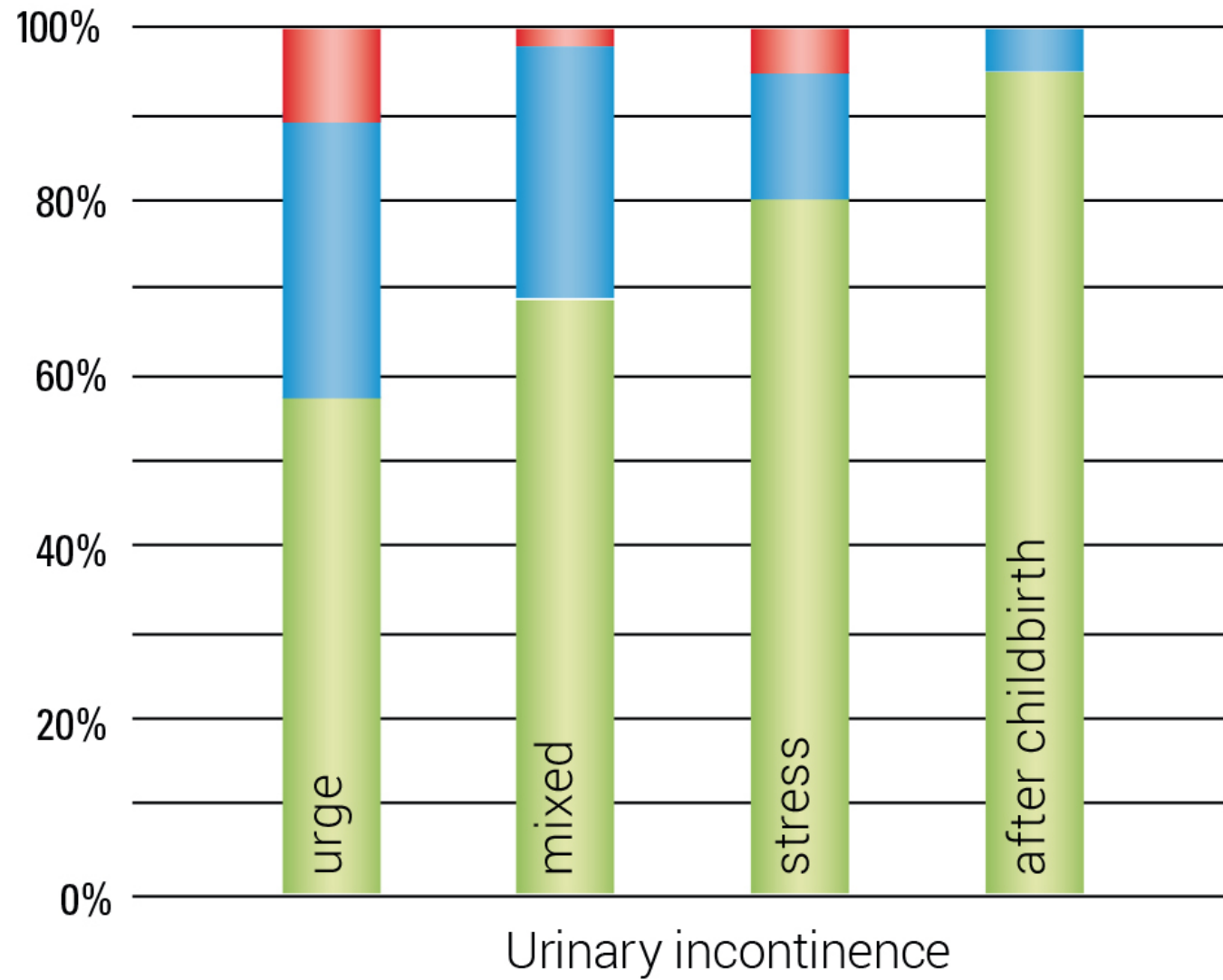
# TESLAChair™

## PRE TREATMENT:

- No special preparation is required before this treatment. You will be asked to complete a questionnaire with information about your incontinence problems, and you will receive a physical examination, which will determine the exact nature of your problem, and the treatment required.
- You will sit, fully clothed, in a comfortable chair for the treatment. You will be encouraged to concentrate on muscle contraction during stimulation, which occurs in bursts of 6 seconds, followed by 6 seconds of rest. The treatment will last for about 30 minutes.
- Ideal sequence of treatments would be every second day or at least twice a week. But we suggest one day of rest between the treatments on the same area.
- It is important that you don't have any metal in the treatment area such as metal studs in jeans. Active wear or gym wear are most suitable options to wear on day of treatment.

# TESLAChair™

- Treatment is always started on lowest intensity and gradually increased to the level of tolerance – pain threshold. Intensity is adjusted on each client individually. Every treatment starts with lowest intensity level and increased slowly. When you reach level of tolerance intensity will plateau and then increase again in a couple of minutes for muscles to adapt.
- We recommend minimum 4 treatments, but it depends on stage that you are beginning and where you want to end.
- A typical treatment plan would consist of a minimum of 4 treatments. More more severe cases 6-10+ treatments may be required.
- 2-3 times per week with at least 1 rest day in between.
- It is recommended to drink plenty of water after treatment.



- Fully dry
- Significant improvement
- No improvement or insignificant improvement

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# TESLAChair™

## TESLAChair Pre-Treatment Checklist

- Please remove any metal objects, belts watch, mobile phone wallet, body suit press studs, piercings, keys...
- You are not pregnant?
- Do you have an IUD?
- Cannot treat if contains any metal, if all plastic no problem but may become dislodged
- You do not have a Cardiac Pacemaker or any electronic in-plants, drug pumps etc.
- You do not have any metal implants
- You do not have a heart disorder
- Have you recently been to the toilet?

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## PRE TREATMENT DOCUMENTATION

### CLIENT INFORMATION AND CONSENT

FUNCTIONAL MAGNETIC STIMULATION  
**TESLAChair™** FOR INCONTINENCE & PELVIC FLOOR  
SAMPLE CLIENT INFORMATION AND CONSENT FOR TREATMENT

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

#### ABOUT TESLAChair

TeslaChair uses Functional Magnetic Stimulation (FMS) to stimulate muscle contraction which is much higher than what typically the body can achieve through exercise. FMS stands for Functional Magnetic Stimulation. A special magnetic field is generated by a pulse of current inside the Tesla Electro-Magnetic Mechanism, and this induces a current that triggers the motor nerve system of the body, stimulating the targeted muscles to contract, and helping to boost circulation and nutrition.

You will be seated, fully clothed, in the comfortable TeslaChair. The therapy is non-invasive, painless and without any known side effects. You will be encouraged to concentrate on muscle contraction during the stimulation. This facilitates the implementation of active learning exercises.

The treatment is suitable for all types of urinary and fecal incontinence. It is used for faster rehabilitation after surgeries in the urogenital area, after childbirth and for some sexual dysfunction and chronic pelvic and lower back pain. You will complete a questionnaire and receive a physical examination as part of your assessment for treatment.

For effective treatment, we recommend 6 – 10 treatments. Therapy is performed two or three times per week for thirty minutes. TeslaChair is a highly tolerable treatment. The sensation is new to most patients, contracting muscles at a fast and effective rate without causing discomfort. No pain management is involved in the treatment.

TeslaChair is an in and out procedure, non-invasive and no downtime. Treatments take from 30 minutes and patients can return to their normal routine after their treatment. TeslaChair is suitable for anyone who wants to tone and strengthen pelvic floor muscle.

TeslaChair offers a fundamental therapy with 2 Applicators - a unique system with fixed programs for different parts of the body. In A 30-minute session, using different frequencies and sequences, it stimulates muscle nerves, contract muscles, increases the circulatory system and stimulates the fascia. While working on the muscles, the body begins to consume fat tissue in the targeted area. In this way, you build in muscle tone and burn fat.

TeslaChair is the only system capable of running all muscle groups up to 50,000 contractions in one session. TeslaChair train uses a power up to 3 TeslaChair and has a large number of dedicated programs. TeslaChair excels in muscle development (aesthetic programs), TeslaChair training also offers basic therapies, physical rehabilitation therapies. TeslaChair is the only system that can work with 24 different sequences within the same program / session according to the treated area.

### PRE TREATMENT CHECKLIST

## TESLAChair™

### TESLAChair Pre-Treatment Checklist

- Please remove any metal objects, belts watch, mobile phone wallet, body suit press studs, piercings, keys...
- You are not pregnant?
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- You do not have a Cardiac Pacemaker or any electronic in-plants, drug pumps etc.
- You do not have any metal implants
- You do not have a heart disorder
- Have you recently been to the toilet?

#### If All OK you can select program or advanced program and begin by saying:

- Please sit in the center of the chair with your legs at 45 degrees apart
- Your knees need to be at 90 degrees to the floor – use footrest
- Select Protocol - Begin treatment. Slowly increase the energy levels while talking to the patient not discussing energy levels with them
- The deep contractions you will experience will feel very strange – equivalent of 12,000 Kegel exercises. The muscle contractions experienced are Supramaximal contraction – which are not possible naturally
- After 5 mins slowly increase the energy levels again.

#### Post Treatment Reminders to patients:

- TESLA Chair is building new muscle fibers which is important to continue supporting new muscle growth by continuing Kegel exercises at home
- A typical treatment plan would consist of 6-10+ treatments 2-3 times per week with at least 1 rest day in between.
- You should now endeavor to start a Kegel exercise regime or come back for maintenance treatments every 6-12 months as you feel the need
- Slowly increase the energy levels during each session
- Ideal sequence of treatments would be every second day or at least twice a week. But we suggest one day of rest between the treatments on the same area.
- After treatment you may continue with all normal activities

# TESLAChair™

## SUPPORT DOCUMENTATION

### REFERRAL AND CONDENSED CONSENT

Text Highlight Colour

# TESLAChair™

## REFERRAL AND CONDENSED INFORMED CONSENT

You have been referred for TeslaChair treatment therapy as prescribed by: \_\_\_\_\_

**TeslaChair is intended to provide entirely non-invasive treatments to pelvic floor musculature for the purpose of rehabilitation of weak pelvic muscles treatment of urinary incontinence.**

- The treatment is typically about 30 minutes per session, with sessions separated by at least 1 day, depending on your needs. Completing a full treatment course is necessary to maximize treatment results. We also recommend at home exercises and occasional top up sessions. Results will typically continue to improve over the next few weeks after treatment. Most patients require 10-16 treatment sessions (2-3 sessions per week for, for 4-6 weeks)
- You remain fully clothed during the treatment. There is typically no pain associated with your treatment. You will experience increasing knocking and tingling sensations accompanied by muscle contractions. These sensations are only in the treated area.
- On the day of the treatment, you are advised to wear comfortable clothes which allow flexibility for correct positioning and increased comfort during the treatment. This includes active wear or gym wear with no metal fixtures.
- I am aware that I can't undergo the treatment when menstruating and will need to reschedule during these times. I understand that I cannot undergo treatment while pregnant or lactating.
- I understand there are certain rare risks associated with TeslaFormer treatments that I may need to manage after treatment including: muscular pain, temporary muscle spasm, temporary joint or tendon pain, local erythema or skin redness. I understand that the treatment may involve risks or complications, or injury and I assume these risks.
- I am willing to fill in forms and/or anonymous questionnaires if requested, as this will help for medical evaluation of
- I understand the results may vary from person to person and that an exact result cannot be predicted. I acknowledge the results may not meet my expectations. Your treatment provider will discuss your individual treatment needs with you.
- I certify that I have read this entire document and that I agree with all provisions. I certify that I have had the opportunity to ask questions and these questions have been answered in full to my satisfaction. I fully understand the treatment conditions, the procedure and possible side effects.

I have read the above information, and I request and give my consent to be treated with the TeslaChair procedure.

Patient signature: \_\_\_\_\_ Date: \_\_\_\_\_

TeslaFormer Operator: \_\_\_\_\_  Treatment Sheet Given

### FREQUENTLY ASKED QUESTIONS

FUNCTIONAL MAGNETIC STIMULATION  
FOR INCONTINENCE & PELVIC FLOOR

# TESLAChair™

## FREQUENTLY ASKED QUESTIONS TESLACHAIR

### WHAT IS THE TESLA CHAIR?

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For effective treatment, we recommend 6 – 10 treatments. Therapy is performed two or three times per week for thirty minutes. TeslaChair is a highly tolerable treatment.

### DOES IT HURT?

The sensation is new to most patients, contracting muscles at a fast and effective rate without causing discomfort. No pain management is involved in the treatment.



# TESLAChair™

SUPPORTIVE DOCUMENTS FOR QUANTIFYING TREATMENT RESULTS:

FEMALE SEXUAL FUNCTION INDEX (FSFI)

ICIQ-UI FORM

## Female Sexual Function Index (FSFI) Questionnaire

Subject Identifier \_\_\_\_\_ Date \_\_\_\_\_

**INSTRUCTIONS:** These questions ask about your sexual feelings and responses during the past 4 weeks. Please answer the following questions as honestly and clearly as possible. Your responses will be kept completely confidential. In answering these questions the following definitions apply:

- **Sexual activity** can include caressing, foreplay, masturbation and vaginal intercourse.
- **Sexual intercourse** is defined as penile penetration (entry) of the vagina.
- **Sexual stimulation** includes situations like foreplay with a partner, self-stimulation (masturbation), or sexual fantasy.

### CHECK ONLY ONE BOX PER QUESTION.

Sexual desire or interest is a feeling that includes wanting to have a sexual experience, feeling receptive to a partner's sexual initiation, and thinking or fantasizing about having sex.

1. Over the past 4 weeks, how often did you feel sexual desire or interest?

- Almost always or always
- Most times (more than half the time)
- Sometimes (about half the time)
- A few times (less than half the time)
- Almost never or never

2. Over the past 4 weeks, how would you rate your level (degree) of sexual desire or interest?

- Very high
- High
- Moderate
- Low
- Very low or none at all

Sexual arousal is a feeling that includes both physical and mental aspects of sexual excitement. It may include feelings of warmth or tingling in the genitals, lubrication (wetness), or muscle contractions.

3. Over the past 4 weeks, how often did you feel sexually aroused ("turned on") during sexual activity or intercourse?

- No sexual activity
- Almost always or always
- Most times (more than half the time)
- Sometimes (about half the time)
- A few times (less than half the time)
- Almost never or never

4. Over the past 4 weeks, how would you rate your level of sexual arousal ("turn on") during sexual activity or intercourse?

- No sexual activity
- Very high
- High
- Moderate
- Low
- Very low or none at all

5. Over the past 4 weeks, how confident were you about becoming sexually aroused during sexual activity or intercourse?

- No sexual activity
- Very high confidence
- High confidence
- Moderate confidence
- Low confidence
- Very low or no confidence

Initial number

ICIQ-UI Short Form

CONFIDENTIAL

DAY MONTH YEAR  
Today's date

Many people leak urine some of the time. We are trying to find out how many people leak urine, and how much this bothers them. We would be grateful if you could answer the following questions, thinking about how you have been, on average, over the PAST FOUR WEEKS.

1 Please write in your date of birth:

DAY MONTH YEAR

2 Are you (tick one):

Female  Male

3 How often do you leak urine? (Tick one box)

never  0  
about once a week or less often  1  
two or three times a week  2  
about once a day  3  
several times a day  4  
all the time  5

4 We would like to know how much urine you think leaks.

How much urine do you usually leak (whether you wear protection or not)?

(Tick one box)

none  0  
a small amount  2  
a moderate amount  4  
a large amount  6

5 Overall, how much does leaking urine interfere with your everyday life?

Please ring a number between 0 (not at all) and 10 (a great deal)

0 1 2 3 4 5 6 7 8 9 10  
not at all a great deal

ICIQ score: sum scores 3+4+5

6 When does urine leak? (Please tick all that apply to you)

never – urine does not leak   
leaks before you can get to the toilet   
leaks when you cough or sneeze   
leaks when you are asleep   
leaks when you are physically active/exercising   
leaks when you have finished urinating and are dressed   
leaks for no obvious reason   
leaks all the time

Thank you very much for answering these questions.

# TESLAChair™

**If All OK you can select program or advanced program and begin by saying:**

- Please sit in the center of the chair with your legs at 45 degrees apart
- Your knees need to be at 90 degrees to the floor – use footrest
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# TESLAChair™

## Post Treatment Reminders to patients:

- TESLA Chair is building new muscle fibers which is important to continue supporting new muscle growth by continuing Kegal exercises at home
- A typical treatment plan would consist of a minimum of 4 treatments. For more severe cases 6-10+ treatments may be required. 2-3 times per week with at least 1 rest day in between.
- You should now endeavor to start a Kegel exercise regime or come back for maintenance treatments every 6-12 months as you feel the need
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# TESLAChair™

## POST TREATMENT TREATMENT RECORD

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## SAMPLE TREATMENT RECORD

Patient's Name:

Initial Consultation Date:

Session #	Date	Preset Used	Intensity (%)		Patient Feedback and Treatment Comments	Operator Initials
			Start	End		
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
NOTES:						

# TESLAChair™

**On completion of session:**

- Very carefully remove Velcro and applicators and position pack on pole (ie core therapy)**
- Inform patient they will feel a little tender of a few days (ie core therapy)**
- All normal activities can be continued**