

# FUNCTIONAL MAGNETIC STIMULATION FOR INCONTINENCE & PELVIC FLOOR

## TESLAChair™

### FREQUENTLY ASKED QUESTIONS

#### **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 a revolutionary new machine and breakthrough treatment for incontinence and confidence.

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

TESLA Chair was developed to treat weakened pelvic floor muscles and urinary incontinence using ground breaking Functional Magnetic Stimulation technology. FMS utilises a magnetic field that is generated by a pulse that stimulates peripheral nerves to elicit contractions in target muscles. These involuntary contractions number in the tens of thousands each treatment, helping important muscles to strengthen to better support the surrounding structures of the body.

#### **WHY TESLA?**

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.

#### **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.

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

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.

### **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.

### **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

### **WHAT DOES THE TeslaChair TREAT**

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, 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

### **WHO CANNOT BE TREATED?**

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

## TREATMENT INFORMATION

### 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.
- 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 8 treatments, but it depends on stage that you are beginning and where you want to end.**
- A typical treatment plan would consist of 6-10+ treatments 2-3 times per week with at least 1 rest day in between.**
- It is recommended to drink plenty of water after treatment.