

**SAMPLE CLIENT INFORMATION AND CONSENT FOR TREATMENT**

NAME: DATE:

**ABOUT EMKEGEL**

The EMKegel 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 EMKegel. 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 other incontinence. It is used for faster rehabilitation after surgeries in the urogenital area, after childbirth and for some sexual dysfunction conditions. 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. EMKegel 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.

EMKegel 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. EMKegel is suitable for anyone who wants to tone and strengthen pelvic floor muscle.

EMKegel 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.

EMKegel is the only system capable of running all muscle groups with over 20,000 contractions in one session. EMKegel train uses a power up to 3 EMKegel and has a large number of dedicated programs. EMKegel form excels in muscle development (aesthetic programs), EMKegel training also offers basic therapies, physical rehabilitation therapies. EMKegel form is the only system that can work with 24 different sequences within the same program / session according to the treated area.

**WHAT ARE THE ADVANTAGES OF FMS**

• Allows deep penetration into heterogeneous biological tissue

• FMS allows stimulation of deep muscle structures that cannot be reached by FES

• FMS is painless, noninvasive and thus suitable for patients where FES 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 EMKegel FORMER 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
* Faecal 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

**TREATMENT INFORMATION**

* 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 lever of tolerance intensity will plateau and then increase again in a couple of minutes for muscles to adapt.
* We recommend minimum 6 treatments, but it depends on stage that you are beginning and where you want to end.
* A typical treatment plan would consist of 6-16+ treatments 2-3 times per week with at least 1 rest day in between.
* It is recommended to drink plenty of water after treatment.

CONSENT FOR TREATMENT

* By providing my signature below, I acknowledge that I have read and understood all of the information written above, as well as that contained within the information sheet. I feel that I have been adequately informed of my alternative treatment options. I hereby freely consent to the EMKEGEL to be performed by [ ] and authorise the taking of clinical photographs to document my clinical progress.
* In some circumstances, EMKegel treatment might need to be postponed. You should seek medical advice if any of the following apply to you:
* You are pregnant
* You have complete muscle tear near or at the site of treatment
* Implants made of metal in the site of treatment
* Open wounds at or near the site of treatment
* Cardiac arrhythmia
* You are over the age of 18

PATIENT SIGNATURE: DATE:

THERAPIST SIGNATURE: DATE:

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