

## FREQUENTLY ASKED QUESTIONS

### WHAT IS FMS?

FMS stands for Functional Magnetic Stimulation. A special magnetic field is generated by a pulse of current, delivered by our 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 TREATMENT FEEL LIKE?

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.

### IS IT SUITABLE FOR MY PROBLEM?

The treatment is suitable for many 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 and chronic pelvic and lower back pain. You will complete a questionnaire and receive a physical examination as part of your assessment for treatment.

### HOW MANY TREATMENTS WILL I NEED?

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

## SOLVE UNCONTROLLED LEAKAGE PROBLEMS

LET'S HELP YOUR WEEK PELVIC FLOOR MUSCLES TO DO THEIR JOB AS EFFECTIVELY AS POSSIBLE!

- > Simple and non-invasive
- > Treats all kinds of incontinence
- > Faster rehabilitation after surgery
- > Can treat aspects of sexual dysfunction
- > Recovery of muscle tone after childbirth
- > Helps regain control over pelvic floor muscles and bladder.



Clinic details:

# INCONTINENCE STOP THE URGE

## TESLAChair™



**SAFE CONVENIENT TREATMENT FOR WEAK PELVIC FLOOR MUSCLES**  
**BUILD PELVIC STRENGTH**



# FMS THERAPY

## INCONTINENCE & PELVIC FLOOR

### STEP 1

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.

### STEP 2

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.

### STEP 3

The therapy will be performed two to three times per week for thirty minutes, and we recommend 6–10 treatments in total. Improvement is generally observed after just a few treatments.

The treatment is suitable for many 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.

## TESLACHair INCONTINENCE & PELVIC FLOOR

- 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



**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

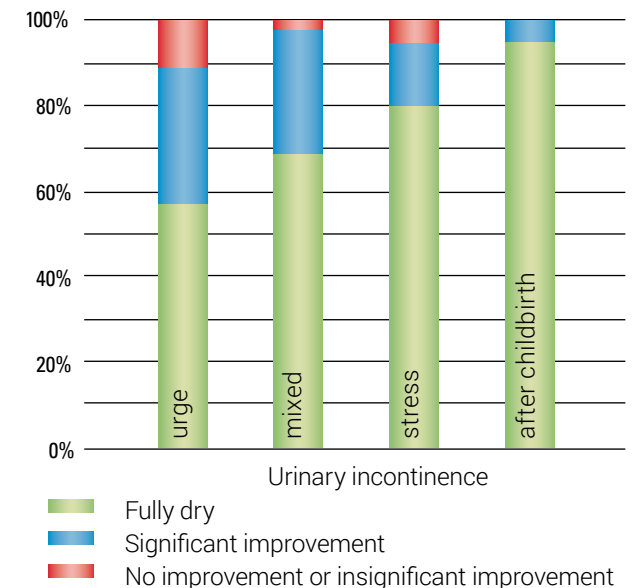
**EUROPEAN TECHNOLOGY**

FUNCTIONAL MAGNETIC STIMULATION

## CLINICAL STUDY RESULTS\*

Tests were performed in three different centres on 160 female patients\*\*:

- 36 women with urge urinary incontinence
- 42 women with mixed urinary incontinence
- 61 women with stress urinary incontinence
- 21 women after childbirth



Safe, convenient and effective treatment for uncontrolled urine leakage and weak pelvic floor muscles. Just sit in the comfortable TESLACHair to take care of your incontinence problems for you.

\* Individual results may vary; please consult your practitioner.

\*\* Source: Štrumbelj, Health institute Podnar, Zdravka Koman Mežek, dr. med. - Private health institute Bled