

CORE TO FLOOR STUDY: IMPROVEMENT IN THE SYMPTOMS OF SARCOPENIA

CONSECUTIVE APPLICATION OF STANDALONE HIFEM PROCEDURE WITH SIMULTANEOUS APPLICATION OF HIFEM AND SYNCHRONIZED RADIOFREQUENCY FOR SARCOPENIA TREATMENT

Diane Duncan, M.D., FACS¹

1. Plastic Surgery Associates, Fort Collins, CO, USA

Presented at the 5th Annual Global Aesthetics Conference 2022, Miami, FL

HIGHLIGHTS

- **Sarcopenia** is a gradual age-related loss of muscle mass and strength that can occur as early as at the age of 30. The loss of muscle mass and strength contribute to a decline in muscle function, reduced mobility, and decreased quality of life.
- **30 patients** were enrolled (26-75 years old, BMI of 19.7-33.5 kg/m²)
- Four HIFEM+RF procedures (once a week over abdomen) and six standalone HIFEM procedures (twice a week over pelvic floor) were administered
- Evaluation included **five standard tests to assess sarcopenia**, InBody and DEXA measurements
- Patients over 60 years old (n=16) showed **balance** improvement by **30.3%**, and comfortable **gait speed** (the time one takes to walk a specified distance comfortably) improved by **45.6%**
- **The TUG (Time Up & Go) test** showed a 20.6% improvement for patients above 60 years (p-value<0.001). TUG, which correlates to balance and fall risk, is the amount of time to stand up from a chair, walk a certain distance at your normal pace, turn and walk back to the chair, and sit down again.

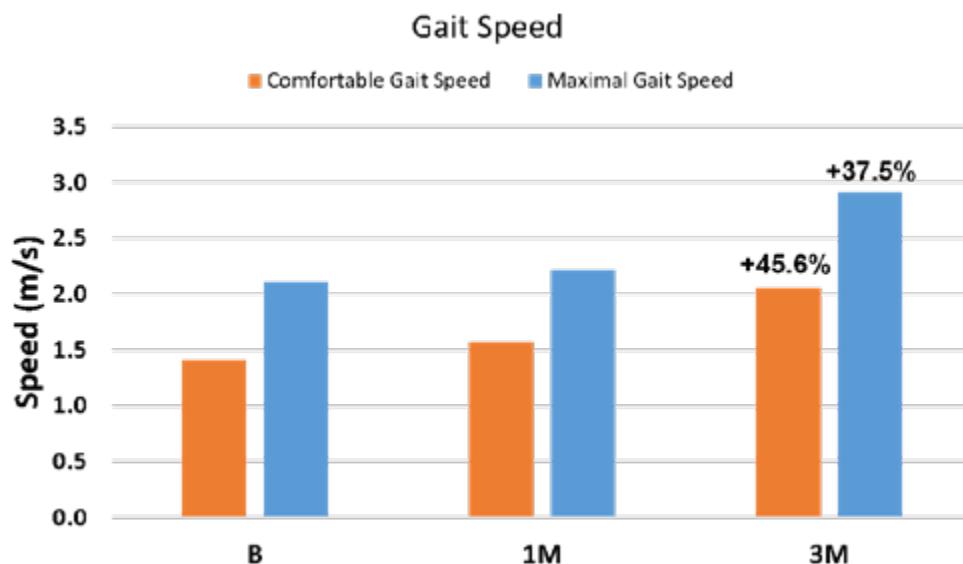


Figure 1: The bar chart shows the gradual improvement in comfortable and maximal gait speed in elderly subjects from baseline (B), peaking at 3 months.