CORE TO FLOOR STUDY: IMPROVED QUALITY OF LIFE IN FEMALES AFTER CHILDBIRTH

THE IMPROVEMENT OF QUALITY OF LIFE IN FEMALE PATIENTS AFTER CHILDBIRTH BY HIFEM AND SYNCHRONIZED RADIOFREQUENCY PROCEDURE FOR THE STRENGTHENING OF CORE MUSCLES

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HIGHLIGHTS

- 36 women (27-44 years, BMI 19.4-34.5 kg/m^2, skin type I-V)
- Four HIFEM+RF procedures (once a week over abdomen) and six standalone HIFEM procedures (twice a week over pelvic floor) were administered
- The biofeedback pressure measurements showed an increased core muscle strength by **+25.2%** at a 3-month follow-up
- The average reduction in waist circumference was **-4.6 cm**
- Three months after the last treatment, on average:
    - **94%** of patients were satisfied with the results and would recommend the treatment to friends and relatives
    - **100%** of the patients reported that they could perform their daily activities without any issues and spend quality time with their children after the treatments
    - **97%** of the patients reported that their core feels stronger, and they could get up easily from a lying down position after the treatments
    - **94%** of the patients reported that their pelvic floor feels stronger after the treatments
    - **85%** of the patients reported that they feel more youthful after the treatments
    - **70%** of the patients reported an improvement in their back discomfort after the treatments

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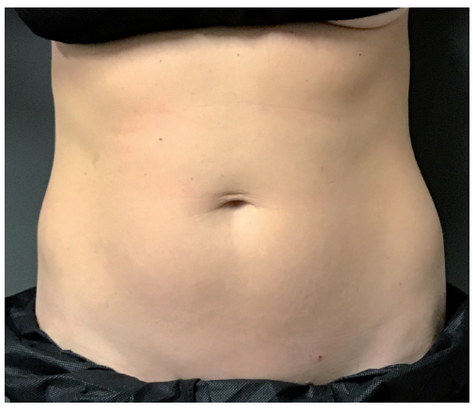
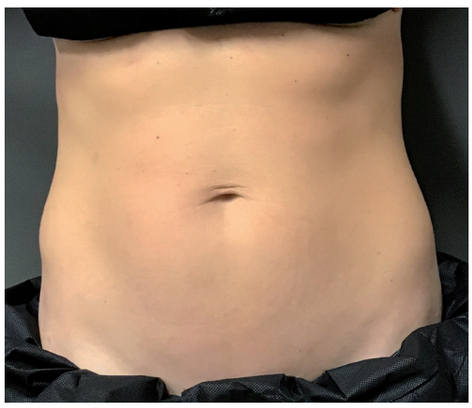
RESULTS

BASELINE

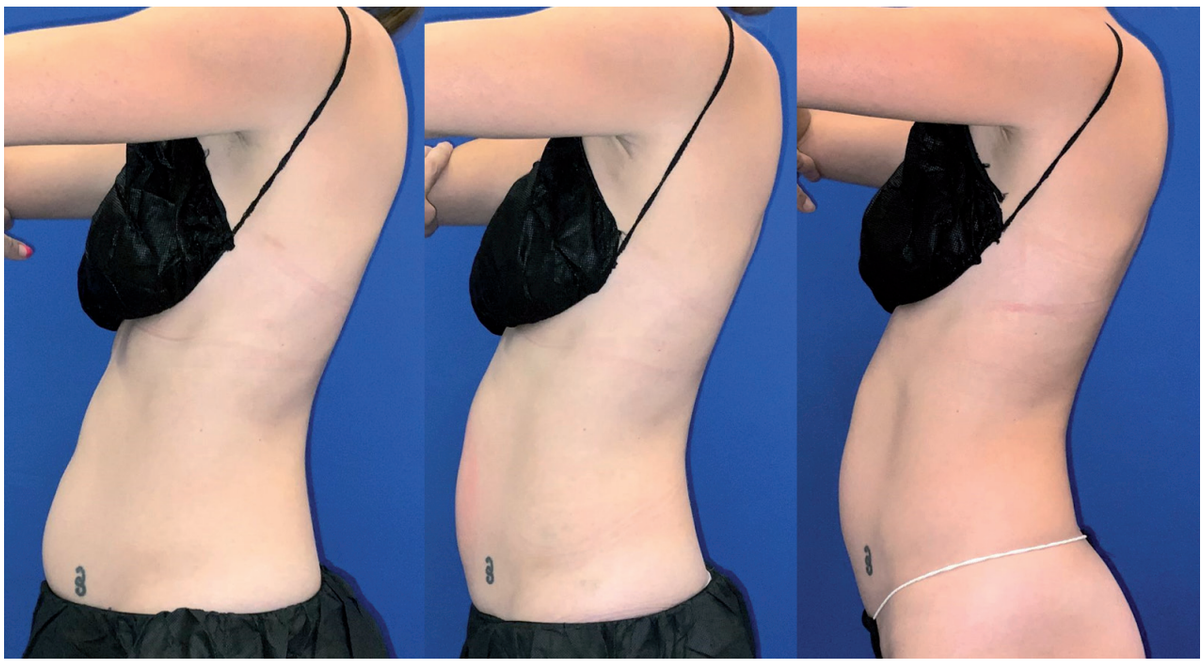


3 MONTH FOLLOW-UP



Digital photographs of a 33-year-old female patient with a BMI of 24.2 kg/m^2 at baseline (left) and 3-month follow-up (right). At 3 months, the core muscle strength increased by 53.9%.
Courtesy of: Julene B. Samuels, M.D., FACS

BASELINE AFTER THE TREATMENTS 1 MONTH FOLLOW-UP



Digital photographs of a 38-year-old female patient with a BMI of 20.8 kg/m^2 at baseline (left), after the treatments (middle), and at the 3-month follow-up (right, waist reduction of -6.3 cm).
At 3 months, the core muscle strength increased by 21.5%.
Courtesy of: JD. McCoy, NMD