



# PF Toner<sup>Pro</sup>

## Pelvic Floor Therapy

CIMEG MADRID CIMEG / ZIMMER MEDIZINSYSTEME



Prepared by



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Research Paper

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# INTRODUCTION

Urinary incontinence (UI) significantly affects patients' quality of life, with its impact varying according to severity, type of UI, and the individual's experience. We present the diagnosis and treatment of UI in patients through algorithms with accompanying notes, which include existing evidence, assigned a level of evidence (NE), and a grade of recommendation (GR). Magnetic field therapy induces a current into cells, causing pelvic floor muscle contractions. This muscle strengthening leads to improved continence.

*PFToner<sup>Pro</sup>* tailors treatment parameters to each patient, offering four predefined programs that address stress, mixed, and urge incontinence, as well as general pelvic floor strengthening.

The device features a large applicator, designed for use with a custom treatment chair option in the USA, as is a custom cushion that fits in most standard chairs. Therapy intensity can be adjusted based on patient comfort.

**Objective:** This prospective study evaluates the safety and preliminary efficacy of *PFToner<sup>Pro</sup>* magnetic stimulation for treating urinary incontinence.

**Method:** 42 patients with VARYING DEGREES of urinary incontinence participated in an 8-week treatment course.

First 4 weeks (2 sessions per week); following 4 weeks (one session per week) for a total of 12 sessions.

week 1-4	week 5-8
two sessions per week	one session per week

Patients underwent follow-up assessment three months post-treatment.

All patients completed their specific treatment protocols for their conditions.

Before and after assessments were conducted to compare outcomes. These included quality of life assessments, MRI, advanced ultrasound with elastography to measure tissue elasticity, clinical functional evaluations, and urodynamic tests.

**Results:** No adverse reactions were observed. All patients completed their treatment sessions. Only five patients reported increased pain after the first session (VAS scale greater than 5 with duration greater than three hours). The treatment was **effective in 97%** of participants with over 90% maintaining improvement after three months. No muscle injuries were observed. Elastographic changes and improvement of muscle tone were observed via advanced ultrasound (elastography) in **95.2%** of patients.

**Conclusions:** *PFToner<sup>Pro</sup>* is safe, well tolerated, and effective for the treatment of mild and moderate urinary incontinence. Elastographic changes confirm pelvic floor muscle tone improvement following treatment, with a notable reduction in urinary incontinence symptoms.

**Recommendations:** We advise expanding the research to include a larger number of cases and to extend the scope of variables in future studies. This should include the integration of MRI evaluations and pressure calculations.



# MIXED INCONTINENCE ADVANCED ELASTOGRAPHY ULTRASOUND EVALUATION

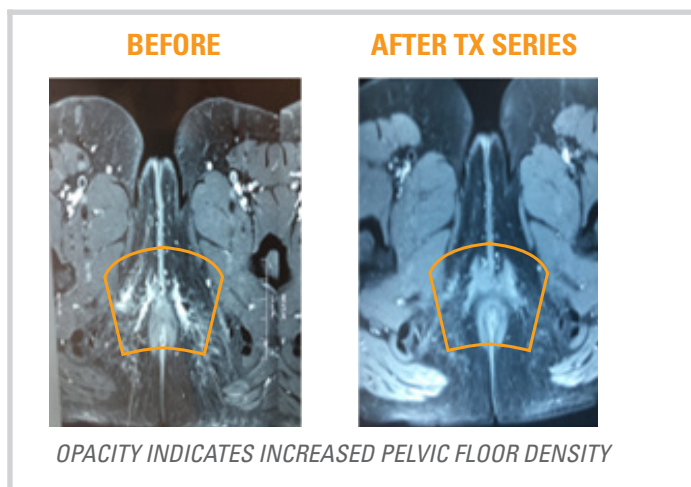
## PATIENT A



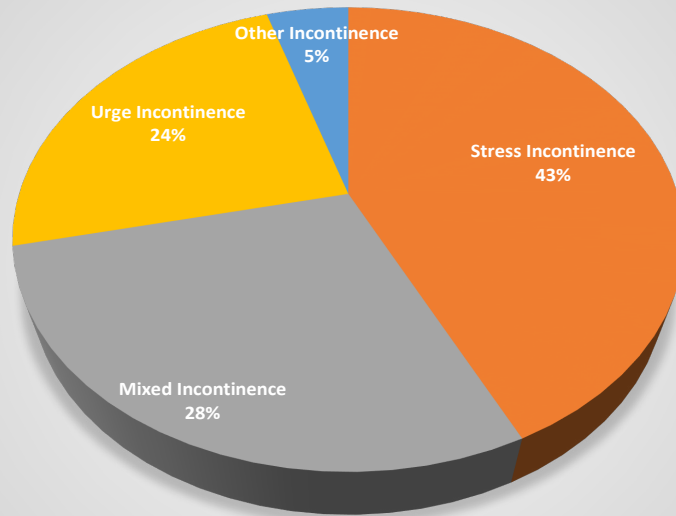
## PATIENT B



## MRI EVALUATION

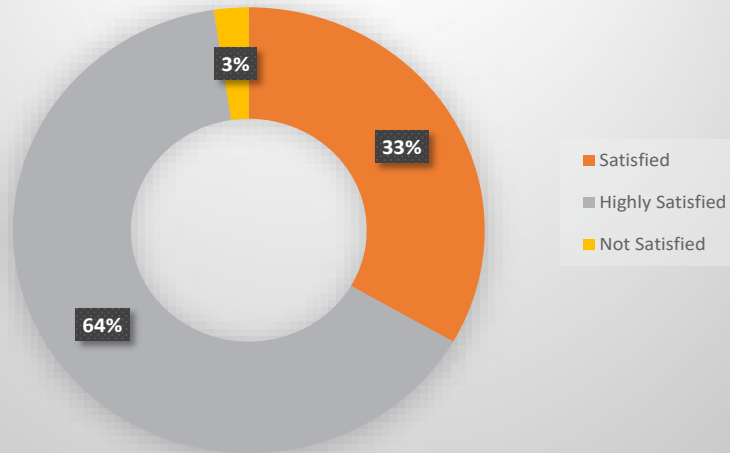


## Incontinence Type



Stress Incontinence    Mixed Incontinence    Urge Incontinence    Other Incontinence

## Degree of Satisfaction After an Average Series of 10 Tx



## Improvement

