Strengthening the pelvic floor muscles /
Relieving pelvic pain/ Promoting blood circulation

Portable pelvic floor magnet

Instruction Manual



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Product introduction

HIFEM

Pelvic magnetic therapy can increase the activity of protease, promote cell metabolism, improve blood circulation in muscle tissue, strengthen the permeation regulation of endocrine hormones, and reduce the production and diffusion of pain-inducing substances. The main functions of the device are anti-inflammatory, analgesic, regulation of neuromuscular function, improvement of muscle strength and tension, aiding in the recovery of postpartum pelvic floor diseases. The pelvic magnetic therapy chair not only treats pelvic pain issues but also aids in the treatment and recovery of postpartum urinary incontinence, difficulty urinating, fecal incontinence, constipation, vaginal relaxation, pelvic nerve aging, sacral nerve Product Theoryinjury, gastrointestinal disorders, pelvic pain, prostatitis, male erectile dysfunction, premature ejaculation, childhood enuresis, muscle pain, nerve pain, and obesity.

Principle

Pelvic floor muscle magnetic therapy is a non-invasive treatment method for repairing pelvic floor muscles. It utilizes a certain intensity of magnetic field to penetrate human tissues, inducing electric currents within the tissues, altering cell membrane potentials, and stimulating target areas. This stimulation can be transmitted to motor nerves, effectively adjusting nerve excitability during use. It aims to achieve rapid treatment of diseases, effectively strengthen muscle strength, and improve muscle endurance. With continuous use, it has excellent effects on conditions such as dyspareunia, urgency urinary incontinence, and difficulty controlling defecation.

Product Specifications

Product Specifications	
Energy	1-100
Depth	Intrinsic layer 5mm
Time	Single pulse for 8 seconds
Intrinsic Temperature	45°C-50°C
Mucosal Temperature	38°C-41°C

Product introduction

Product Structure Introduction



Front view display

(Take the actual item as the reference)

1 Handheld grip

2 7-inch integrated screen

3 Pelvic floor magnetic tray

4 Power on/off button

Product introduction

Product Structure Introduction



Back view display

(Take the actual item as the reference.)

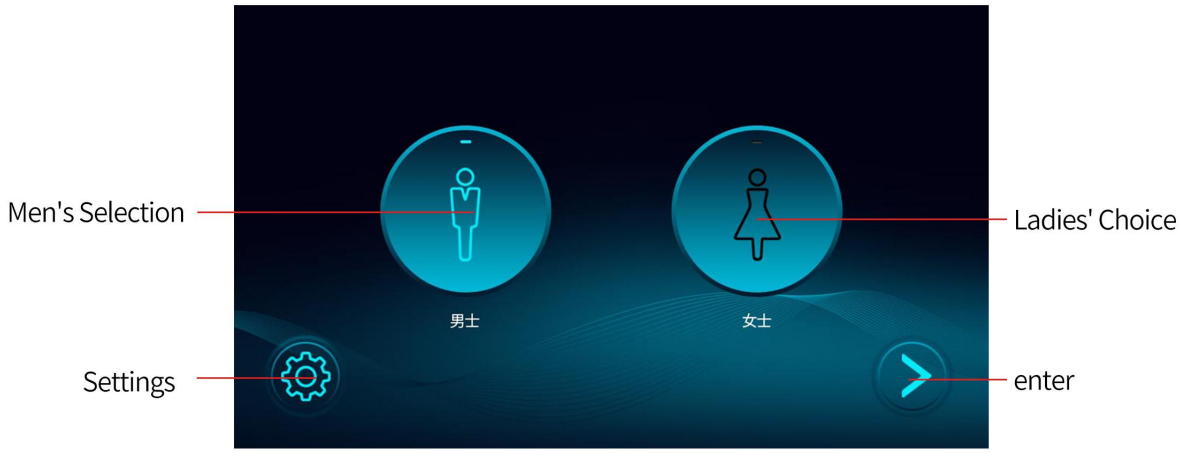
1 Heat dissipation holes

2 Power cord socket

3 Handle socket

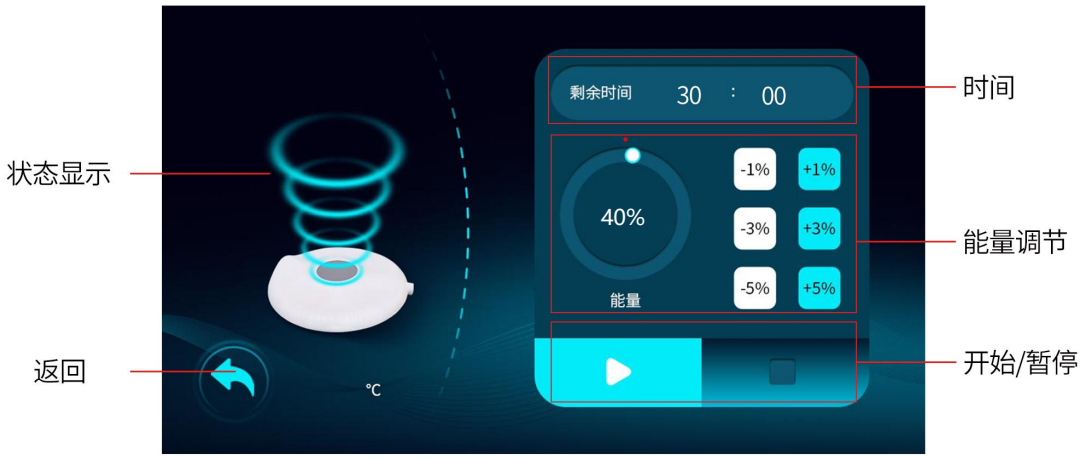
Instructions for use

Interface Introduction



(1-1)

Operation Steps for Pelvic Magnetic Mode
Attach the pelvic magnetic handpiece to the device.
Power on the device to access interface (1-1).
Select the patient’ s gender, then tap to proceed to the next page (1-2).



(1-2)

On interface (1-2), adjust the treatment intensity. It is recommended to start from 40. Intensity can be adjusted in three levels: 1, 3, and 5.
The suggested treatment duration is 15-30 minutes. Tap Start to begin the operation.

Instructions for use

Applicable people

The pelvic floor magnetic stimulation stimulates the pelvic floor muscles and regulates the sacral nerves, leading to pelvic floor muscle contraction and thereby enhancing pelvic floor muscle strength.

Pelvic floor magnetic stimulation is suitable for:
1. Neurogenic problems:
- Stress urinary incontinence: leakage of urine during activities such as coughing, sneezing, or laughing.
- Urgency urinary incontinence: involuntary leakage of urine when feeling the urge to urinate.
- Overactive bladder syndrome: frequent urination, urgency, incomplete emptying of the bladder.
- Urinary retention: strong urge to urinate but unable to pass urine, accompanied by lower abdominal pain.
- Enuresis: involuntary urination without awareness.

2. Myogenic problems:
- Organ prolapse.
- Pelvic pain: pain in the anus, perianal area, coccyx, urethral or vaginal pain.
- Defecation disorders: incomplete evacuation, irregular bowel movements.
- Sexual dysfunction: sexual aversion, decreased libido, hypersexuality, dyspareunia, anorgasmia, etc.

Contraindications

(1) Pregnant women
(2) Areas with electronic or metal implants
(3) Individuals with epilepsy
(4) Patients with malignant tumors in the stimulation area
(5) Within <3 weeks post-surgery (surgical wound area)
(6) Patients with pacemakers or severe arrhythmias
(7) Women during menstruation
(8) Patients with acute urinary tract infections
(9) Vaginal bleeding
(10) Individuals with sensory or cognitive impairments
(11) Severe hemorrhoids
(12) Pelvic area infections

Instructions for use

Precautions

1. It is normal to experience slight bleeding after pelvic floor magnetic therapy. The external genitalia should be kept clean to prevent infection. If the bleeding worsens, seek medical attention promptly to determine the cause and receive appropriate treatment.
2. Pelvic floor magnet therapy should not be performed daily, and the duration of each session should not be too long. Typically, 20-30 minutes is sufficient.
3. The energy level should not be too high and should be adjusted to a level that is tolerable. You may feel a slight tingling sensation.
4. Incorporate pelvic floor contraction exercises into your daily routine at home. Avoid exerting too much force on your abdomen and refrain from activities such as deep squats and horse-riding stances...

Accessories List

Accessory	Quantity
Chair	1
Control Panel	1
Power Core	1

Note: Magnet therapy has the effect of regulating the body's biomagnetic field, dilating blood vessels, and promoting blood circulation. After completing pelvic floor magnet therapy, you may experience localized itching and redness of the skin, as well as occasional dizziness and palpitations. Resting for a short while should alleviate these symptoms.