Pelvic floor muscle strengthening
/ Pain relief / Promotion of postpartum recovery

Mini EMSella

User 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

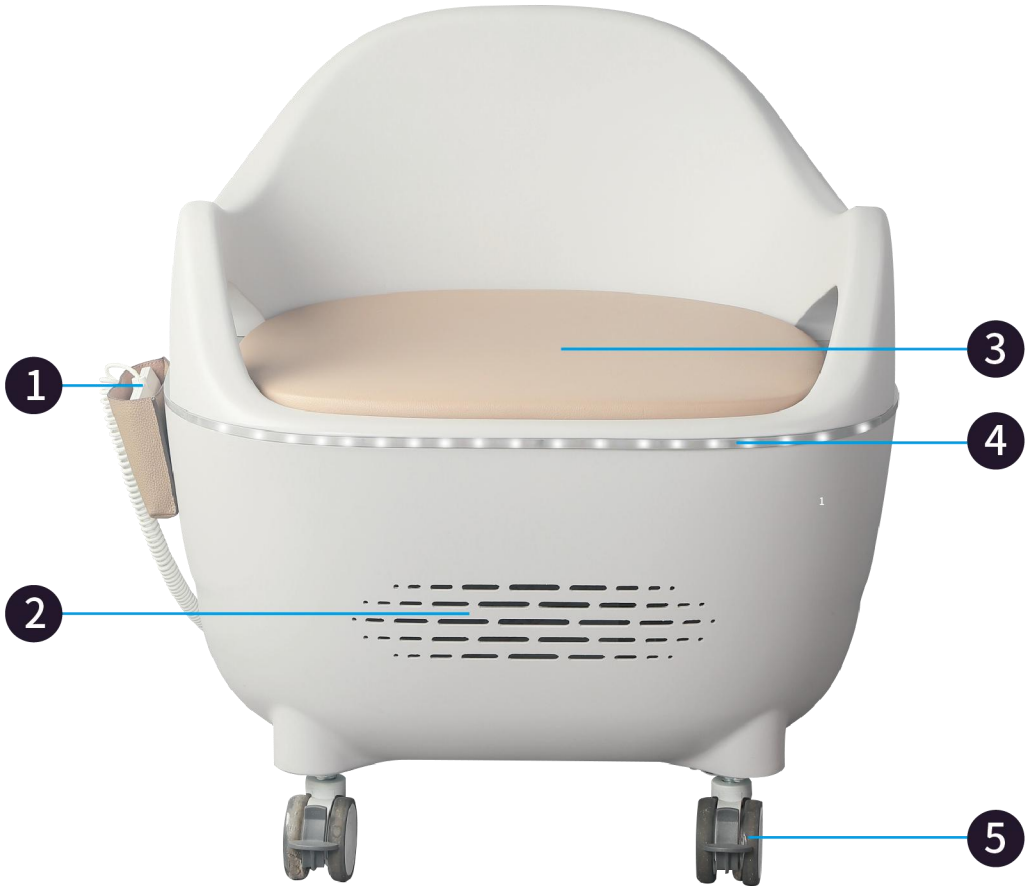
Pelvic floor muscle magnetic therapy is a non-invasive treatment method for repairing pelvic floor muscles. It utilizes a certain intensity of magnetic field to penetrate human tissues, inducing electric currents within the tissues, altering cell membrane potentials, and stimulating target areas. This 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	90J/cm^2
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



The front of machine

(Product in kind prevails)

1 Control Panel
2 Vent
3 Energy Output Area
4 Lamp Stripe
5 Universal Wheel

Product Structure Introduction



The back of machine

(Product in kind prevails)

1. Power Switch
2. Power Cord Socket
3. Control Panel Socket
4. Cooling Fan

Instructions for use

Interface Introduction

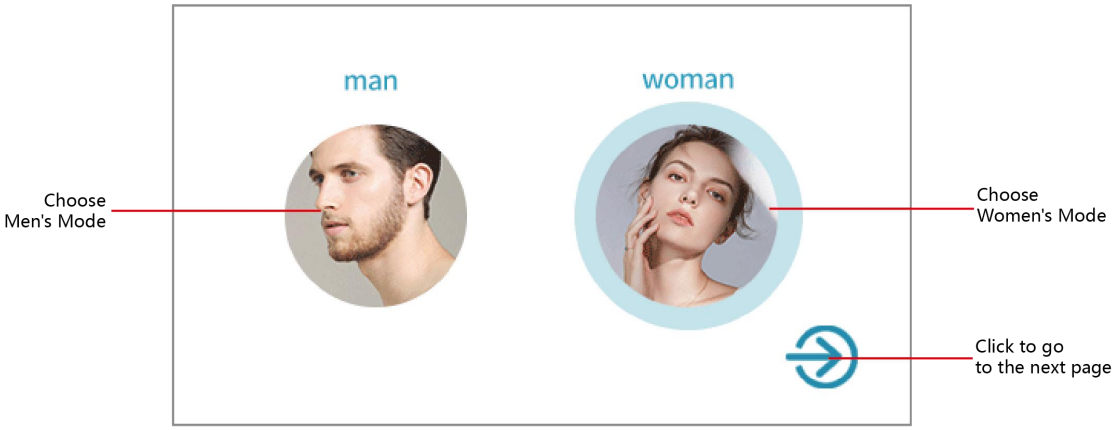


Figure 1

Power on, display interface Figure 1, select gender, press to proceed to the next page, Figure 2.

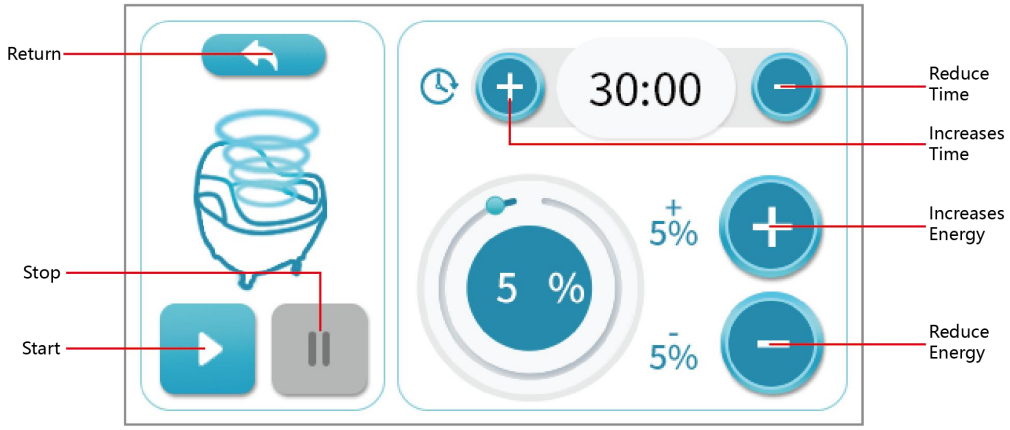


Figure 2

Start with the lowest energy level and adjust it based on the customer's actual situation. The treatment time is 20-30 minutes. Click 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.