

# Guideline FemiScan Stim

The incontinence therapy treatment should be considered in conjunction with physical exercises (ref: Kegel) to regain awareness and strength of the pelvic floor muscles. To do pelvic floor muscle exercises, the person tightens the pelvic muscles for a few seconds and then releases them. This is repeated up to 10 times, four times every day.

As in any muscle re-education, the saying “no gain without strain” does apply. Muscles need to be “pushed” into performing at their best. However, your treatment programme should not be an ordeal and levels of stimulation intensity and period of use should be tailored to suit your particular needs and abilities.

The FemiScan Stim offers preset programmes suitable for most common symptoms of incontinence.

Incontinent Symptom	Programme	Treatment Time 1-3 x daily
Stress	1 middle frequency	10 min.
Urge	2 low frequency	10 min.
Urge	3 low frequency	20 min.
Combined Stress & Urge	4 combination of low/middle frequency	20 min.
Pelvic floor pain relief	5 high frequency	20 min.

- ✓ Check that all connections are properly connected.
- ✓ Ensure that metal surfaces of the probe are covered with a thin layer of water-soluble lubricating gel.
- ✓ Adjust the intensity of the stimulation until a strong but comfort contraction is felt.

**Notice:** Electric muscle stimulation for incontinence very often requires much higher intensity (Above 60 mA) compared to electric muscle stimulation through surface electrodes.

# Guideline FemiScan Stim

## How is it felt?

- When treating STRESS incontinence (Programme 1) the intensity should be adjusted to provide strong yet comfortable pelvic floor muscle contractions. The stimulus will be felt as an intermittent “on-off” sensation of tightening or pressure within the pelvic region.
- When treating URGE incontinence the sensation felt will be a continuous “tingling” feeling (Programme 2). It shall be “noticeable” but not uncomfortable. Programme 3 is similar to programme 2, however, with a 3 second rest period included to reduce the possibility of muscle fatigue, as it is considered to be extremely important not to tire the PF muscles by overworking them.
- If your condition is described as mixed STRESS and URGE incontinence you may be advised to use programme 4 that combines the effects and benefits of both stress and urge programmes.

## When and for how long time shall I use the FemiScan Stim?

- The exact treatment required is individual for each person. It involves, however, treatment of the pelvic floor for a period of one to three months. Expectation of time for first treatment results for urge incontinence is 2 - 6 weeks. Duration of each treatment may vary from 10 minutes to begin with up to 30 or 40 minutes as your treatment progresses, dependent on the users condition (Ability to contract, muscle fatigue)
- For easy access to last chosen programme and intensity use the repeat function by simply turn on the device with a “long” touch (hold the I/O key for at least 2 seconds)

## Pelvic Floor Muscle Exercises

FemiScan Home Trainer and Multi Trainer interactive devices are intended to boost and intensify the pelvic floor muscle exercises and prevent leakage. PFM exercises strengthen the muscles of the pelvic floor, the soft tissues enclosing the pelvic outlet. The pelvic outlet is the space surrounded by the bones of the lower portion of the true pelvis. Success of the PFM exercises can be attained by doing the exercises regularly and correctly instructed by verbal commands and feedback of the FemiScan home treatment devices.

Please find further information about pelvic floor therapy from:

[www.femiscan.com](http://www.femiscan.com)