HIFEM® VERSUS ELECTROSTIMULATION IN WOMEN WITH PELVIC FLOOR DYSFUNCTION

ELECTROMYOGRAPHIC EVALUATION OF THE PELVIC MUSCLES ACTIVITY AFTER HIGH INTENSITY FOCUSED ELECTROMAGNETIC PROCEDURE AND ELECTRICAL STIMULATION IN WOMEN WITH PELVIC FLOOR DYSFUNCTION

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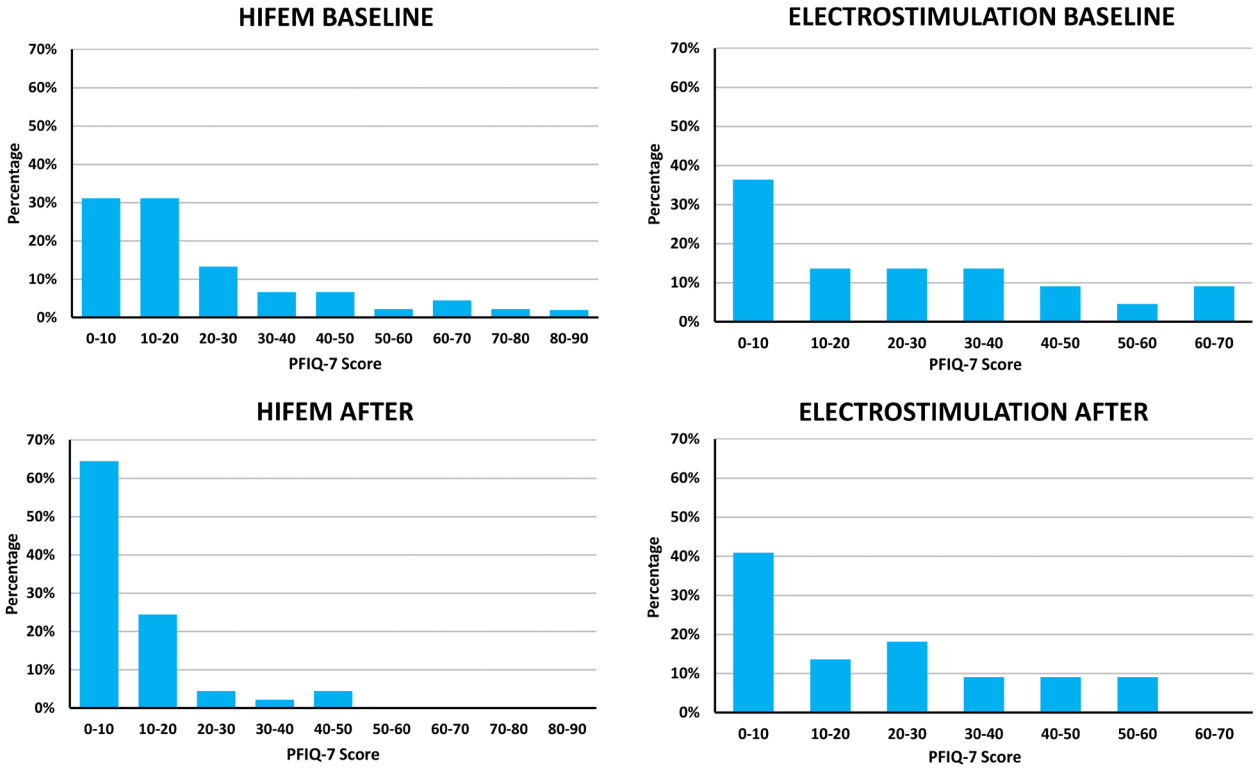
HIGHLIGHTS

- **EMG values** after HIFEM changed by **48-59%**, while electrostimulation resulted in mild-to-moderate improvement of 7-36%.
- PFIQ-7 questionnaire showed significantly (P=0.01) more pronounced improvement in the HIFEM **group (57.2%)**, than in the electrostimulation group (32.2%).
- Post HIFEM the condition completely resolved in **35.6%** of subjects (zero PFIQ score).
- Subjects were able to **produce stronger contractions** of **greater endurance** after HIFEM.



The frequency of PFIQ-7 scores documented in the HIFEM and electrostimulation groups. There is a substantial shift towards lower scores in the HIFEM group after the treatment; since the scores over 50 were entirely eliminated from responses.

DESIGN AND METHODOLOGY

- **Two groups** of postpartum women with various PFD symptoms were treated by HIFEM (N=50, 1.76 deliveries) or electrostimulation (N=25; 1.56 deliveries).
- Both treated groups completed 10 therapies according to their allocation.
- Electromyographic **(EMG)** evaluation was used to determine **activation of PFM**.
- A **control** group (N=20, 1.25 deliveries) was included for EMG normative values.
- Pelvic Floor Impact Questionnaire 7 (PFIQ-7) was used to assess life impact of pelvic floor dysfunction (PFD).

CONCLUSIONS

- **HIFEM** procedure was substantially **more effective** in restoration of pelvic muscle strength and treatment of pelvic floor dysfunction when compared to the electrostimulation.