



INSHAPE
PV treatment PROTOCOL



GTG MEDICAL

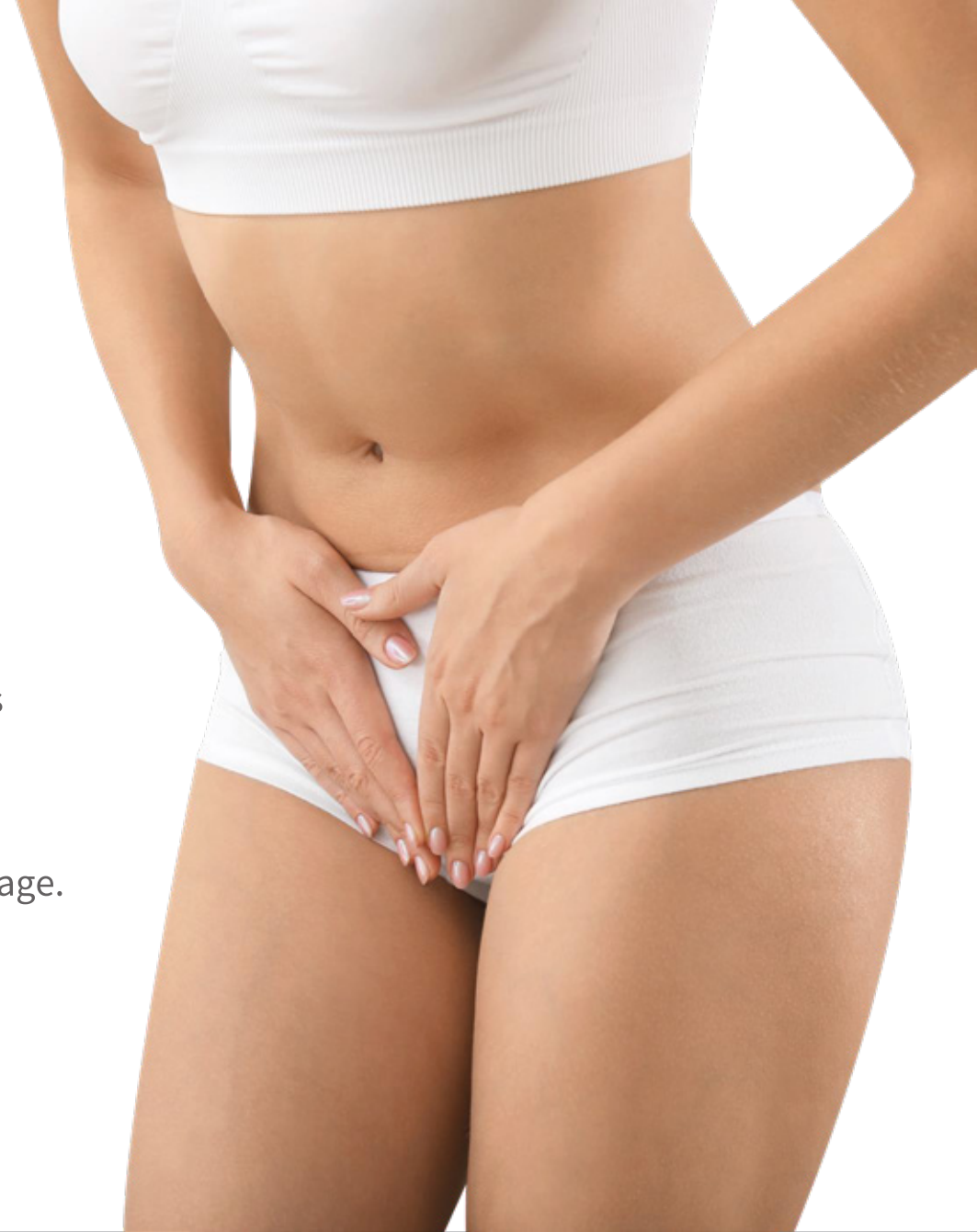


What is Stress Urinary Incontinence (SUI)

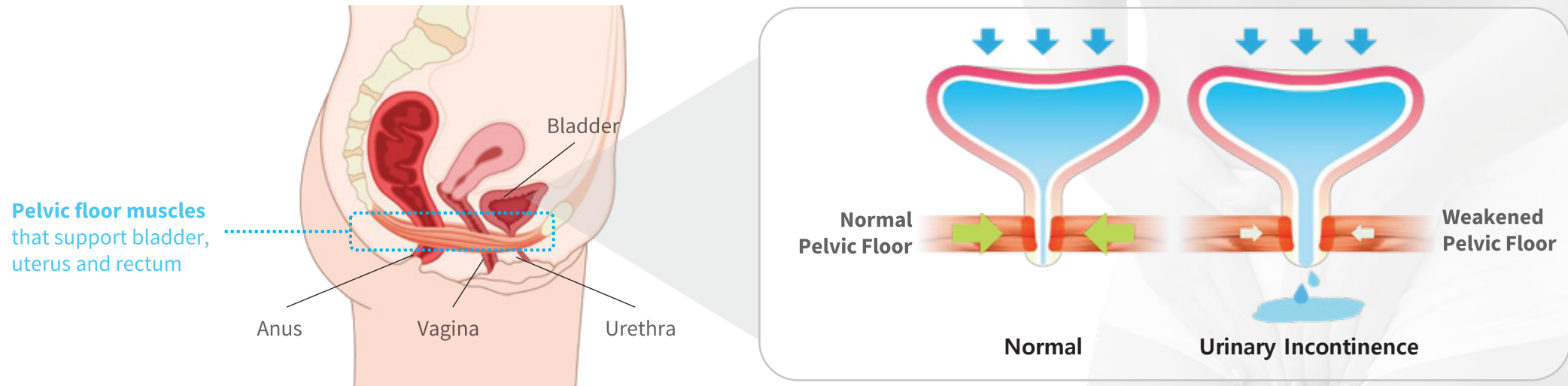
Urinary incontinence is the unintentional passing of urine.

Stress urinary incontinence can occur in women ,even men also, due to abdominal pressure to the stomach or similar situation such as coughing, sneezing, skipping rope or lifting heavy things.

It is common concern that anyone can have regardless of gender and age.



Why Stress Urinary Incontinence (SUI) happen



The most common reason of SUI is **weakened pelvic muscles** that supports urethra and bladder OR the urethra's ability to close urethra decreases. The weakened pelvic muscles can be caused due to various reasons ; vaginal birth, obesity, increasing age or family history.

When pressure of abdomen gets high, it presses the bladder and urinary leaks through weaken pelvic floor.

InShape PV treatment

How InShape works for improvement of SUI (stress urinary incontinence) ?

InShape applies electromagnetic field to pelvic floor muscles in order to strengthen the muscles over automatic exercise. It is inspired by Kegel exercise, but InShape realize it in more powerful and comfortable way.

Just Sit and Enjoy the 20 min of comfortable treatment.

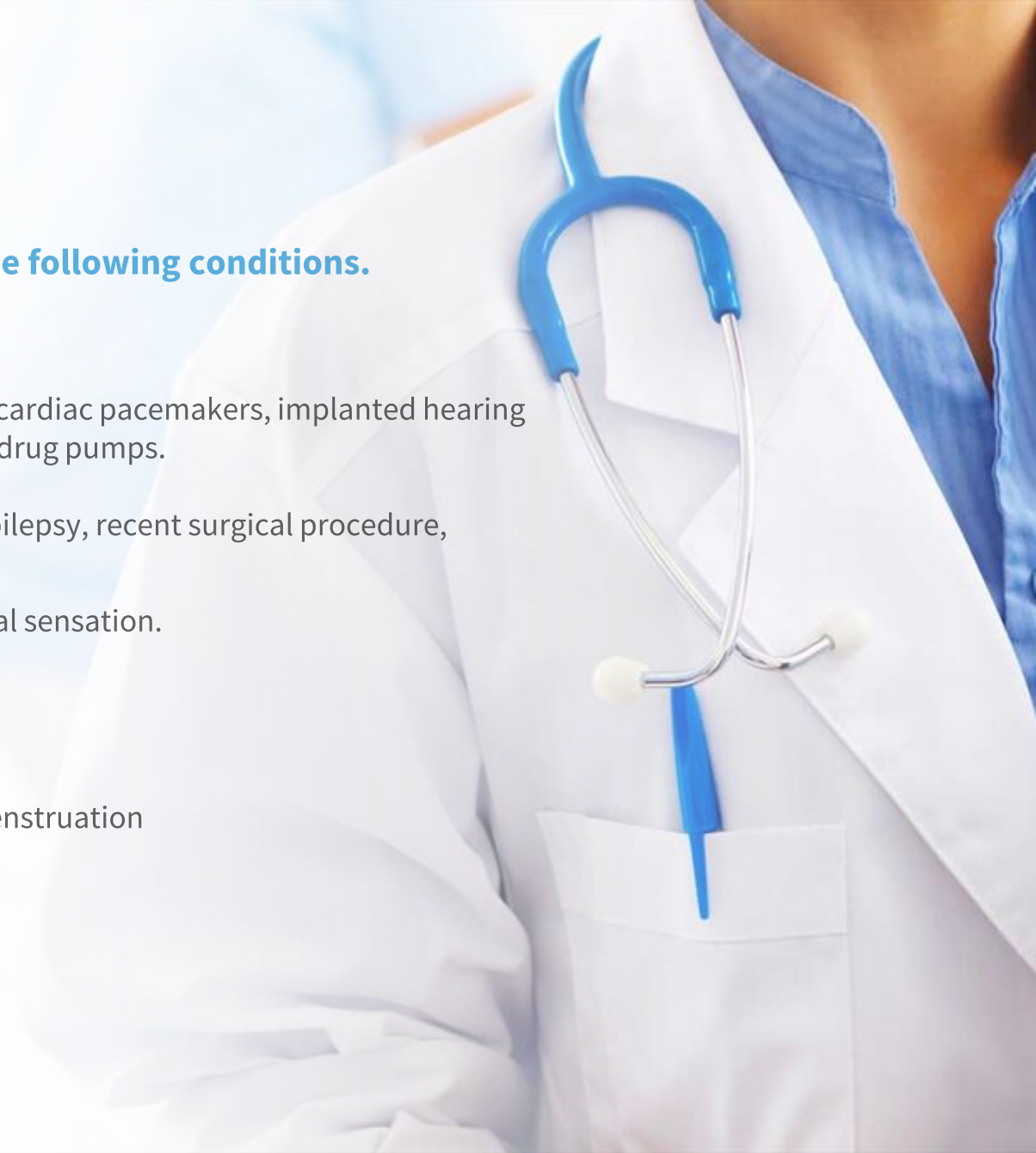




Contraindication

: InShape PV treatment is prohibited to person who has the following conditions.

- Patient with metal, electrical, or electronic implants/devices like cardiac pacemakers, implanted hearing devices, implanted defibrillators, implanted neurostimulators or drug pumps.
- Patients with fever, malignant tumor, hemorrhagic conditions, epilepsy, recent surgical procedure, pulmonary insufficiency, or pregnancy.
- Over a menstruating uterus, over areas of the skin that lack normal sensation.
- Women who have possibility of pregnancy
- Women who have kinds of uterine diseases
- Women who are at or around the time of ovulation and during menstruation
- Nursing mothers (consult with doctor first)
- If treatment area is swollen, infected or inflamed



How to prepare PV treatment



Prepare the chair and InShape



Insert the applicator through the holder on the back side of chair



Place the applicator to be fit in well.



The chair with applicator (Ready)



Place the chair cover



Place the cushion (if needed) and start PV treatment.

PV Program – Smart mode



- **Passive mode** : general use for all patients. Continuous output comes out without pause.
- **Active mode** : program for beginners or those who have high sensitivity. Output stops briefly with “BEEP” Sound for “Kegel exercise”
 - ✓ **Active Beginner** : those who receive PV treatment first time
 - ✓ **Active Intermediate** : those who received SUI treatment few times, but feel the output strong
 - ✓ **Active Superior** : Advanced practitioner

PV Program – Smart mode



- **Tips for Smart Mode Treatment**

1. Start from **level 6.**
then adjust the level of intensity depending on patients.
2. During Active program
(Active Beginner / intermediate / superior),
you will hear **BEEP sound** and electromagnetic stops for
a second briefly.
Do Kegel exercise at the BEEP sound for synergy effect.

PV Program – Manual mode

: Setting can vary following own preference OR simply follow protocol (on **page 10**).



PV Program – Manual mode

: Set each value following the No (no. 1~5).

The screenshot shows the INSHAPE SMART MODE PV MANUAL interface. It features a table for configuring three sessions and a control panel at the bottom. Callouts 1-5 provide instructions for each parameter.

	Session 1	Session 2	Session 3
Frequency	000 Hz	000 Hz	000 Hz
Train On	000 sec	000 sec	000 sec
Train Off	000 sec	000 sec	000 sec
Level	ON	OFF	OFF

1. Frequency - from 0~50 HZ

2. Train On / Off - time to emit, stop electromagnetic filed

3. Level - intensity

4. Activate each session On/OFF, for an integral treatment.

5. Start PV Treatment!

PV Program – Manual mode



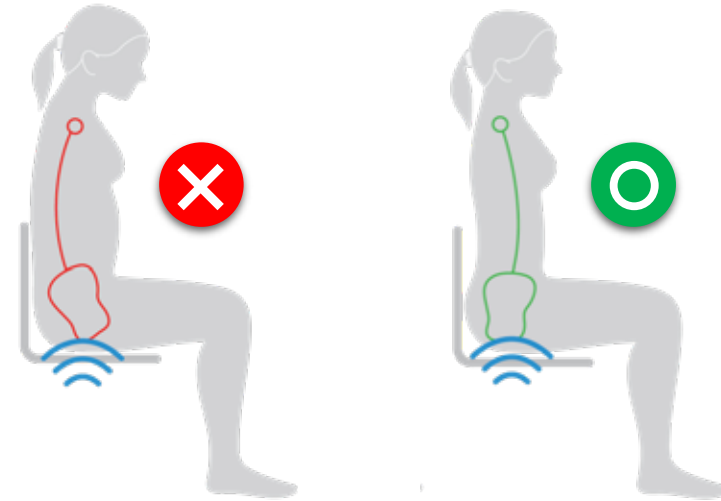
- Setting guide **per age**

		Patients under age 40	Patients over age 40
Frequency	Session 1	26 HZ	8 HZ
	Session 2	15 HZ	3 HZ
	Session 3	20 HZ	5 HZ
Train On / Off time	3sec / 3sec		
Level	Start from 60% and adjust for each patients.		
Setting time per session (fixed per session)	10 min		
Total treatment	20 ~ 30min		

Guide for sitting position



1. Sit on the chair in natural position with legs opened side.
2. Place hips on the center of the applicator. Adjust the position in order to meet the urethral opening at the center of applicator. (for women, urethral & vaginal opening)



3. Keep straight position on the chair. (hold the back using the provided cushion, if needed).
4. **Very important**
: Find maximum stimulation point by changing the sitting position slightly. Patients will have different point of stimulation.



Feedbacks after PV treatment

: from patients in 50s who has SUI

1. How did you feel during after PV treatment ?

: The treatment is not extremely hard or painful.

During treatment, it was comfortable and I felt muscles of / around hips contracted fast.

After treatment, I did not experience any pain or displeasure. I could go back to my normal life immediately.

2. It improved the SUI problem ?

: I felt the leaking issue got improved after 2 session. I could stand better urine without leaking issue after treatment.

3. Any tips from your experience with PV treatment ?

: Keep treatment time !

At first, I got 20 min of treatment – as recommended normally. and I requested to extend the treatment time to get fast or maybe better effect. However, the long treatment made my body just tired and I could not feel big difference. So, I realized that 20~30 min of treatment is optimal.



Q&A

1. Who can be candidate ?

: Anyone who need to improve or prevent urinary incontinence.
(*refer to contraindication before treatment)

2. How many treatment ? (Interval)

: 2~3 times per week → 6 treatment in total

3. When I can see improvement ?

: it depends on patients. After 2~3 sessions patients can feel difference.

4. Is it painful ?

: No painful, just a sensation of powerful exercise over contractions & relaxation.

5. Any special pre-post care is needed?

: No especially. Recommend doing Kegel exercise (after treatment).



CDPSWISS
CLINICAL DISTRIBUTION PARTNER

✉ info@cdpswiss.com

☎ +41 43 538 57 45

📍 Sagistrasse 8B, 8910 Affoltern am Albis

