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HI-EMT Chair Therapy for Women

Patient Education

What is the HI-EMT Chair? The HI-EMT Chair, also commonly known by the brand name Emsella®, is a revolutionary, non-invasive treatment designed to strengthen the pelvic floor muscles using High-Intensity Electromagnetic Technology (HI-EMT). The treatment is done while you're fully clothed, seated comfortably in a specially designed chair. It's painless, quick, and requires no downtime.

How Does It Work? The HI-EMT chair uses focused electromagnetic energy to cause thousands of supramaximal pelvic floor muscle contractions in a single session—far more than what can be achieved through Kegel exercises alone. These contractions retrain and strengthen the pelvic floor muscles, which are essential for bladder control, core stability, and sexual function.

Who Can Benefit?

Women of all ages can benefit from the HI-EMT chair, especially those who experience:

- Decreased sexual sensation or satisfaction
- Stress urinary incontinence (leaking when laughing, sneezing, or exercising)
- Urge incontinence (sudden, intense urge to urinate)
- Mixed incontinence (a combination of stress and urge)
- Postpartum pelvic floor weakness
- Perimenopausal or postmenopausal pelvic floor changes
- Pelvic floor dysfunction due to aging or inactivity

Benefits of HI-EMT Chair Treatments

- Non-Invasive & Convenient
- No surgery, no needles, no downtime
- Painless—patients often describe a tingling sensation
Sessions last about 30 minutes
- You can return to normal activities immediately

What are the Reported Benefits of the HI-EMT Chair treatment?

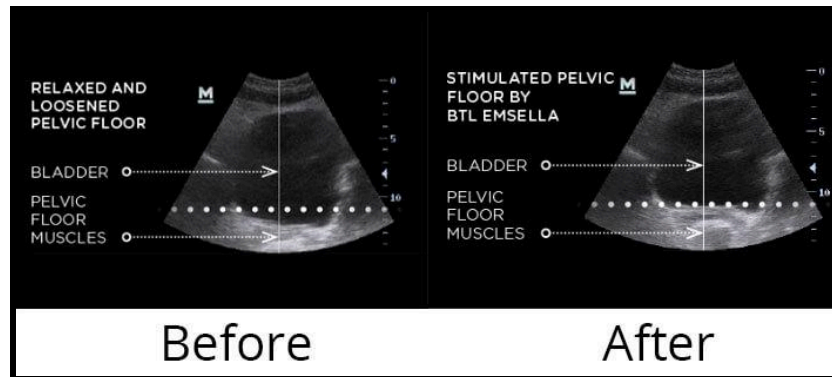
- Strengthened Pelvic Floor Muscles
 - Rebuilds core and pelvic floor support
 - Helps correct pelvic organ positioning
- Improved Bladder Control
 - Reduces urinary leakage and accidents

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- Enhances control over sudden urges
- Reduces frequency of bathroom trips, especially at night



→ Enhanced Intimacy & Sexual Health

- Increases vaginal tightness and tone
- Boosts blood flow to the pelvic area
- Improves sensitivity and sexual satisfaction
- May lead to stronger, more satisfying orgasms

→ Postpartum Recovery Support

- Helps mothers recover pelvic floor strength after childbirth
- Aids in reducing post-birth leakage and discomfort

→ Menopause Support

- Counters the weakening of pelvic muscles and tissues from hormonal decline
- Enhances quality of life and confidence in midlife and beyond

What should I Expect During Treatment?

- You will remain fully clothed
- You'll sit on the chair for approximately 28–30 minutes
- You'll feel deep muscle contractions and tingling, but no pain
- A typical course includes 6 sessions over 3 weeks, though this may vary

Is It Safe?

Yes. The HI-EMT chair is FDA-cleared and has been shown in clinical studies to be safe and effective. There are no major side effects, and treatment is suitable for most women. However, you should not use the chair if:

- You are pregnant

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- When you are on your period (or have any vaginal bleeding)
- Have any metal implants or pacemakers
- A pacemaker or implanted defibrillator
- Active cancer in the pelvic region
- A history of seizures
- Are currently undergoing radiation or chemotherapy in the pelvic area

A thorough consultation will be done to determine if this treatment is right for you.

When Will I See Results?

Many women begin noticing improvement after just one or two sessions, with optimal results usually seen 2–4 weeks after the full treatment course. Continued improvements may occur with time as the pelvic floor continues to strengthen.

Maintenance Protocol: Depending on your lifestyle, age, and baseline strength, maintenance sessions every 3–6 months are often recommended to sustain results long-term.

Is It Right for You? If you're struggling with bladder leakage, sexual dissatisfaction, or simply want to feel stronger and more confident from the inside out, the HI-EMT chair could be the solution you've been looking for. Speak with a provider to determine if it's the right fit for your needs.

Is it painful? HI-EMT is an FDA-cleared therapy and this breakthrough technology has obtained the dual safety and effectiveness certification of FDA and CE. The process is painless and non-invasive. There is no need for anesthesia. You will sit on a chair that will be used to apply high-intensity focused electromagnetic energy to the target area. The feeling during treatment is best compared to how your muscles feel during intense exercise.

How Long Will I See an Effect After the Treatment and How Long Will it Last? To achieve the desired results, a Balanced Medical Solutions provider will determine how many sessions you need. Most patients need at least 4 treatments. The best effect is 2-4 weeks after the course of treatment. The effects can be up to six months. However, some people may need additional treatments for best results. If you take the course every 2-3 months, you can better maintain your core and pelvic muscle strength.

It is important that you continue to see your regular medical doctor for your usual health care, tests, and routine health maintenance. We are not replacing your primary care provider.