

# SYNCHRONIZED RF & HIFEM: IMPROVED QUALITY OF LIFE IN FEMALES AFTER CHILDBIRTH

## THE IMPROVEMENT OF QUALITY OF LIFE IN FEMALE PATIENTS AFTER CHILDBIRTH BY HIFEM WITH SYNCHRONIZED RADIOFREQUENCY FOR THE STRENGTHENING OF CORE MUSCLES: INTERIM DATA

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### HIGHLIGHTS

- 36 women (27-44 years, 19.4-34.5 kg/m<sup>2</sup>, skin type I-V) giving birth within 6-60 months prior to the study start were enrolled
- **Four HIFEM+RF** procedures for abdomen (once a week) and **six standalone HIFEM procedures** for pelvic floor (2-4 days apart)
- The **biofeedback** pressure measurements showed an increased **core muscle strength by +47.2%** at 3 months
- The average reduction in waist circumference was **-4.2 cm**
- **97% of patients were satisfied** with the results and would recommend the treatment to relatives

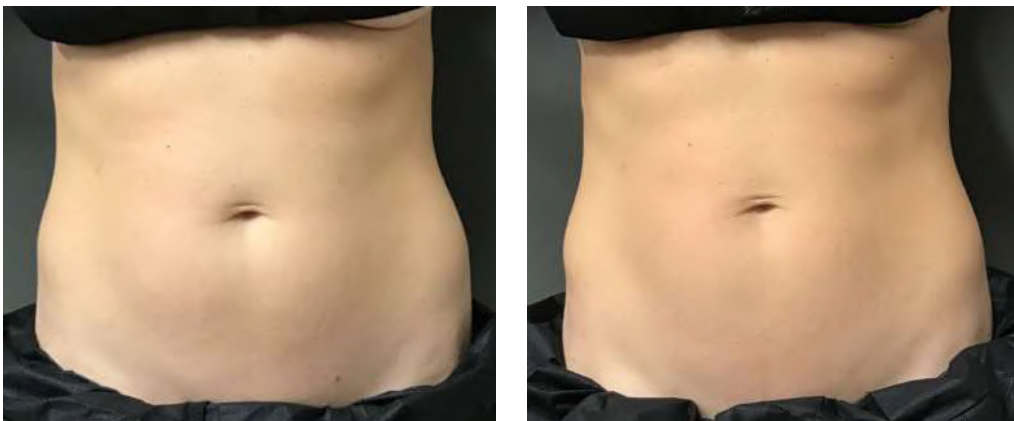


Figure 1: Digital photographs of a 33-year-old female patient with a BMI of 24.2 kg/m<sup>2</sup> at baseline (left) and 3-month follow-up (right). At 3 months the core muscle strength increased by 53.9%. Courtesy of: Julene B. Samuels M.D., FACS.