EXTRACORPOREAL MAGNETIC STIMULATION

Treatment for Pelvic Floor Dysfunction

PioneerHealth TMS

WHAT IS EXTRACORPOREAL MAGNETIC STIMULATION (EMS)?

Extracorporeal Magnetic Stimulation (EMS) is a safe, non-invasive treatment used to help strengthen the pelvic floor muscles. It is commonly used for people experiencing urinary incontinence, particularly leakage when coughing, sneezing, laughing or exercising.

During treatment, you sit fully clothed on a specially designed chair. Inside the seat is a magnetic coil that delivers gentle magnetic pulses. These pulses pass through clothing and tissue to activate and exercise the pelvic floor muscles.

A typical treatment plan for urinary incontinence is 6 sessions over 2 weeks, although some people notice improvement after just a few sessions. Each session lasts 20–30 minutes.

HOW EMS MAY HELP

- Strengthens all layers of the pelvic floor muscles
- Improves muscle endurance
- Increases blood flow to the pelvic region
- Improves bladder and bowel control
- May support sexual function

EMS can be used on its own or alongside pelvic floor physiotherapy, depending on your individual needs.

WHAT ARE THE ADVERSE EFFECTS OF EMS?

EMS is generally very well tolerated and is considered one of the safest treatments for urinary incontinence.

Common, mild side effects (usually temporary)

- Mild muscle soreness or fatigue in the pelvic area
- Tingling or prickling sensations in the pelvis or legs
- A pulling or cramping feeling during treatment
- Temporary increase in vaginal discharge

Less common side effects

- Pelvic, back or leg discomfort (the treatment intensity can usually be adjusted if this occurs)
- Temporary bladder or bowel changes such as irritation, constipation or diarrhoea

Not everyone responds in the same way. Some people may notice only partial improvement or no significant change.

WHO SHOULD NOT HAVE EMS?

EMS is not suitable for everyone. Please tell your doctor or nurse if you have any of the following:

- Current pregnancy
- A metal-containing intrauterine device (IUD)
- Certain types of hip replacements
- A pacemaker or implanted electronic device
- Certain pelvic pain conditions
- Vaginismus

Your suitability will be carefully assessed before treatment begins.

WHAT IS THE COST OF EMS?

EMS treatment is not currently covered by Medicare in Australia and is privately billed.

Cost per session: $100
Typical course (6 sessions): $600

Some private health insurers may provide partial rebates. Please check directly with your insurer.

If you are experiencing financial hardship, please discuss this with your treating clinician.

HOW DO I GET REFERRED FOR EMS?

Patients may be referred by their GP, Pelvic Health Physiotherapist or another healthcare professional. Additionally, individuals may self-refer by contacting Pioneer Health TMS on 9842 2822 and requesting to speak with our TMS/EMS Coordinator, who will facilitate the scheduling of an appointment with a GP at our clinic.

WHAT WILL EMS INVOLVE?

Frequency	Generally 6 sessions over 2 weeks (Mon-Wed-Fri). Each session is 20-30 minutes.
Session	You will remain fully clothed for the treatment You will sit comfortably on the EMS chair You may feel gentle muscle tightening, lifting sensation in the pelvic area The intensity can be adjusted to keep you comfortable You can relax, read, or listen to music during your session
Recovery	You can return to normal activities immediately afterwards. No recovery time is required.

WHO CAN BENEFIT FROM EMS?

Urinary incontinence (women and men)

EMS can be used to treat stress urinary incontinence, where urine leaks during activities that increase abdominal pressure, such as coughing or lifting.

Men's pelvic floor health

EMS can be helpful for men with urinary leakage, particularly after prostate surgery or radiation treatment.

Other possible uses

There is emerging evidence that EMS may also support:

- Female sexual function
- Male erectile function

These uses may not be suitable for everyone and should be discussed with your clinician.

PioneerHealth TMS

2 Pioneer Road | Albany WA
9842 2822 | www.pioneerhealthtms.com.au