

Prices

Some clients report an improvement within the first two weeks, but for optimal results, we recommend six treatments, weekly. This can vary depending on the nature and extent of the client's symptoms. To maintain pelvic muscle strength after the six-week program, we recommend a one-off treatment every six months.

Six weekly treatments total cost: £600

Maintenance treatments: £120

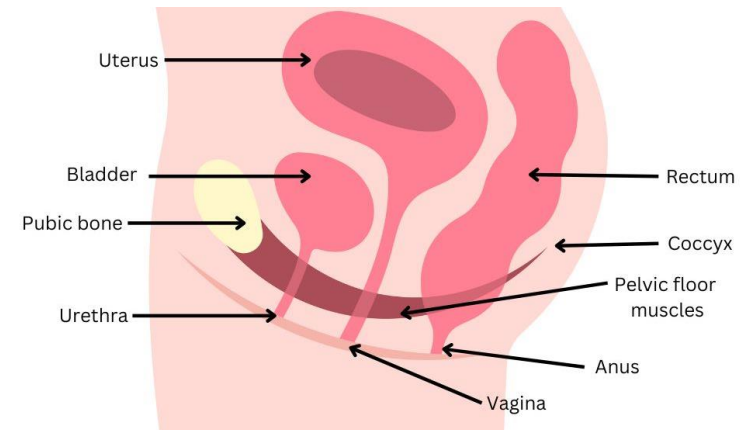
We strongly recommend clients commit to the exercises curated for us by Andrea Freeman, Certified British Wheel of Yoga Teacher, between their weekly pelvic floor physiotherapy to complement its stimulatory effects and strengthen pelvic floor muscles as part of an ongoing, lifelong regime. Advice on pelvic floor exercises is included in our program.

Urinary Incontinence

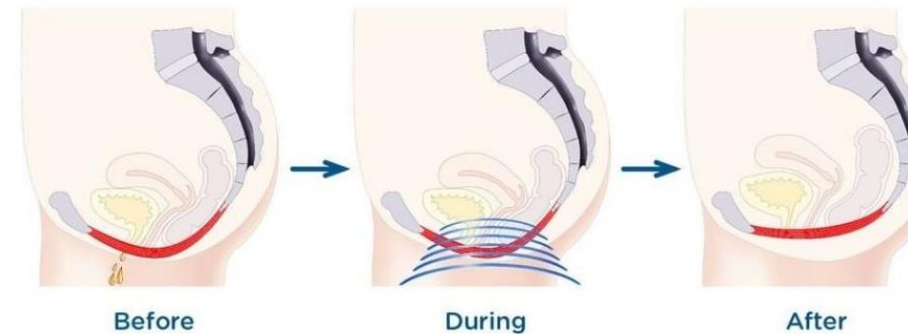
Urinary incontinence, affecting 3 to 6 million individuals in the UK, predominantly impacts women, with more than 80% experiencing its effects. Pelvic floor muscles, crucial for bladder and organ support, can weaken due to factors like age, childbirth, or menopause, leading to conditions such as stress or urge incontinence.

Stress incontinence, when urine leaks from the bladder when coughing or sneezing, results from weakening of the pelvic floor muscles and muscles at the neck of the bladder, caused by aging and vaginal childbirth. Urge incontinence is caused by irregular contraction of the muscles in the wall of the bladder, resulting in the urge to pee even when the bladder is empty. Weakened pelvic floor muscles exacerbate the problem. Poor pelvic floor muscle tone can also lead to intimate health issues.

In men, weakened pelvic floor muscles can also contribute to urinary incontinence and intimate health issues.



The EMS Chair delivers focused electromagnetic energy, prompting pelvic floor and bladder control muscles to contract and relax thousands of times in a single session. Each 28-minute appointment provides the equivalent of 11,000 kegel exercises, contributing to muscle strength without the need for strenuous workouts. Clients experience no downtime and can sit fully clothed throughout the whole procedure.



What to expect

What to expect from your EMS Chair Pelvic Floor Therapy:

1. **CORRECT POSTURE:** Your practitioner will ensure your posture is correct at the beginning and maintained throughout the procedure to maximize benefits.
2. **TAILORED SETTINGS:** EMS settings will be adjusted to target your specific issues, ensuring personalised treatment.
3. **SENSATIONS:** You may feel tingling and tightening in the pelvic floor muscles as electromagnetic waves stimulate contractions, addressing issues that may have been ineffective for some time.
4. **PAIN-FREE EXPERIENCE:** The procedure is pain-free offering comfort throughout the 28-minute session.
5. **NO DOWNTIME:** There's no downtime associated with the procedure, allowing you to resume your daily activities immediately afterwards.
6. **INFORMATION BOOKLET:** Alongside the appointment, you'll receive an information booklet designed to guide you through pelvic floor supporting exercises. Created by Andrea Freeman, a Certified British Wheel of Yoga Teacher, these exercises are tailored for home practice and to further strengthen and support your pelvic floor muscles, enhancing the benefits of your EMS Chair appointment.
7. EMS therapy is holistic, utilising the body's natural ability to heal and repair.
8. Suitable for men and women, addressing bladder control and intimate health issues effectively.

Contraindications

While EMS therapy is generally suitable, certain contraindications may advise against this treatment. These include cardiac devices, metal implants, drug pumps, anti-coagulants, pregnancy, cardiac disorders, and recent surgeries in the affected area. Notably, women are advised against treatment during menstruation due to potential muscle contraction of the uterus.

Pelvic Floor Therapy



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