

This article originally appeared in the July 23, 2024 issue of Aesthetic Insights™.
The full issue can be read at: bit.ly/ai-pftoner-7-2024



Aesthetic Insights™

July 23, 2024



Enhancing Pelvic Health with Electromagnetic Field Muscle Strengthening

The PF TonerPro (Zimmer MedizinSystems, Irvine, Calif.) treats urinary incontinence (UI) using electromagnetic field energy to stimulate pelvic floor muscles. The device includes a control unit with a static or dynamic applicator for precise placement. It effectively strengthens pelvic floor muscles, reducing incontinence symptoms. UI affects up to one-third of women, with prevalence increasing with age and after childbirth, though men and younger women can also be affected. Traditional methods like Kegel exercises may not fully address broad muscle weakening, but the PF TonerPro's electromagnetic field stimulation induces thousands of Kegel-like contractions in 20-to-30-minute sessions, providing comprehensive strengthening of the pelvic floor muscles.

“I believe the PF TonerPro is beneficial for anyone, especially those who have had children or are older,” said Sarah Bengelsdorf, Business Manager at Franklin Skin & Laser (Franklin, Tenn.), of board-certified surgeon and Medical Director Steven Bengelsdorf, M.D., F.A.C.S. “Strengthening pelvic floor muscles is crucial for everyone, not just those dealing with incontinence,” she added. “This therapy is beneficial for individuals with a weakened pelvic floor, and I think exercising your pelvic floor muscles is important. Everyone can benefit from it, not just people who have issues with incontinence. By strengthening these muscles, we can improve their overall health and well-being, enhancing their quality of life.”

The PF TonerPro boosts cellular energy by penetrating cells, tissues, organs, and bones, improving their electrochemistry and membrane function, especially in



Sarah Bengelsdorf
Business Manager
Franklin Skin & Laser

cells with low membrane charges. The device features four predefined programs for different incontinence types, along with options for customized treatment. Sessions offer adjustable intensity levels, easily controlled via a touchscreen interface and a control knob. The system can be used with the optional treatment chair, and/or a convenient optional cushion that can be used with most ordinary office chairs.

“Pelvic floor therapy is quite popular, and one significant advantage of the PF TonerPro is that it’s non-invasive,” stated Ms. Bengelsdorf. “Unlike some pelvic floor treatments, with the PF TonerPro, the patient simply sits on the chair, fully clothed, making it a very easy treatment. It doesn’t hurt. It’s suitable for individuals who are aging, have experienced pregnancy, or face other related issues. Many patients initially come in for incontinence and then discover additional treatment benefits for related issues, such as sexual dysfunction.”

Ideal candidates for this treatment are men and women of all ages, including younger individuals experiencing dysfunction due to childbirth or pregnancy, she added. “The PF TonerPro treatment is safe and effective. It involves tailoring the treatment, clearly explaining the procedures, and setting appropriate expectations and timelines.”



**Zimmer MedizinSystems' PF TonerPro
shown with optional treatment chair.**

Patients report feeling better after treatment, though the number of sessions required varies. Some experience improvement after just two or three treatments, while others may need up to 10 or 12 sessions. “One of our patients noticed a significant improvement in her urge incontinence after just four treatments,” noted Ms. Bengelsdorf. “To her pleasant surprise, she also experienced a substantial enhancement in her sexual health, which was an unexpected benefit. We hadn’t promised this outcome, so her positive feedback was both spontaneous and welcome. Overall, the treatment shows significant progress for those with UI and other pelvic floor-related concerns. Many patients find that following treatment, they can jump and move freely with little to no issues, marking a substantial improvement in their condition.”

After childbirth, the PF TonerPro can help restore pelvic floor muscle tone, addressing issues such as incontinence. It may also improve pelvic pain.

“One attractive feature of the PF TonerPro is that it requires no consumables,” she expressed. “It’s a simple, non-invasive treatment that’s easy for providers to administer, and we are very happy with the results. We have a strong relationship with Zimmer MedizinSystems and use several of their devices, like Z Wave, Cryo chillers, and others. We’ve known them for a while. They produce good quality devices, and they’re very nice people. I find them to be very transparent and outgoing, and they really love their customers. We trust their high-quality products, including the PF TonerPro.” The price point for the PF TonerPro makes for a sensible return on investment.

Note: PF TonerPro is FDA-cleared for the treatment of female and male urinary incontinence.

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