



What are the possible areas of application?

The PelviCenter is a completely new option for highly efficient pelvic floor exercises. Therefore, all areas of application for pelvic floor exercise may represent a treatment option and can generally be taken into consideration by attending physicians.

Incontinence

- Female incontinence – in particular stress incontinence
- Male incontinence – in particularly after radical prostatectomy
- Bowel incontinence – regardless of gender

Prevention

- Before a pregnancy
- After a pregnancy
- Before urological surgery

Back pain

- Particularly pain in the region of the lower back and the lumbar vertebrae

Sexual function

- Erectile dysfunction
- Sexual feeling

What success can be expected when using the QRS PelviCenter?

Every patient is an individual. Therefore it goes without saying that no therapeutic method can offer the same therapeutic results for every patient.

The individual case histories and causes are too different. Whilst there are patients who will become completely symptom-free, there are also patients who don't see any improvement whatsoever.

Patients with a clinical picture of a mild or moderate course of the disease have a significantly higher chance of achieving good results than patients with a severe or long-lasting, chronic progressive form.

Wherever the QRS PelviCenter treatment has been carefully integrated into an overall therapy concept devised by your doctor, you can usually expect above-average success when compared with conventional pelvic floor exercise.

What patients is the QRS PelviCenter suitable for?

The PelviCenter is suitable for

- patients whose doctor has prescribed pelvic floor exercise as a therapy and who do not have any contraindications
- people who do not exhibit any symptoms, but who wish to carry out general pelvic floor exercise and who do not have any contraindications
- patients, who exhibit symptoms and who have not received a prescription for treatment as yet, should not undergo PelviCenter training without prior consultation with their doctor.



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QRS PelviCenter

A new option for highly efficient pelvic floor exercise
Summary of Product Characteristics



What is the QRS PelviCenter?

The QRS PelviCenter is a medical device that realises a completely new option for easy, highly efficient pelvic floor exercise.

Strong magnetic impulses stimulate rhythmic contractions of the muscles of the pelvic floor and the surrounding region; these contractions exercise the respective muscles in a way that is not possible through one's own exercise.

In addition to the pelvic floor itself, the hip, buttock and thigh muscles are also intensively exercised.

Advantages of a QRS PelviCenter treatment

- Fully automated pelvic floor exercise
- Patient sits on a comfortable chair, wearing normal everyday clothing
- The treatment is non-invasive (no probes, etc.)
- The treatment is pain-free
- Each treatment lasts only 20 minutes
- A typical full course of treatment is 2-3 times/week, for 5-8 weeks
- Frequency and intensity are adapted to the individual patient

Why pelvic floor exercise using the QRS PelviCenter?

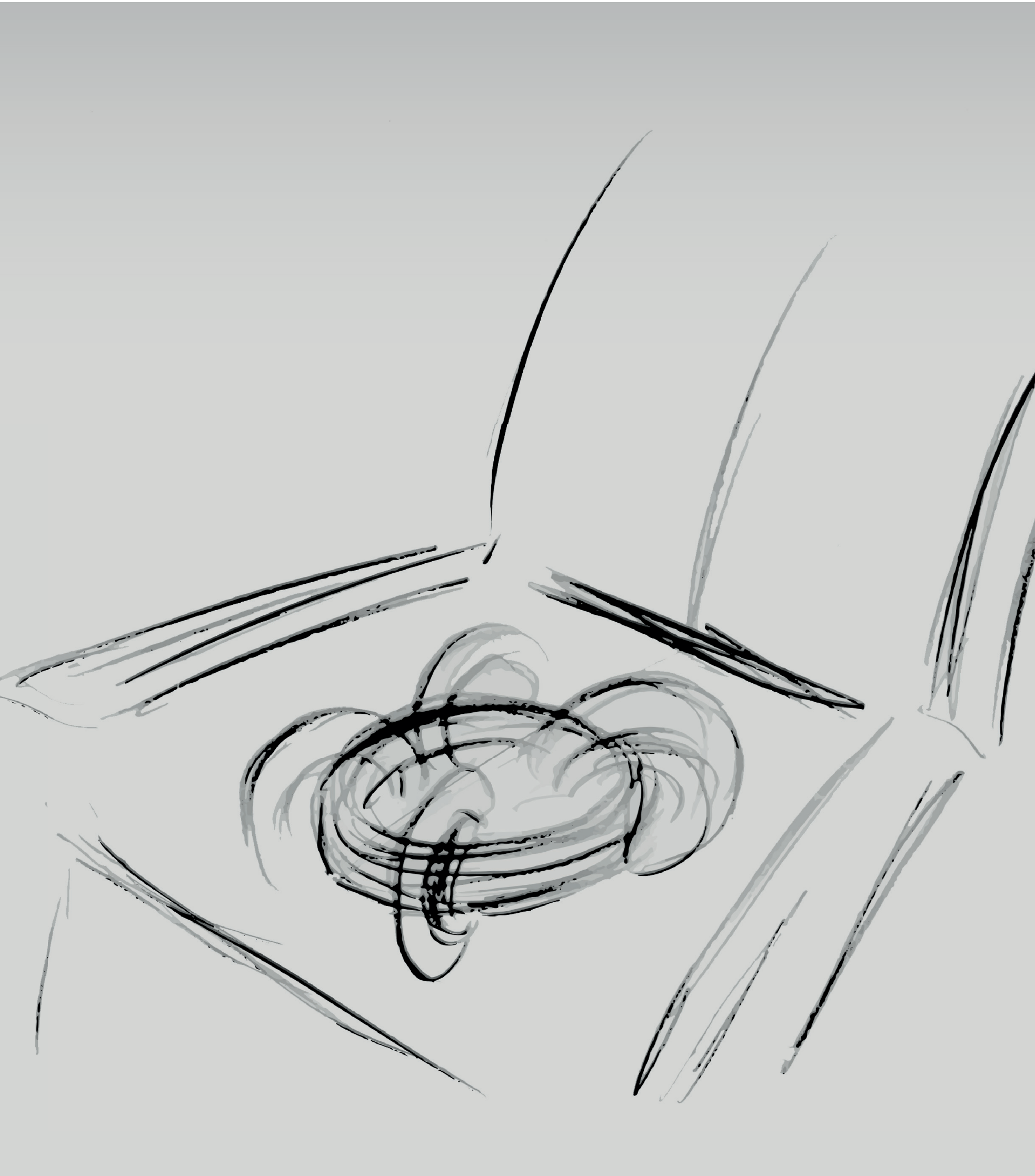
Unfortunately, the well-known methods of pelvic floor exercise (physical exercise, electrical stimulation using probes, etc.) are significantly limited in practice.

For many people pelvic floor exercises, through their own physical exercise, are difficult or only feasible with a great deal of effort. This is due to the fact that the pelvic floor muscles are not visible from the outside, but are concealed deep inside the body. Therefore, it takes a considerable degree of experience to notice the right muscles at all and to then be able to tighten them specifically.

Pelvic floor exercise methods, where probes are inserted into the body, are often a great strain and very unpleasant for the patient.

In contrast, the QRS PelviCenter is a very easy method. The patient is able to sit in a comfortable treatment chair, wearing his/her everyday clothing. The magnetic field penetrates his/her body from below and has an effect deep inside the pelvis. During the process, the pelvic floor muscles are exercised in a fully automated manner. The option of adjusting the frequency and intensity to suit the individual allows the level of exercise to be increased continuously as the weeks of treatment progress.

The patient is therefore able to achieve an exercise intensity that is not possible through his/her own physical exercise.



How exactly does the QRS PelviCenter work?

The PelviCenter medical device is based on the so-called Q-rPMS® technology. This term stands for "repetitive peripheral muscle stimulation". Alternatively, it is also known as "extracorporeal magnetic stimulation".

A stimulation system embedded in the seat, which is composed of magnetic coils and the respective electronics, generates repetitive, short magnetic field pulses with a duration of 200 to 500 µs and a magnetic flux density of up to 1 tesla. The consequential electromagnetic induction generates shifts in the electrical potential in the tissue above the muscles; these shifts are so strong that they cause peripheral nerves to depolarise.

The resulting action potentials of the depolarised nerves eventually lead to a contraction of the associated muscles. A single pulse generates a single contraction, or brief muscle twitching. Repetitive sending of pulses causes repetitive muscle twitching. Once a specific frequency, the so-called fusion frequency, has been reached, the individual contractions can no longer be distinguished from one another and the muscle enters a tetanised state. Depending on the muscle type, this state occurs between 15 and 25 Hz.

A further increase beyond the fusion frequency leads to an increase in the force and speed of contraction, but also to quicker muscle fatigue and a changed exercise stimulus. The stimulation technology offers a pulse frequency spectrum ranging from 5 to 50 Hz.

As the PelviCenter does not selectively exercise individual muscles, but affects the entire muscle system of the pelvic floor and muscles in the hip, buttock and thigh region, all important muscles are strengthened at the same time; the muscles that are the weakest due to a lack of activity are strengthened particularly effectively. This significantly improves the requirements for regaining specific muscle coordination. As a result of the depolarisation of the motor nerves, the extracorporeal magnetic stimulation also causes an intracorporeally generated return flow of proprioceptive data to the brain.

It has been shown that an internal return flow of sensory information, generated through external stimulation, is able to change the cortical representation in the long term; in addition it is able to improve the personal perception and controllability of individual muscle functions and indirectly also their coordination.

What kind of adverse effects can occur?

- Very few or almost no adverse effects
- Frequent: slightly aching muscles
- Very rare: severely aching muscles
- Very rare: back ache
- Rare: circulatory insufficiency