

Pelvic Floor and Pelvic Center Prophylaxis - Journal of Urology and Urogynecology/Austria



Pelvic floor prophylaxis

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The Journal is intended as a practice-oriented continuing education magazine and wishes to transmit current events and knowledge. Renowned experts speak and highlight the highlights of daily practice. The aim is to facilitate the integration of the latest knowledge into daily routine work.

In this interesting article of high professional quality, there is qualified insight into the problem of the pelvic floor as well as clear explanations on the importance of a stable pelvic floor for the integrity of the human being. Additionally, the treatment option for rPMS with the QRS Pelvicenter is highlighted. [caption id="attachment\_3875" align="alignnone" width="540"]

Originalien

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## Prophylaxe Beckenboden

### Zusammenfassung

Die rPMS ist ein neues Therapieverfahren, das ursprünglich zur nichtinvasiven und nebenwirkungsfreien Therapie einer Belastungsinkontinenz entwickelt wurde. Inzwischen hat sich daraus auch eine neue Behandlungsoption für Schmerzsyndrome des Beckens, chronische Rückenschmerzen oder Postpartum-Schäden (die durch die Geburt entstehende Schädigungen) entwickelt bzw. hilft, denen vorzubeugen. Darüber hinaus zeigen sich deutliche Effekte in der Behandlung der sexuellen Dysfunktion, inklusive einer Steigerung der sexuellen Performance bei jungen gesunden Personen. Es ermöglicht zudem eine belastungsfreie Prophylaxe und Behandlung eines altersbedingten muskulären Abbaus und senkt damit die Sturzgefahr. Auch beim „core strength training“ ist ein rPMS nicht mehr wegzudenken, nachdem der Beckenboden den bisherigen aktiven Trainingsmethoden kaum zugänglich ist. Das hat eine immense Bedeutung für den Leistungs- und Breitensport (Fußball, Tennis, Golf, Leichtathletik, alpiner Skisport, Volleyball, Basketball usw.), da eine rPMS nicht nur die Kraftübertragung und die Präzision von Sprung-, Kick-, Wurfbewegungen steigert, sondern auch die Verletzungsfähigkeit der Extremitäten erheblich reduziert [112], ganz zu schweigen von Effekten, die der ästhetischen Medizin zugutekommen.



Abb. 1 ◀ Pelvic Center © QRS International AG

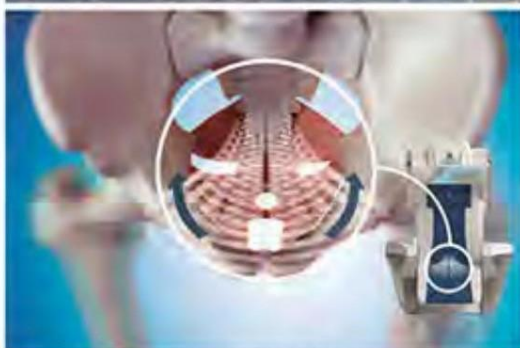


Abb. 2 ◀ Wirkbereich – © QRS International AG

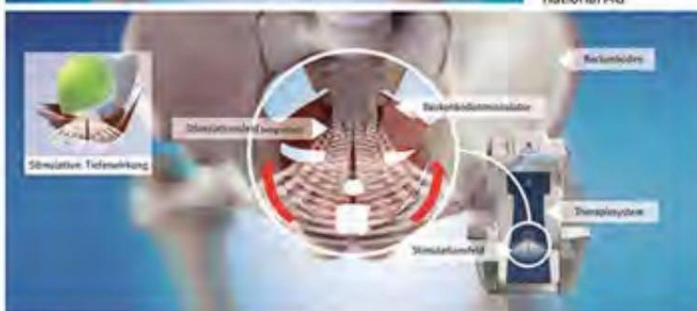


Abb. 3 ◀ Stimulationfeld – © QRS International AG

The authors describe the fundamental relationships between the pelvic floor and the integrity of the human being. They include the possibilities for pelvic floor prophylaxis as well as the possibilities for pelvic floor therapy with the QRS Pelvicenter.

## **Excerpt from the original article/presentation**

**Mimicking or directly influencing the signaling the body sends to the musculature has always been a medical dream. One could thus succeed in training even the deep muscles, and thus the whole of our musculoskeletal system, and making them accessible for painless prophylaxis or therapy". "This has resulted in a medical procedure which, due to the very high intensity requirement - up to 2 T (field strength unit) - very strongly reminiscent of MRI (magnetic resonance imaging) and which, as rPMS (repetitive peripheral magnetic stimulation), can enlarge considerably the prophylactic and therapeutic possibilities in neurology, orthopaedics, sports medicine, urology and even in sexual medicine".**

## **Original authors' summary**

**rPMS is a new therapeutic method that was originally developed for the non-invasive and side-effect-free treatment of stress incontinence. Since then, it has also become a new treatment option for painful pelvic syndromes, chronic back pain or postpartum lesions (lesions caused by childbirth) or helps to prevent them. Additionally, it exhibits significant effects in the treatment of sexual dysfunction, including an increase in sexual performance in healthy young people.**

**It additionally enables load-free prophylaxis and treatment of age-related muscle breakdown and thus reduces the risk of falling. rPMS has also become indispensable for "core strength training", the pelvic floor being hardly accessible to the active training methods used until now. This is of immense importance for competitive and mass sports (football, tennis, golf, athletics, alpine skiing, volleyball, basketball, etc.), because an rPMS not only increases the transmission of force and the accuracy of jumping, kicking, throwing movements, but also greatly reduces the injury ability of the extremities, not to mention the effects that benefit aesthetic medicine.**

**You can view the original article here:**

**Springer-Verlag GmbH Austria Article Pelvic floor prophylaxis**

**The abstract in the SpringerLink article database can be viewed here:**

**SpringerLink Article Database Pelvic Floor Prophylaxis with QRS Pelvicenter rPMS**

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More information about the QRS Pelvicenter:

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Appliance treatment for stress incontinence

Magnetic stimulation for bladder weakness or urinary incontinence

Current observation of the application in the treatment of stress incontinence in a renowned Swiss gynecological clinic