

Contraindications for the Pelvic Floor Training Chair

Absolute Contraindication

a. Pregnancy

It is strictly forbidden to undergo the Pelvic Floor Training Chair if you are pregnant or you plan to conceive during the training phase.

b. Metallic implants between the knee and the neck area of the body

It is strictly forbidden to undergo the Pelvic Floor Training Chair if any of the following are present:-
Spirals, hip implants, knee joint prostheses (up to 10cm above the knee joint), bolts, nails and equivalent.

NOTE: The term 'metallic' does not refer solely to ferromagnetic metal, but to any kind of metallic alloy. The Pelvic Floor Training Chair is the only device worldwide to offer a safety monitor that prevents system activation if the monitor detects a metallic implant or similar to ensure the highest possible safety standard.

c. Electronically controlled implants between the knee and the neck

It is strictly forbidden to undergo the Pelvic Floor Training Chair if any of the following are present:-
Insulin pumps, pacemakers, neurostimulators.

NOTE: Strong magnetic fields have the potential to interfere with electronic devices or to cause these devices to malfunction.

d. Non-metallic implants between the knee and neck

It is strictly forbidden to undergo the Pelvic Floor Training Chair under the following circumstances. The therapy method has pronounced effects on the musculature throughout the entire urinary tract. The elicited muscular movement may indirectly displace any implanted mesh in an unforeseeable manner.

NOTE: The Pelvic Floor Training Chair must not be carried out without the expressed written permission from your registered medical practitioner or consultant in this case.

e. Previous surgery

It is strictly forbidden to undergo the Pelvic Floor Training Chair under the following circumstances. If you have undergone surgery on an area exposed to the effective magnetic field in the last **eight weeks**. In these circumstances, the training must be coordinated with your registered medical practitioner or consultant taking into account the severity of the surgery and/or the healing process.

NOTE: Training must not be carried out without the expressed written permission of your registered medical practitioner or consultant in this case.

f. Cardiac diseases / Cardiac arrhythmia

It is strictly forbidden to undergo the Pelvic Floor Training Chair under the following circumstances. If you are undergoing training and suffering from cardiac diseases and/or cardiac arrhythmia, the treatment must be coordinated with your registered medical practitioner or consultant taking into account the severity of your condition.

NOTE: Training must not be carried out without the expressed written permission of your registered medical practitioner or consultant in this case.

g. Epilepsy

It is strictly forbidden to undergo the Pelvic Floor Training Chair under the following circumstances. When undergoing training and you are suffering from epilepsy, the training must be coordinated with your registered medical practitioner or consultant taking into account the severity of your condition.

NOTE: Training must not be carried out without the expressed written permission of your registered medical practitioner or consultant in this case.

h. Intrauterine device (IUD, Coil)

It is strictly forbidden to undergo the Pelvic Floor Training Chair if an intrauterine device (IUD, Coil) is present.

Side Effects and Relative Contraindications

The following indications are not absolute criteria to reject treatment out of hand, but experience has shown that you may experience discomfort during menstruation, acute infection and of the urological tract, painful haemorrhoids and/or fever.

Possible side effects

a. Very few or almost no side effects

Over 95% of persons using the Pelvic Floor Training Chair reported very slight or no side effects from or during the training. The training is very well tolerated.

b. Slight muscle ache

Some people undergoing the Pelvic Floor Training Chair reported minor muscle ache after the first few sessions. This effect is because the pelvic floor had either never been or had received very little training before. This is why it is important to select low intensity setting at the beginning of training to allow the musculature to adjust to the training.

c. Severe muscle ache

A small number of people who have undergone the Pelvic Floor Training Chair have reported severe muscle ache, either because they are very sensitive or have selected a high intensity level too quickly. The intensity level of training can be reduced in such cases.

d. Dizziness

The side effect has been observed primarily among persons undertaking the Pelvic Floor Training Chair that are very advanced in age. The Pelvic Floor Training Chair activates the entire circulatory system. Persons undergoing training are advised to rest and remain seated in the training chair for around 5 minutes post treatment.

As a condition of proceeding with the Pelvic Floor Training Chair, I confirm that I am not prohibited medically from receiving this training. I understand that I may elect not to receive this training until I consult with a registered medical practitioner or consultant. I understand that I must always consult with a registered medical practitioner or consultant in relation to any medical conditions I may have and training I wish to undertake. By signing below, I confirm that I understand all of the contraindications which I declare do not apply to me. I further declare that I understand the known side effects that I may experience. I release Cosmetech from any and all liabilities for claims or losses arising from the Pelvic Floor Training Chair, based upon my medical history or any present medical condition, either known or unknown to me.

I full understand this disclaimer and I give my informed consent to start and continue with the Pelvic Floor Training Chair at Cosmetech and do so at my own risk.

Name:
(BLOCK CAPITALS) _____

Signature: _____

Date: _____

Name:
(BLOCK CAPITALS) _____

Signature: _____

Date: _____

Position: _____