

A Pilot Study to Assess the Efficacy and Safety of an Intelligent Approach to Noninvasive Body Core Strengthening with a Novel Functional Magnetic Muscle Stimulation System

Kim SJ. Med Laser. 2022;11(1):21-30

Study design

To assess the efficacy and safety of core muscle^a strength, 20 subjects (age range: 33-55 yrs) received a 30 minute treatment, 4 times in 2 weeks. Ultrasound imaging assessed changes in abdominal muscle and fat thickness, CT or MRI imaging visualized the changes in abdominal muscle group and diastasis recti^b.

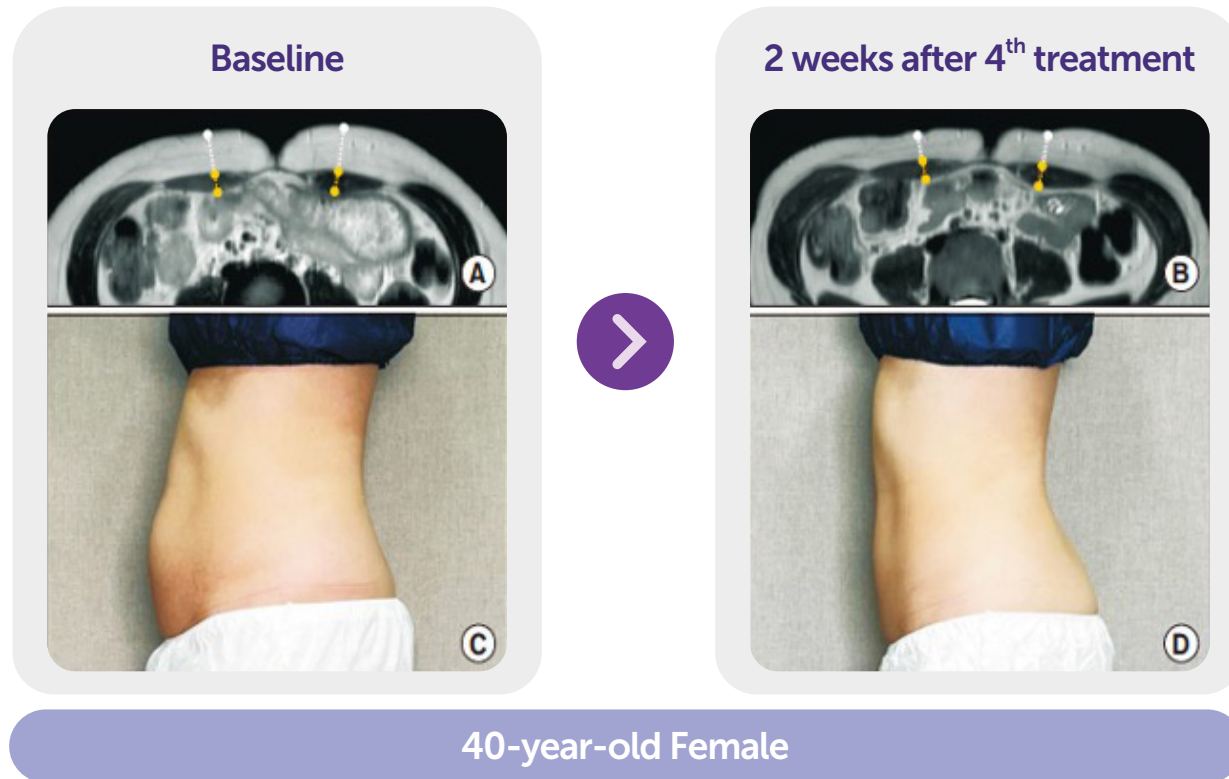
^aAbdominal group

^bDiastasis recti is the widened space between left and right abdominal muscles that can cause back pain and constipation. Core muscle strengthening may help the recovery.

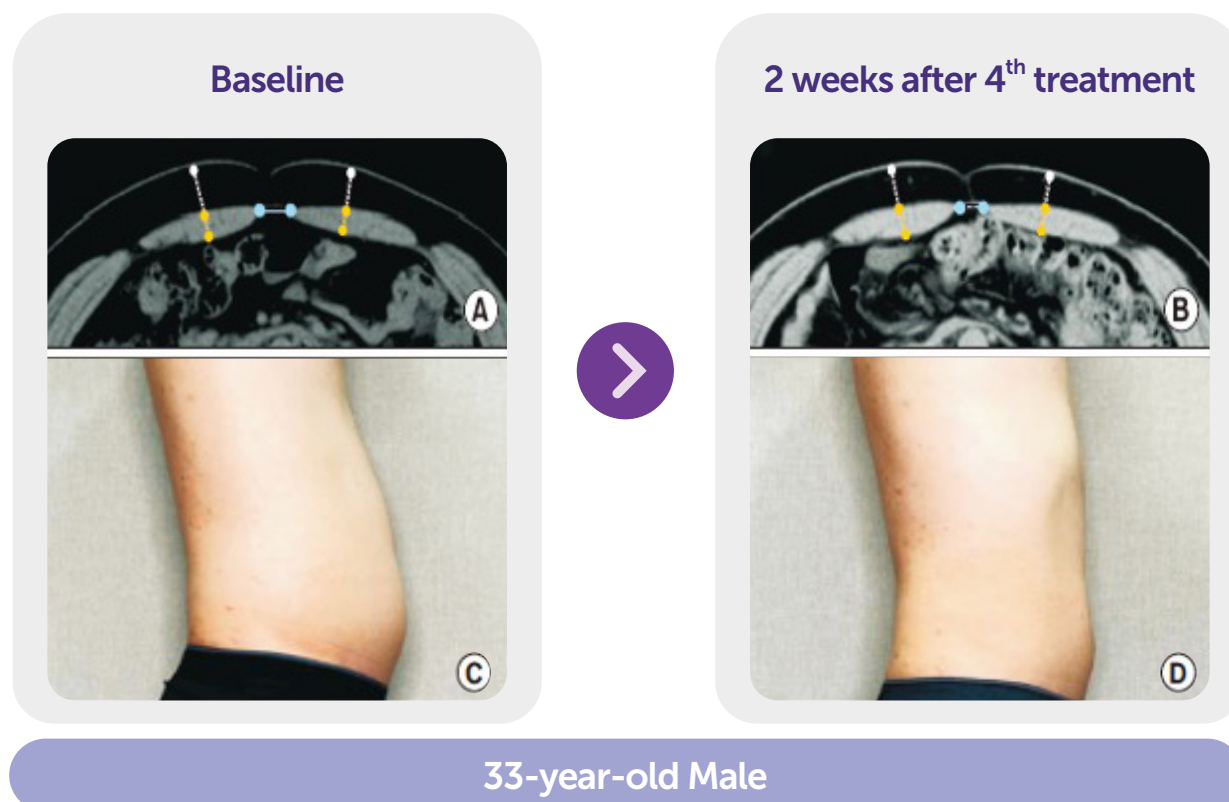
Clinical Results of intelligent ElectroMagnetic Activation

✓ Significant increase in the muscle mass and decrease in the fat thickness

- Muscle thickness **+10.3%**
- Fat thickness **-29.2%**
- Diastasis recti distance **-15.1%**

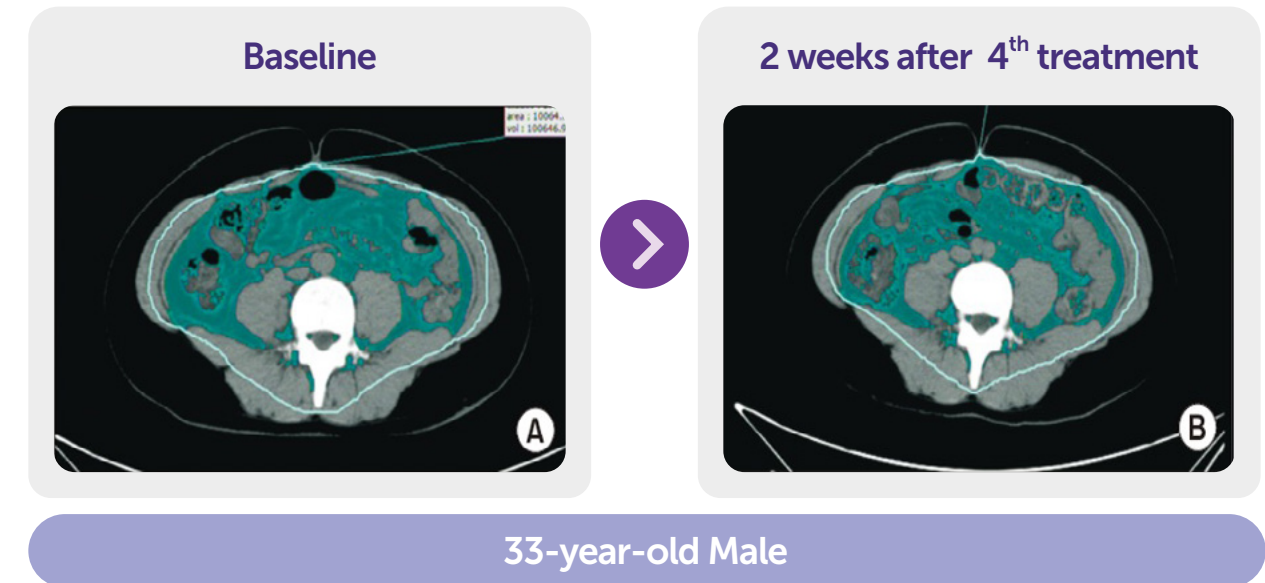


- Muscle thickness **+21.3%**
- Fat thickness **-17.8%**
- Diastasis recti distance **-15.3%**



✓ Significant decrease in the waist circumference and the visceral fat

Visceral fat cross-sectional area **-15.1%**

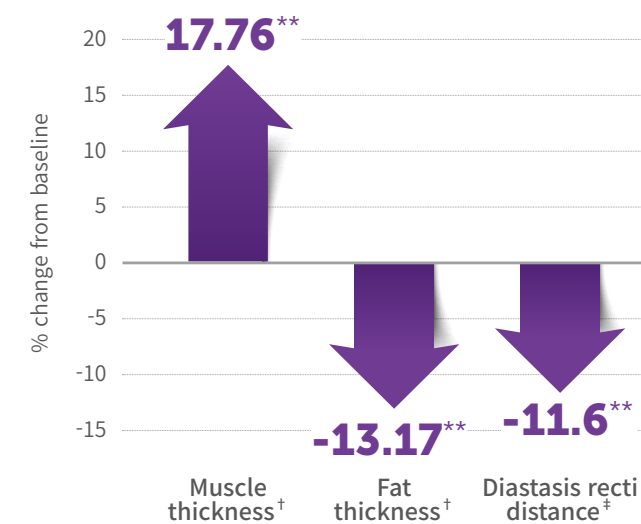


Reference Kim S.J. *A Med Laser*. 2022;11(1):21-30

Results

Overall core muscle condition of most subjects was improved from the baseline after 4 treatments in 2 weeks.

Changes between baseline and follow-up assessment 2 weeks post final treatment



- ✓ Increased Muscle Mass[†]
- ✓ Decreased Fat Thickness[†]
- ✓ Reduced Diastasis Recti distance[‡]

- Subjects showed **Muscle Strengthening** with no significant change in BMI or Body Weight.
- **No adverse events were noted** by either the patients or operators during the treatment or in the follow-up period.

**P= 0.0001. [†] Measured with ultrasound; [‡] Measured with computed tomography.

iEMA

intelligent ElectroMagnetic Activation

Convenience



No BMI limit
(BMI ≥ 25)

No need to take
off your clothes



NO FITTING



No Downtime