

Functional Wellness: Muscular Function Recovery

Muscular Function Recovery in Impaired Lower Limbs Using a Non-Invasive HIFEM with Synchronized Radiofrequency Intervention: A Functional Wellness Treatment Protocol

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Highlights

- **34 patients** (32 - 83 years old, BMI 19.5 - 35.0 kg/m²) with atrophied muscles, post-surgery or refrained physical activity due to injury were enrolled in the study
- Subjects were randomly allocated into two groups: **active group** and **sham group**
- Subjects were not limited from undergoing any additional pre-study treatments such as physical therapy
- **Four** 30-minute **HIFEM + Synchronized RF treatments** scheduled **5-10 days apart** were delivered on the **lower extremities**
- **Muscle strength** of the treated muscles (quadriceps, hamstrings, calves) was measured by a dynamometer

Results At The 3-Month Follow-Up In The Active Group



Increased Muscle Strength



Subjects Reported
Muscle Re-education



Subjects Reported Increased
Comfort During Physical Activities

- **91%** of the subjects reported that the treatments have helped them with **muscle atrophy/weakness in the treated area**
- **83%** of the subjects reported that the treated **muscles feel less prone to injury**

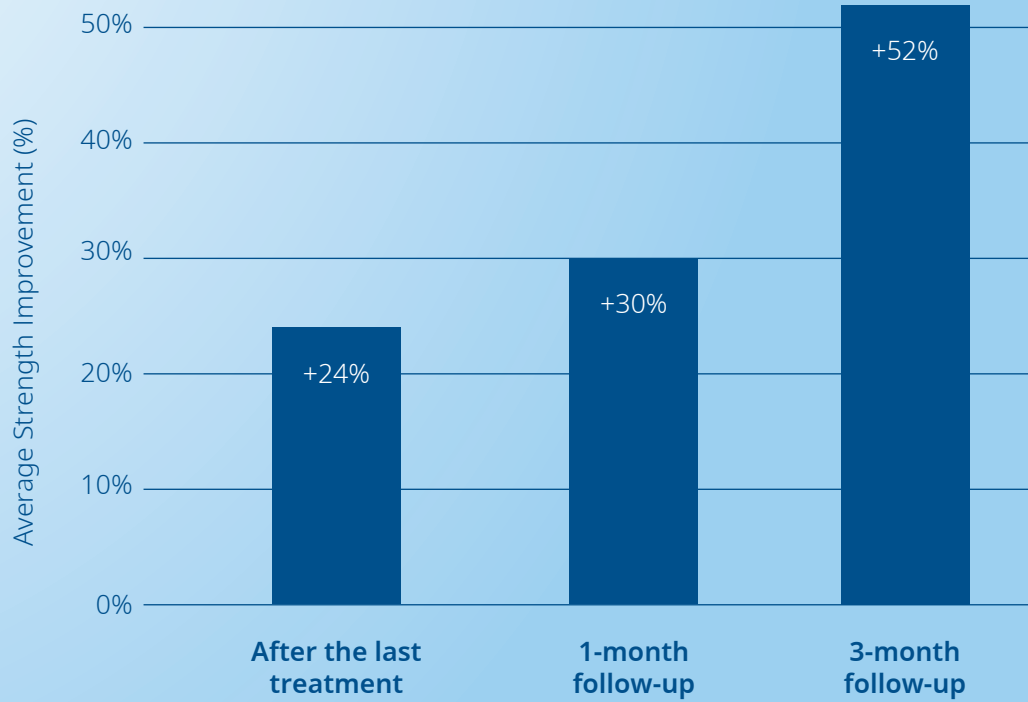


Figure 1 – Average muscle strength improvement in the active group