

CORE TO FLOOR STUDY: IMPROVED QUALITY OF LIFE IN ELDERLY PATIENTS

THE IMPROVEMENT IN QUALITY OF LIFE AND CORE MUSCLE STRENGTH
IN ELDERLY PATIENTS BY SIMULTANEOUS APPLICATION OF HIFEM WITH
SYNCHRONIZED RADIOFREQUENCY

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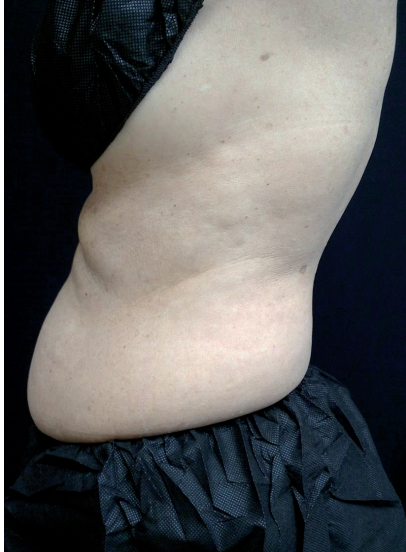
HIGHLIGHTS

- 39 patients were enrolled (60-79 years, 19.7-33.9 kg/m², skin type I-V)
- Four HIFEM+RF procedures (once a week over abdomen) and six standalone HIFEM procedures (twice a week over pelvic floor) were administered
- The biofeedback pressure measurements showed an increase in core muscle strength by **+33.7%** at a 3-month follow-up
- Three months after the last treatment, on average:
 - **92%** of patients were satisfied with the treatment outcomes
 - **89%** of patients could get up easily from a sedentary position
 - **89%** of patients felt that their core is stronger
 - **89%** of patients felt improvement in overall body movement
 - **76%** of patients were able to perform their daily activities better
 - **68%** of patients felt that they are at a lesser risk of falling



RESULTS

BASELINE



AFTER THE 4TH TREATMENT

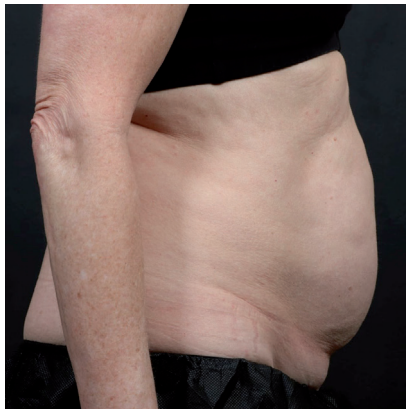


1 MONTH FOLLOW-UP

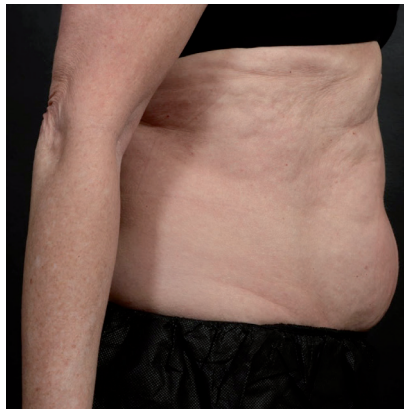


Digital photographs of a 60-year-old female patient with a BMI of 22 kg/m² at baseline (left), after the 4th treatment (middle), and 1-month follow-up (right; -2.54 cm in circumference). At 3 months the core muscle strength increased by +55.6%. Courtesy of: David Kent, M.D.

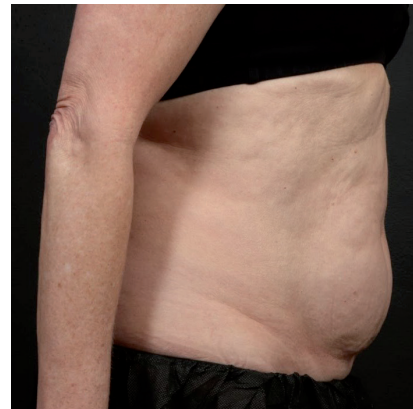
BASELINE



AFTER THE 4TH TREATMENT



1 MONTH FOLLOW-UP



Digital photographs of a 65-year-old female patient with a BMI of 21.1 kg/m² at baseline (left), after the 4th treatment (middle), and 1-month follow-up (right; -2.06 cm in circumference). At 1 month, the core muscle strength increased by +21.4%. Courtesy of: Diane Duncan, M.D.

