EMSCULPT NEO FUNCTIONAL WELLNESS: IMPROVEMENT IN JOINT FUNCTION

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EFFECT OF HIFEM APPLICATION ON MUSCULOSKELETAL SYSTEM: EVALUATION OF MUSCULOSKELETAL SYSTEM IMPROVEMENT - PRELIMINARY DATA

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HIGHLIGHTS

- **31 patients** (23 78 years old, BMI 25 \pm 4 kg/m²) with a history of musculoskeletal and joint issues were enrolled in the study
- Four 30-minute HIFEM treatments scheduled once a week were delivered on the upper or lower extremities
- WOMAC and DASH questionnaires were used to evaluate treatment results
 - WOMAC (Western Ontario and McMaster Universities Osteoarthritis Index) is designed to evaluate the condition of patients with osteoarthritis of the knee and hip
 - DASH (The Disabilities of the Arm, Shoulder, and Hand Questionnaire) is used to measure physical function and symptoms in individuals with upper extremity musculoskeletal disorders



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RESULTS AT 1-MONTH FOLLOW-UP

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- **62% average** improvement in WOMAC score (indicating improvement of **pain, stiffness**, and **physical function of lower extremities)**
- **49% average** improvement in DASH score (indicating improvement of **physical function** and **disability level of upper extremities)**
- 91% of subjects reported that their treated joints feel better
- 87% of subjects reported a reduction of discomfort in the treated area
- 83% of subjects reported an increased range of motion in the treated area
- 78% of subjects reported improvement in mobility in the treated area



PATIENT CASE

Figure 1 - Patient's changes in selected WOMAC domains

A 40-year-old marathon runner presented with bilateral knee pain, particularly aggravated during walking downstairs.

- At baseline, the patient experienced severe difficulty when descending stairs and bending to the floor, alongside significant morning stiffness.
- At one-month follow-up, the patient reported **noticeable improvements in range of motion, stiffness, mobility, and flexibility, along with reduced pain**.

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