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Expert Contributor

By **Sandy Hogarth**
Oceanside Medical Aesthetics

Getting the Most from Your EMSELLA Treatments

EMSSELLA offers a unique way to strengthen your pelvic floor.

The treatment allows you to remain fully clothed and seated while electromagnetic energy stimulates the muscles responsible for pelvic floor and bladder control. During a 28-minute session, the device produces thousands of deep muscle contractions, the equivalent of more than 11,000 Kegel exercises.

PLUS, there's no downtime, and you can go straight back to your usual daily activities as soon as your treatment has finished!

While the technology does much of the work, there are several things patients can do to help get the most from each appointment. Clothing, positioning, treatment intensity and what you do between sessions can all matter.

Dress for the treatment

EMSELLA works by delivering electromagnetic energy to the pelvic floor. The greater the distance or physical barrier between the treatment source and the targeted muscles, the more important proper positioning becomes.

For that reason, treatment day is not the best time for thick denim, heavy sweatpants, bulky seams, large pockets or substantial zippers. Instead, consider thin leggings, lightweight athletic pants or other comfortable, thin clothing.

This can be particularly important for patients who naturally carry more body tissue through the hips, thighs or midsection. Adipose tissue creates additional distance between the treatment source and the pelvic floor. Wearing lightweight clothing and positioning yourself correctly can help eliminate unnecessary additional barriers.

Your position in the chair matters

EMSELLA isn't a treatment where you simply sit down wherever you happen to land on the chair. Proper alignment helps direct the stimulation toward the intended muscles.

Sit upright with your spine straight rather than slouching or leaning backward, and keep your legs uncrossed. You should feel the characteristic buzzing, lifting and contracting sensations centred in the pelvic floor rather than primarily in your thighs or lower back.

Your practitioner may help adjust your position until the contractions feel properly centred. For patients with more tissue between the chair and pelvic floor, careful positioning can be especially important. The goal is to establish the closest, most effective positioning that is comfortable and appropriate for your body.

Work toward an effective intensity

Your first EMSSELLA session can feel strange. Patients often describe a strong buzzing sensation through the perineum combined with occasional slower, deeper contractions. It shouldn't hurt, but it may be unlike anything you've experienced before.

There is also sound. EMSSELLA uses a powerful electromagnetic field, so patients can expect tapping and buzzing from the equipment. It is considerably quieter than an MRI, but often louder than first-time patients anticipate.

As you become accustomed to the sensation, we can work with you to use an intensity that is high yet tolerable and appropriately targets the pelvic floor. By the sixth appointment, sensations that seemed unusual during the first treatment often feel much more familiar.

Complete the recommended series

Consistency is another important part of pelvic floor muscle training. A standard EMSSELLA course consists of six treatments, generally scheduled twice weekly for three weeks. Each treatment lasts approximately 28 minutes, and patients can immediately return to their normal activities.

Some people notice improvement early in the series, but that doesn't mean it is time to stop. Muscle strengthening and neuromuscular re-education occur over time, so completing the recommended treatment plan is important.

Treatment plans may also need to be individualized. For example, patients carrying additional body weight may benefit from discussing whether additional sessions or a maintenance schedule would be appropriate. Excess weight can also place continuing mechanical stress on pelvic floor muscles, making overall fitness and weight management relevant to long-term pelvic floor health.

Use EMSSELLA as a starting point

One useful benefit of treatment is increased awareness of what a strong pelvic floor contraction actually feels like. Take that awareness with you.

EMSELLA shouldn't be viewed as a permanent replacement for exercise. Properly performed Kegels, functional pelvic floor exercises and core-strengthening work can help support the progress made during treatment. When appropriate, a pelvic floor physiotherapist can provide additional guidance.

Finally, remember that EMSSELLA isn't suitable for everyone. Pregnancy, implanted electronic devices and certain metallic implants are contraindications, so a professional consultation should always come first.

The best results don't simply come from sitting in the chair. What you wear, how you sit, completing your treatment plan and continuing to strengthen the muscles afterward can all help you make the most of those 28 minutes.

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