



Ultra Tesla Seat

Pelvic Floor Strengthening

Information Booklet

All you need
to know...





Introduction



We ask all new clients to read through this booklet. It's important that you familiarise yourself with, and understand the Ultra Tesla Seat, the therapy process and protocol. If you have any questions, please speak with a staff member before starting your protocol. We ask you to pay particular attention to the health and safety procedures.

Please Note: The Charcot Therapy Centre does **not** provide medical advice, diagnose health conditions, or prescribe treatments. Access to, and participation in our Pelvic Floor Strengthening service is based on an assessment of the self-declared information you have provided on your client registration form regarding your condition, symptoms and medications alongside the information you have shared on the Ultra Tesla Seat Consent Form and Kings Health Questionnaire. Your treatment protocol is based on existing evidence. These procedures ensure we have mitigated, where possible, any risks.

We provide this service with the support of the manufacturer Scultpro Aesthetics.



What is the Ultra Tesla Seat?

At the Charcot Therapy Centre, we're really pleased to introduce a new piece of innovative equipment for our community – the Tesla Chair. It's already proving popular, with many members of centres across the country completing a series of six gentle, 30-minute, non-intrusive sessions and noticing real benefits in confidence, comfort and day-to-day wellbeing.

Millions of people around the world live with weak pelvic floor muscles – something that can affect core stability and lead to a whole mix of frustrating, sometimes debilitating symptoms.

Chronic lower-back pain and urinary incontinence are two of the most common issues. They can affect anyone, at any age, and often have a real impact on day-to-day confidence and quality of life. Ageing, childbirth, long periods of sitting and general wear-and-tear all play a part, which is why pelvic floor weakness is far more common than people realise.

The Ultra Tesla Seat uses High-Intensity Focused Electromagnetic (HIFEM) technology to create powerful, non-invasive muscle contractions that help strengthen the entire pelvic floor. Each session lasts just 30 minutes, and the treatment is scientifically proven to be effective. Most people complete 6–8 sessions over a minimum of 3 weeks, giving the muscles time to rebuild strength and helping to ease symptoms.

It's a simple, comfortable approach that fits easily into everyday life and for many people, it can make a meaningful difference to comfort, confidence and overall wellbeing.

Versatile Treatment Modes

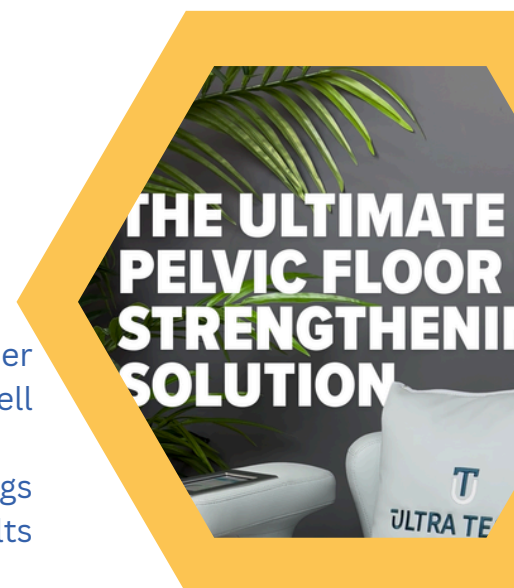
12 Pre-Set Treatment Modes

The Ultra Tesla Seat is designed with versatility and user convenience in mind, featuring 12 preset treatment modes as well as customisable options to suit individual needs.

The preset modes provide standardised, clinically proven settings that simplify treatment delivery, ensuring consistent results without the need for manual adjustments.

Customisable Mode

For clients requiring a more tailored approach, the device also allows operators to adjust parameters such as intensity and session duration, offering a fully personalised experience. This combination of flexibility and precision enables providers to deliver optimised treatments, meeting the unique needs of each patient.



How it works

The Ultra Tesla Seat uses the most innovative technology to help you achieve scientifically proven results. Utilising High-Intensity Focused Electromagnetic energy, the Ultra Tesla Seat induces supramaximal muscle contractions to effortlessly and efficiently strengthen the pelvic floor muscles.

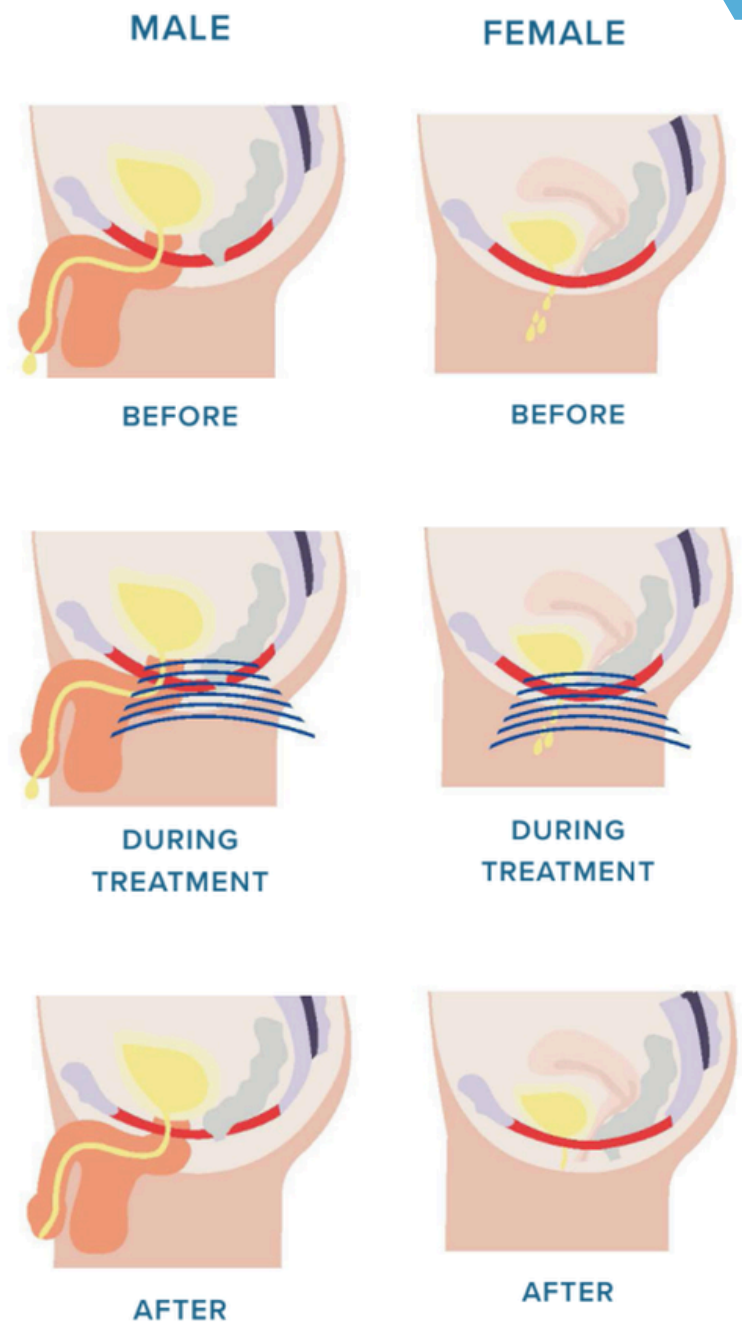
Supramaximal is a term which refers to high tension muscle contractions that surpass the highest amount of tension your muscles can exert and hold under regular maximal voluntary contractions. Supramaximal contractions are not achieved by voluntary actions alone, such as Kegels.

The motor neurons are stimulated throughout the 30-minute treatment, causing the pelvic floor muscles to do thousands of muscle contractions, activating the entire pelvic floor muscles, and comprehensively improving muscle control ability.

After 6 therapeutic sessions with the Ultra Tesla Seat, patients develop the new motor pattern needed to better control their pelvic floor muscles and regain muscle strength and continence control.

Benefits For Men

- Treatment of Incontinence
- Improved Pelvic Floor Strength
- Treatment of Erectile Dysfunction
- Increased Intimate Sensitivity
- Improves Prostate Health



Benefits For Woman

- Treatment of Incontinence
- Improved Pelvic Floor Strength
- Improved Sexual Function
- Improved Urogenital Organ Support
- Treatment of Dysmenorrhea
- Improves Postpartum Recovery
- Treatment of Vaginal Prolapse

Strengthen your pelvic floor, Bring back your confidence

Weak pelvic floor muscles affect millions of people around the world and cause many unwanted side effects for both men and women, from lower back pain to urinary incontinence.

The Ultra Tesla Seat uses High-Intensity Focused Electromagnetic technology that causes supramaximal muscle contractions to strengthen the pelvic floor effectively and, in turn, address undesired symptoms of weak pelvic floor muscles.

Benefits

- Regain bladder control
- Strengthen pelvic floor muscles
- Improved sexual function, sensitivity & satisfaction
- Improved quality of life



**Strenghtens
Pelvic Floor Muscles**



**Pain
Free**



**Remain Fully
Clothed**



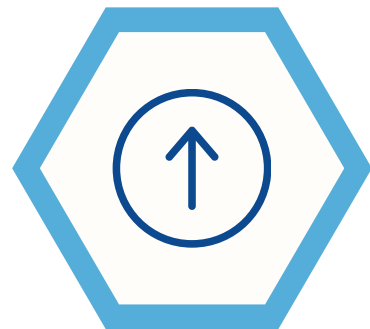
**No Recovery
Time**



**Non-Invasive
Non-Surgical**



**Suitable for
all Genders**



**Improve Quality
of Life**

Absolute Contraindications

(Treatment NOT Recommended)

- Pregnant /Breastfeeding
- Plastic IUD (Intrauterine Device) fitted in last 12 weeks
- Metal implants in the treatment area (hip replacements, metal mesh, copper IUD, screws, plates)
- Pacemaker, defibrillator, or other electronic medical implants (insulin pump, cochlear implant, neurostimulator)
- History of or active pelvic cancer
- Uncontrolled bleeding disorder or taking blood thinners for heart related issues
- Severe urinary or faecal incontinence requiring medical intervention
- Active urinary tract infection (UTI) or pelvic infection
- Recent pelvic surgery (not fully healed)
- Open wounds, burns, or lesions in the pelvic area
- Severe neurological disorders affecting the pelvic floor (e.g. spinal cord injury)

Relative Contra-indications

(Consult Your Doctor / Therapist Before Treatment)

- History of endometriosis or chronic pelvic pain
- Osteoporosis or fragile bones in the pelvic area
- Abdominal or pelvic hernia
- History of deep vein thrombosis (DVT) or blood clots
- Uncontrolled diabetes
- Recently gave birth (less than 6-8 weeks postpartum)
- Epilepsy or seizure disorder
- Autoimmune disorders affecting muscle function (e.g., lupus, rheumatoid arthritis, myasthenia gravis)
- Multiple Sclerosis
- Chronic constipation or bowel disorders
- History of pelvic radiation therapy
- Fibroids or polyps that press on the bladder or pelvic muscles.
- Recent surgical procedures (past 12 months)
- Currently menstruating

Before Your Session

To help you get the best out of your treatment, and to meet the manufacturer's safety requirements, please take a moment to read the guidance below.

- You will need to dress comfortably on the day of treatment so that your legs can be set with your back straight to allow your pelvis to be tilted correctly. No jeans, cords, thick fabrics, belts, buckles, or tight skirts / dresses.
- Remove all jewellery, belt, watches and electronic devices prior to treatment.
- Empty your pockets of keys, coins, wallets, cards and your phone.
- Visit the bathroom beforehand to empty your bladder and remove any pads.
- You won't be able to use electronic devices of any kind (phones, Kindles, iPads etc.), so feel free to bring a book or magazine if you'd like something to read.
- All consent forms will be sent to you via a separate link and must be completed before your appointment.

A quick but important note: These requirements come directly from the equipment manufacturer. If they aren't followed, we won't be able to go ahead with your session.

What to Expect

When you arrive, we'll greet you and go through a short consultation. This includes chatting about your goals, answering any questions, and making sure you understand the treatment and any risks. We'll also review your questionnaire together.

Before the session starts, you'll need to remove all jewellery, watches, and electronic devices and remove your shoes.

You'll then be asked to sit in the centre of the chair.

Your feet should be flat on the floor, shoulder-width apart, with your knees at a 90° angle. If your feet don't reach the floor, we'll provide a foot support. You may need to gently tilt your pelvis forward or back to find the right position. We'll guide you verbally, but **we do not carry out any manual handling** if you need physical assistance to move or position yourself, you will need to attend with a carer.

What to Expect Cont'd

Once you're comfortable and in the correct position, we'll set the treatment mode. We'll let you know when the machine is being switched on. The treatment is painless, but it can feel unusual at first. We start at a low intensity so you can adjust your position if needed, then increase the intensity to a level that feels tolerable for you.

The session lasts 30 minutes. You're welcome to relax, read a book or magazine, and take the time for yourself. If you need to stop at any point, simply stand up.

After the session, you can return to your normal activities straight away.

After Care Recommendations

You may notice an immediate improvement in pelvic floor strength, although optimal results usually develop over a course of treatments.

Some clients may experience mild muscle tenderness or a tingling sensation in the pelvic area for a short period after treatment. This is normal and temporary.

In some cases, symptoms such as urgency, frequency, or pelvic floor weakness may temporarily worsen before they improve. This is part of the body's adjustment process.

Hydration: Drink plenty of water to support muscle recovery and overall pelvic health.

Pelvic Floor Health: You may continue to practice pelvic floor (Kegel) exercises alongside treatment to further enhance results.

Lifestyle: Maintain a healthy diet and avoid excessive caffeine or alcohol, as these can sometimes irritate the bladder.

Exercise: Light exercise can be resumed immediately. Regular physical activity supports pelvic floor function.

Treatment Plan: For best outcomes, complete the full recommended course of treatments and attend maintenance sessions as advised by your practitioner.

***If you experience prolonged pain, unusual symptoms, or anything that feels concerning, contact the Charcot for advice.**

