



**MALCOLM FRAZER**  
GYNAECOLOGIST  
UROGYNAECOLOGIST

**Assoc/Prof Malcolm Frazer**  
MB ChB MD FRCOG FRANZCOG CU  
Gynaecologist/Urogynaecologist

140 Ashmore Road, Benowa 4217

Gold Coast and Pindara Hospitals Griffith and Bond University, Gold Coast, Australia

Phone: +61 (0) 755649300

Fax: +61 (0) 755649400

Email: [info@malcolmfrazer.com.au](mailto:info@malcolmfrazer.com.au)

---

## **MAGNETIC PELVIC FLOOR STIMULATION (MPFS)**

Magnetic stimulation has been used for the non-invasive stimulation of the central and peripheral nervous system. This new technology has recently been used to stimulate the pelvic floor for the therapy of bladder disorders. It is based on the principle that a changing magnetic field will produce a flow of electrons within the field. This flow induces, in turn, depolarization of adjacent nerves and a contraction of muscle in close apposition. The magnetic field can penetrate body tissues and passes uninterrupted through clothing. By incorporating the magnetic equipment within a chair, the pelvic floor muscles and sacral nerves can be directly stimulated without pain or the insertion of invasive needles or "plugs" within the vagina and rectum.

### **HOW IS MAGNETIC STIMULATION CARRIED OUT?**

The patient simply sits in an ordinary-looking firm chair for 20 minutes per treatment. A "knocking" noise is heard which is the magnetic field reversing. This produces a certain amount of vibration but this is mild.

### **DOES IT HURT?**

The treatment is usually totally painless. As the muscles can be felt contracting there is in some individuals a "pulling" sensation in the pelvis.

### **WHAT SORT OF PATIENTS CAN GAIN BENEFIT FROM THE TREATMENT?**

Women with urinary leakage when they laugh cough or sneeze as well as women with needing to go the toilet frequently. It is particularly effective after a woman has given birth and helps get the pelvic floor back to a healthy condition very quickly.

### **HOW EFFECTIVE IS THE THERAPY?**

Studies (below) show approximately 70% of patients will gain significant benefit from the treatment.

Yokohama et al (2004) Extracorporeal magnetic innervation for urinary incontinence. Int J Urol 11: 602-606

Chandi DD, Groenendijk PM, Venema PL (2004) Functional extracorporeal magnetic stimulation as a treatment for female urinary incontinence: "the chair". 93:539-542

**Website:** <http://www.malcolmfrazer.com.au>