

Information Sheet 30: Pericalm Continence Stimulation Unit: electrical muscle stimulation for the treatment of incontinence

Visual Feedback:	No
Adjustable programs:	Yes: 6 pre-programmed settings: 10Hz, 35Hz and 10-35Hz
Adjustable intensity:	Yes
Vaginal or anal electrode:	Not included. Choose from the Periform, Anuform or Contract Control range to suit your specific needs.

Manufacturer's recommendations for use: Before using this equipment you should seek the advice of your Physiotherapist, Continence Adviser or Doctor. Manufacturer's handbook provides information on programs, and the unit is supplied with a summary of NMES research to assist practitioners to advise on usage.



The Pericalm works to stimulate and strengthen the pelvic floor muscles, without any effort by the woman using it. It's an alternative to "squeeze and lift" pelvic floor exercises, and is particularly useful for a woman with a substantially weakened pelvic floor who has difficulty contracting her pelvic floor muscles. It can act as the first stage of an ongoing pelvic floor strengthening program, helping a woman to re-establish her ability to identify and contract her pelvic floor muscles correctly.

EMS (electrical muscle stimulation) units are widely used by physiotherapists in their practices but the Pericalm brings the same technology to the privacy of your own home, in a simple, user-friendly device.

Pericalm programs

The Pericalm is a high-quality unit, suitable for personal use at home or in a health professional practice setting. It has 6 pre-set programs, designed to help with a wide variety of pelvic floor problems, including

- urge incontinence
- frequency/urge incontinence
- stress incontinence (2 programs)
- general pelvic floor workout, to build pelvic floor muscle endurance and improve sensitivity
- pelvic pain relief

In addition, it offers the therapist the option of 3 extra customisable programs.

The preset programs mean that it is extremely easy to use. It's just a question of connecting your preferred electrode, selecting your preferred program, and switching on. Intensity can be controlled by the user, making the Pericalm an extremely user-friendly device. In use, electrical stimulation creates a tingling sensation that should never be uncomfortable.

Choosing an electrode

The Pericalm does not come packaged with its own electrode, but can be used effectively with any of the vaginal or anal electrodes in our range. The Periform and Anuform are produced by the same manufacturer as the Pericalm and intended for use with it. However it can be used equally successfully with the Contract Control (see note below**) or Veriprobe electrodes.

All electrodes connect to the Pericalm via wires, which means that the electrical stimulation is very reliable and stable. The Periform and Veriprobe vaginal electrodes that can be used with the Pericalm both have

- vertical contact plates and
- a "collar" effect in the design

both of which means they are easier to position accurately within the vagina than a cordless electrode.

Pericalm specifications:

- 9 volt (included)
- 6 Pre-set programs
- Facilities to set up 3 customised programmes
- LCD displays intensity, Rate, Pulse Width, Time and Programme mode
- Dual Channel
- Work/Rest periods from 2-99 seconds
- Ramp up time .03-9.9 seconds
- Time countdown monitored on LCD display
- Range: Rate 2Hz-200Hz, Pulse Width 50µS-300µS
- Lock mode function for measuring home compliance
- Automatic switch off after 4 minutes if the unit is not in use
- Simple to use
- Integral clip for fastening to belt.

The Pericalm manufacturer states that the unit is intended for use under the guidance of a health professional, and our information sheet **Using the Pericalm** provides information that may help the user and the health professional to determine an appropriate regime.

The Pericalm offers features more commonly associated with NMES units used in professional practice, but at a price that is attractive to the personal buyer.