HIFEM® PROCEDURE FOR ARMS AND CALVES: MRI CASE STUDY

MRI ASSESSMENT OF ARM AND CALF MUSCLE TONING WITH HIFEM PROCEDURE: A CASE STUDY.

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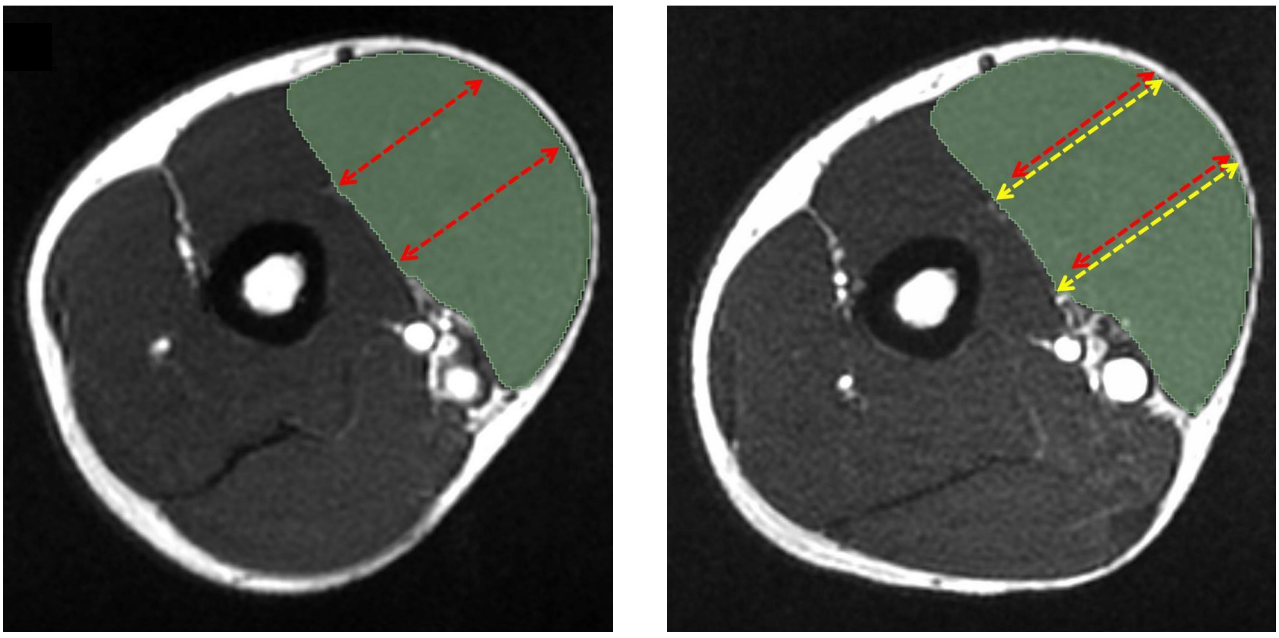
HIGHLIGHTS

- MRI evaluation showed an **increase in all three** treated muscles – **biceps, triceps, and calves**.
- The muscle mass of arm muscles in **the cross-sectional area** increased by **17.1%** for **biceps brachii** and by **10.2%** for **triceps brachii**.
- The **calves muscle mass** was increased by **14.6%** post- treatment.
- The **arm fat thickness** was decreased by **12.8%** and **calves fat thickness** decreased by **9.9%**.



The MRI scans with highlighted biceps brachii muscle before (1919,4 mm^2) the treatments and 1-month post-treatment (2252,4 mm^2).

STUDY DESIGN

- Subjects underwent four 20-minute treatments of arms and calves.
- MRI images were taken at the baseline and 1 month after the last treatment.
- The biceps brachii m., triceps brachii m. and gastrocnemius m. were segmented in the MRI images and their cross-sectional area was measured.
- Fat thickness was measured at eight equally spaced points around the arm circumference and above the gastrocnemius m. of calves.

RESULTS

- Both subjects showed an increase in muscle mass and fat reduction in the treated body parts one month after the last treatment.
- HIFEM procedure is beneficial for the treatment of calves and arms through toning, strengthening an increasing volume of the muscles.
- This procedure can be an alternative tool to the current surgical as well as noninvasive procedures.

Digital images of the female subject taken at baseline (left) and 1- month post-treatment (right).