

Uno Vita EM Chair – Operator’s and User Manual

Professional non-invasive pelvic floor stimulation for women and men

1. Introduction

The Uno Vita EM Chair is an advanced, non-invasive device that uses focused pulsed electromagnetic fields (PEMF) to activate and strengthen the pelvic floor muscles in women and men. The chair induces deep, supramaximal contractions that are not achievable through voluntary training, supporting neuromuscular control, circulation, continence and intimate function. Treatments are performed fully clothed, without anesthesia or incisions, and a standard session typically lasts about 20 minutes.

2. Models

Uno Vita EM Chair 7T

Up to 7 Tesla magnetic field, symmetric biphasic pulse up to 50 Hz, water-circulation cooling, designed for longer and more intensive clinic use.



Uno Vita EM Chair Mini 4T

Up to 4 Tesla magnetic field, symmetric biphasic pulse up to 50 Hz, multiple air-circulation cooling, compact and lightweight for clinics with limited space and moderate caseloads.



Shared features

7" touch screen controller, eight programs (auto and manual), intensity 10–100% in 5% steps, quiet operation, CE marked.

3. Benefits

Reduction of urinary leakage in stress, urge and mixed incontinence.

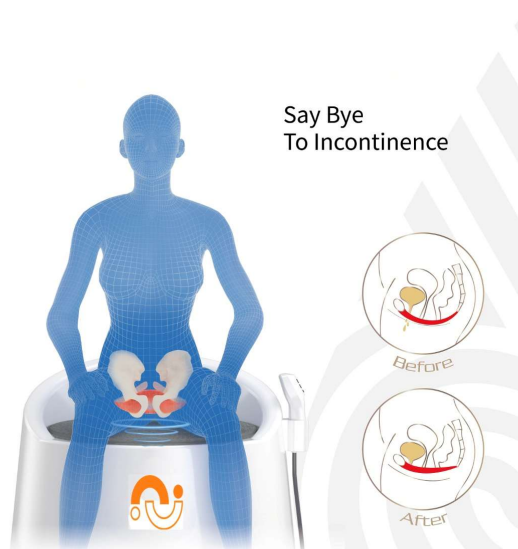
Strengthening of the pelvic floor after childbirth, surgery, inactivity or with age.

Improved bladder control and pelvic muscle coordination.

Reported improvement in sexual function and sensitivity in women and men.

Enhanced local blood circulation that supports oxygenation and recovery.

Comfortable sessions while fully clothed, with no downtime.



Top 2 core outcomes

Effective reduction of incontinence via supramaximal muscle activation.

Greater pelvic stability and strength after childbirth or surgical interventions.

Additional frequently reported benefit

Enhanced sexual satisfaction, including improved sensitivity, stronger orgasms and better erectile control, consistent with improved pelvic muscle tone and blood flow.

4. Target groups

Women

Urinary leakage and incontinence (stress, urge, mixed).

Postpartum and peri-/post-menopause pelvic floor weakness.

Vaginal laxity and support in mild to moderate pelvic organ descent.

Improved sensitivity and intimate function.

Men

Support for prostate, bladder and rectal function.

Reduction of urinary and fecal leakage.

Improved pelvic circulation and sexual control.

Adjunct support in benign prostatic hyperplasia (BPH) contexts.

Both

Improved quality of life, confidence and daily activity levels.

**5. Mechanism of action**

The chair delivers focused PEMF to the pelvic floor, activating pudendal and related nerves and triggering rhythmic, supramaximal muscle contractions. A 20–30 minute session can elicit the equivalent of many thousands of pelvic floor contractions without voluntary effort. With regular sessions, users may see increased strength and endurance, restoration of neuromuscular control and better continence and intimate function.

6. Standard treatment protocol

Session duration is typically 20 minutes (programmable 5–30 minutes depending on model and program).

Frequency is commonly two sessions per week.

A recommended initial course is 8–12 sessions before formal evaluation.

Maintenance is commonly one session every 4–8 weeks, adjusted to individual needs.

Start at 20–40% intensity and increase in 5% steps session-by-session toward 60–85% as tolerated.

A single session may deliver up to ~20,000 supramaximal contractions.

7. Programs overview (1–8)

Program 1 – Pelvic Floor Muscle Repair

Foundational recruitment after childbirth, surgery, inactivity or age. Often a first choice for men with BPH-related concerns.

Program 2 – Pelvic Floor Muscle Strengthening

Builds strength and endurance. Commonly used after 2–4 adaptation sessions.

Program 3 – Urine Leakage

Targets reduction of stress- and urge-related leakage.

Program 4 – Urinary Incontinence

Broad support for daytime and nocturnal incontinence presentations.

Program 5 – Sexual Function

Focuses on blood flow and neuromuscular pathways involved in desire, orgasm and erectile control.

Program 6 – Lower Basin Slack

Addresses pelvic floor and vaginal laxity and sensations of heaviness.

Program 7 – Uterine Prolapse

Supportive program for mild to moderate uterine descent. Not a replacement for medical or surgical assessment.

Program 8 – Pelvic Organ Support

General support for bladder, uterus and bowel; frequently used as a maintenance program.

Practical selection guidance

Begin with Program 1 for general recruitment. If leakage or urgency is the primary goal, transition to Program 3 or 4. For laxity or prolapse sensations, consider Program 6 or 7. For intimate function goals, use Program 5. For long-term maintenance after a completed course, choose Program 8. Program choice can be adapted between sessions based on the client's perceived best response.

8. Contraindications

Do not use the device in the following situations:

Pregnancy or suspected pregnancy.

Pacemakers or other implanted electronic devices.

Large metallic implants or prostheses located within the treatment field.

Severe cardiovascular disease.

Active thrombosis or thrombophlebitis; ongoing anticoagulant therapy or bleeding disorders.

Severe respiratory failure.

Known malignant tumors.
Uncontrolled diabetes.
Advanced vascular disease.
Uncontrolled epilepsy.
Recent organ transplant.

Avoid use in environments with flammable mixtures, volatile solvents such as alcohol or gasoline, or anesthesia gases. Do not apply flammable skin preparations immediately before a session; allow any alcohol-based cleanser to evaporate completely.

9. Installation

Unpacking

Inspect packaging on receipt and document any damage with photos.
Open the crate horizontally on the floor.
Remove the accessory box containing controller, cables and hardware.
Slide the main unit out, remove side foams and protective bag, and position the system carefully on its casters.

Included equipment

Main EM Chair unit.
7" touch-screen controller.
Controller holder and screws.
Two caster wheels with brake and two without brake.
Power cable.
Spare fuses (5×20 mm – 250 V – 10 A F, two pieces).
Screwdriver.
Water bottle and drain tube (7T model only).

Applicator/cooling (7T model)

Fill the internal water tank with high-quality distilled water/coolant before first use.
Approximate volume is 1.7 liters.
For filling, connect coolant inlet and air outlet tubes and pour until coolant exits the air outlet, indicating a full tank.
For replacement, connect coolant outlet and air outlet to drain the tank completely before refilling.

10. Assembly and connection

Install the two front caster wheels with brakes and the two rear caster wheels without brakes.
Mount the controller holder to the main unit using the supplied screws.
Connect the controller cable to the main unit.
Connect the power cable to a grounded wall socket. Power supply: 220–240 V, 50/60 Hz.

11. Operation

Power and screen

Switch the main power on. The touch screen will light up.

Select Manual mode for direct control or Auto/Program mode for presets.

Basic session flow

Seat the client well back with the perineum centered over the treatment field.

Small position adjustments (centimeters) can improve targeting.

Select desired program.

Set treatment time in one-minute steps (typical 20 minutes).

Set intensity in 5% steps from 10% to 100%. Start low and increase to a deep, comfortable contraction.

Press START to begin, PAUSE for short interruptions, and STOP to end the session.

Allow the automatic cooling cycle (approximately 3 minutes) to complete before switching off the main power.

Advanced Auto mode (cycle and frequency)

Frequency F1: adjustable from 1 to 12 Hz.

Frequency F2: adjustable from 1 to 50 Hz.

F1 working time: 1–10 seconds.

Rest time after F1 and F2: 1–10 seconds.

The system records total usage time for service.

12. Safety precautions

Read this manual thoroughly before operation and ensure the operator is trained.

Keep applicator and seating surfaces clean; use a soft cloth before and after sessions and let any disinfectant evaporate fully.

Move the system slowly on its casters and avoid jerky handling; never pull the unit by the applicator or cables.

Consider a voltage stabilizer in locations with frequent mains fluctuations.

Always shut down the system when not in use and never leave it unattended in Start or Pause.

Never press START unless the client is properly seated and the field is correctly targeted.

Visually inspect applicator and cables before each treatment; if damage is observed, discontinue use.

Avoid operation near flammable liquids/gases or directly after applying flammable skin products.

13. Positioning and expected sensations

The client should sit fully back with the perineum centered on the active field.

Subtle adjustments of a few centimeters can markedly improve focus on the pelvic floor.

The client should feel deep, rhythmic, non-painful contractions. Adjust intensity to comfort and therapeutic goals.

14. Recommended plans by goal

General recruitment and control: start Program 1, then Program 2 as strength/endurance builds.

Leakage/urgency predominant: Program 3 or 4 after initial familiarization.

Laxity or feelings of heaviness: Program 6 or 7 depending on comfort.

Intimate function focus: Program 5.

Maintenance after a completed course: Program 8 at intervals of 4–8 weeks.

15. Maintenance, cleaning and storage

Clean the applicator and seat with a soft, slightly damp cloth after each session; allow disinfectants to dry completely.

Store the system in a dry environment away from direct sunlight.

Protect the unit from drops or shocks.

Always power off and unplug before any maintenance actions.

For mains instability, a voltage regulator can be beneficial.

After each session, leave the power on for about 3 minutes to complete the automatic cooling cycle.

16. Fuse replacement

Turn off the system and disconnect the power cable from the mains and from the system.

Remove the fuse housing, replace both fuses at the same time with the correct type and rating (5×20 mm, 250 V, 10 A), ensuring a snug fit.

Reinsert the fuse housing until it clicks, reconnect the power cable and verify normal startup.

Always ensure the replacement fuses match the specified type and rating.

17. Troubleshooting

No clear activation even at high intensity: check and adjust positioning, increase intensity gradually, or try a different program.

Discomfort or pain: lower intensity, change seating position, or switch program.

Overheating or system alerts: allow the automatic cooling cycle to complete and ensure adequate ventilation around the device.

18. Technical specifications

EM Chair 7T

Technology: Pulsed Electro Magnetic Wave

Magnetic power: 7.0 T ± 20%

Pulse type and frequency: symmetric biphasic pulse, max 50 Hz

Power setting: 10–100%

Pulse width: 310 μ s \pm 20%

Programs: 8 modes (Auto, Manual)

Treatment time: 5–30 minutes

Display: 7" touch screen

Cooling system: water circulation

Max power consumption: 1800 W

Power supply: 220–240 V, 50/60 Hz

Fuses: 5×20 mm – 250 V – 10 A F (two pieces)

Operating temperature: 10–35 °C

Operating relative humidity: 30–75%

Operating pressure: 500–1060 mbar

Machine size: 68 × 68 × 60 cm

Net weight: 38 kg

Weight support: 300 kg

Mark: CE

Warranty: 24 months (EU/Norway standard)

EM Chair Mini 4T

Technology: Pulsed Electro Magnetic Wave

Magnetic power: 4.0 T

Pulse type and frequency: symmetric biphasic pulse, max 50 Hz

Power setting: 10–100%

Pulse width: 310 μ s

Programs: 8 modes (Auto, Manual)

Treatment time: 5–20 minutes

Display: 7" touch screen

Cooling system: multiple air-circulation cooling

Max power consumption: 1500 W

Power supply: 220–240 V, 50/60 Hz

Fuses: 5×20 mm – 250 V – 10 A F (two pieces)

Operating temperature: 10–35 °C

Operating relative humidity: 30–75%

Operating pressure: 500–1060 mbar

Machine size: 41 × 38 × 39 cm

Net weight: 15 kg

Weight support: 200 kg

Mark: CE

Warranty: 24 months (EU/Norway standard)

19. After-sales service and warranty

Warranty covers defects in materials and workmanship for 24 months from the date of original purchase in Norway and the EU.

Lifetime maintenance support is available; after the warranty period, costs for replacement parts may apply.

Warranty exclusions include damage caused by accident, misuse or misapplication; service by non-authorized personnel; product modification without authorization; or a missing/altered serial number.

20. Legal notice and intended use

The Uno Vita EM Chair is a wellness and rehabilitation device intended to support muscular training and functional recovery of the pelvic floor. It is not intended to diagnose, treat or cure disease. Any medical symptoms should be evaluated by qualified health professionals. Use must comply with this manual and applicable regulations in Norway and the European Union.

21. Disclaimer

Uno Vita increasingly uses artificial intelligence for analysis, summaries and document preparation. We do not accept responsibility for potential errors arising from human or AI processes, inaccuracies or gaps in medical and scientific literature. All readers are encouraged to review information critically to ensure correctness. Uno Vita does not claim medical effects for products we distribute; we reference publicly available research consistent with the right to freedom of expression. Information provided is for informational purposes only and is not a substitute for professional medical advice, diagnosis or treatment. Use of information or products is at the user's own risk.

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23. Scientific references

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24. Distributor

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