Pelvic floor rehabilitation by magnetic stimulation — StarFormer

01 What is it?

The pelvic floor, or perineum, is the group of muscles in the lower part of the pelvis. When these muscles and the supporting tissues are weakened, leaks of urine may occur on exertion.

This sheet, given to you by Dr Gatri, is intended to complement the explanations provided during your consultation. Do not hesitate to ask her if you have any questions.

Magnetic stimulation works these muscles without any effort on your part. You sit, fully clothed, on a chair whose seat and backrest contain applicators that emit magnetic pulses. These pulses pass through clothing and skin and make the pelvic floor muscles contract, repeatedly.

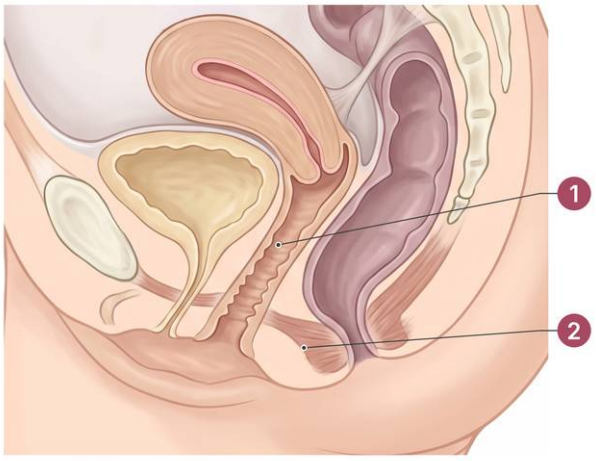


FIGURE 1 — The pelvic floor (diagram, side view).

1. Vagina
2. Pelvic floor muscles (perineum)

Side view: the abdomen is on the left of the image, the back on the right.

Diagram Wagram Clinic, 2026.

The device used at the practice is the StarFormer, from the manufacturer Fotona.

This sheet is based on the French recommendations on urinary incontinence and pelvic floor rehabilitation (French Association of Urology 2025, ANAES 2000, CNGOF 2015) and on information from the device's manufacturer.

02 Why this procedure?

The session aims to strengthen the pelvic floor muscles, particularly when you have leaks of urine.

The manufacturer intends it for leaks on exertion (when coughing, laughing or doing sport), leaks with a sudden urge to urinate and leaks that combine both, as well as for pelvic floor rehabilitation after childbirth or after surgery.

03 How does the procedure take place?

The session takes place at the practice. You stay clothed and sit on the chair.

The pulses cause deep, involuntary contractions of the pelvic floor muscles. You feel them as a pulsing sensation. The intensity is adjusted gradually so that it stays comfortable.

A session usually lasts 20 to 30 minutes. At the practice, the programme consists of 6 sessions over 3 weeks, at a rate of 2 sessions per week.

04 What the procedure does not guarantee

Talk to Dr Gatri, before you start, about what you expect from these sessions.

05 Risks and complications

The manufacturer reports no known side effects. Nothing enters the body during the session, and it is generally well tolerated.

The intensity is adjusted for your comfort throughout the session.

06 Alternatives

- Pelvic floor rehabilitation with contraction exercises: this is the treatment to offer first for leaks on exertion. Exercises guided by a rehabilitation professional are preferable; they are complemented by exercises done at home.
- After childbirth: rehabilitation with exercises is recommended if leaks of urine persist three months after the birth. It is not recommended in the two months following childbirth, nor, at three months, for a woman who has no leaks.
- A device placed in the vagina (continence pessary) may also be offered, particularly in addition to rehabilitation.
- If you are overweight, losing weight with appropriate support improves leaks on exertion.
- Doing nothing: the treatment of leaks of urine is aimed at your comfort; the choice is yours, once you have been informed of the advantages and disadvantages of each option.

07 Contraindications

For any pelvic floor rehabilitation, the recommendations ask you to report a current pregnancy or a cardiac pacemaker: these situations may change how the rehabilitation is carried out.

A urinary infection (cloudy urine, burning when urinating), blood in the urine or a vaginal infection is treated first; the rehabilitation may then be postponed.

These points are checked during the assessment, before the first session.

08 Before the procedure

Any pelvic floor rehabilitation begins with an assessment: the type of your leaks (on exertion, with a sudden urge, or both), your lifestyle habits and an examination.

The doctor may ask you to note your visits to the toilet and the number of pads you use: this makes it possible to follow how things change.

The session requires no particular preparation.

09 After the procedure and your instructions

You resume your activities immediately after the session.

For pelvic floor rehabilitation, the recommendations stress that the effects of strengthening are maintained through personal practice and follow-up over time.

The timing of the follow-up review is set with Dr Gatri.

10 When to seek medical advice without delay

Burning when urinating, cloudy urine, blood in the urine or unusual vaginal discharge are to be treated before the rehabilitation continues: report them to Dr Gatri. Also tell her about any other symptom that worries you.

11 Your questions for Dr Gatri

This information sheet probably cannot answer all your questions. In any case, do not hesitate to ask your doctor any question that comes to mind, either orally or in writing.