ESSM 2025 | FEB | Vienna 20–22 2025

An ideal Stage 1 study of vibration in chronic non-bacterial prostatitis

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Objectives

Chronic non-bacterial prostatitis is a common condition in men and is notoriously difcult to manage due to its waxing and waning nature.
In recent years, the potential of prostatic vibration as a therapeutic option has emerged, although its role remains largely unexplored. This study aims to evaluate the eficacy of a novel malleable vibrating device in managing refractory chronic prostatitis.

Methods

Two male patients, aged 58 and 69, with chronic prostatitis unresponsive to conventional treatments for over 25 years, were enrolled in the study. They used the Molto, a novel malleable device designed to mimic the shape of an index finger with a blunt tip, ensuring easy insertion into the anus with lubrication. The device delivered vibrations at a frequency of 50Hz and an amplitude of 2mm for 2-5 minutes per session on alternate days.
In addition to assessing pain reduction using the visual analogue scale, the International Index of Erectile Function (IIEF) questionnaire was administered to evaluate changes in sexual function. The IIEF is a validated, multidimensional, self-administered tool that assesses four key domains of male sexual health: erectile function, orgasmic function, sexual desire, and intercourse satisfaction. Each domain is scored on a scale from 0 to 30, offering a comprehensive overview of sexual health.

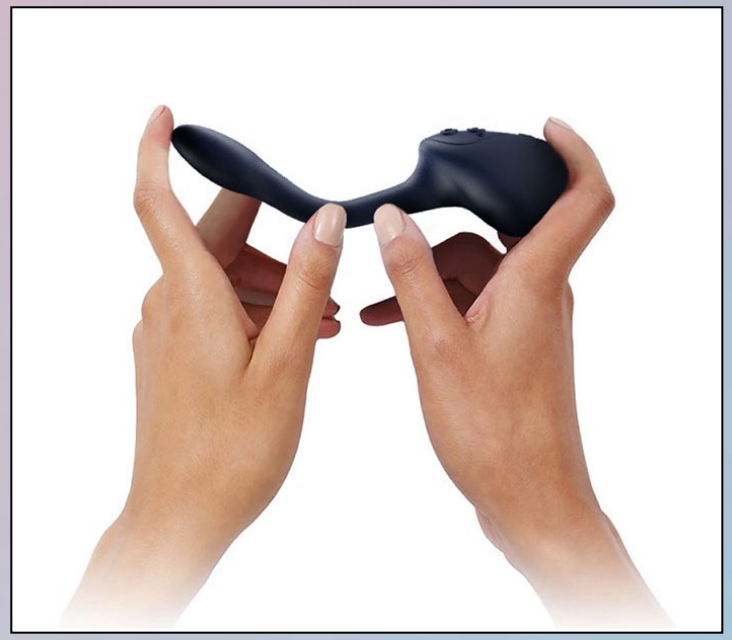

Figura 1. Molto. This device's patented technology utilizes localized vibrational therapy to promote blood circulation, resulting in pain relief and arousal.

Results

Both patients experienced signicant improvements. Their visual analogue pain scores dropped from 7/10 to 3/10 after 1 and 3 months of device use.
Additionally, the IIEF scores reflected positive changes in erectile function and overall sexual satisfaction. Both patients reported heightened sexual pleasure and ease of self- application, with no adverse effects.

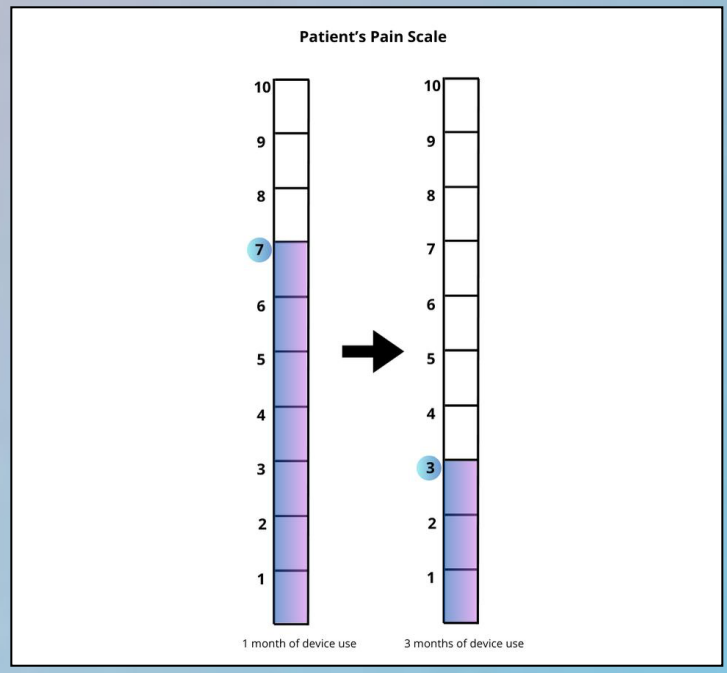

Figura 2. Visual analogue pain scores .

Conclusion

Use of vibration therapy using a novel malleable device shows promising potential in treating chronic prostatitis that is unresponsive to conventional therapies. This study offers not only an insight into pain management but also highlights improvements in sexual function, making it a valuable option for patients suffering from prostatitis.

ESSM 2025

FEB | Vienna 20–22 2025

Tenuto 2 vibration device can enhance penile rehabilitation after radical prostatectomy

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Objectives

Erectile dysfunction (ED) remains the most common and challenging postoperative complication after radical prostatectomy, a key treatment for prostate cancer. To address this, various rehabilitation methods, such as PDE5 inhibitors (PDE5i) and penile pumps, are recommended in the early postoperative months to promote recovery. Recently, the potential role of vibrating devices in enhancing nerve recovery has gained attention. The International Index of Erectile Function (IIEF) is frequently used to assess outcomes across domains like erectile function, sexual desire and overall sexual satisfaction.

Method

In this study, 16 male patients who underwent robotic-assisted radical prostatectomy (RARP) were enrolled. The participants, aged 53 to 72, had undergone either partial or full nerve-sparing surgery. Each patient was instructed to use the Tenuto 2 vibrating device daily, applying it for at least five minutes set to a 100 Hz continuous vibration pattern. Additionally, all patients were prescribed a penile pump and a daily dose of tadalafil 5mg for a mínimum of three months. The efificacy of these interventions was measured using the IIEF questionnaire, focusing on the erectile function domain, both preoperatively and six months postoperative.

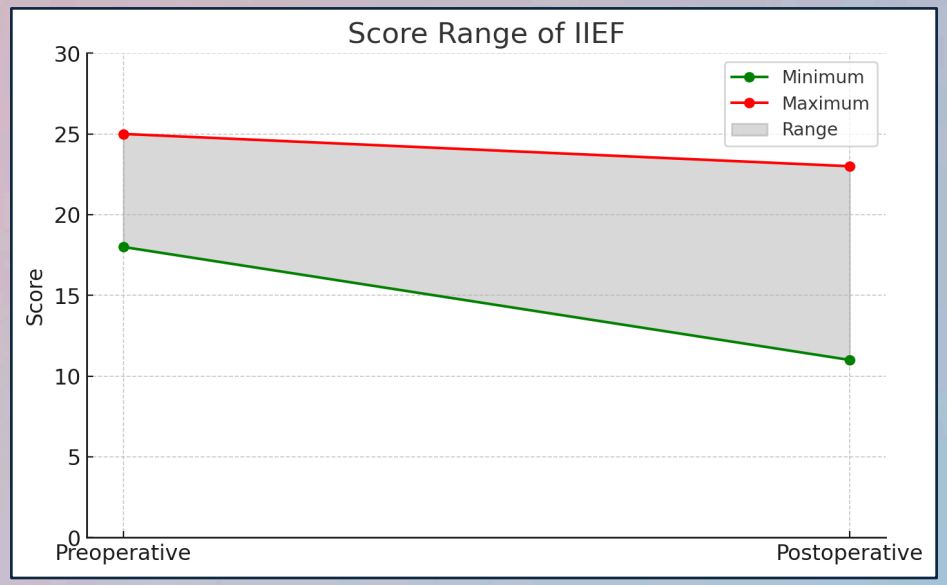

Figure 1. Score Range of IIEF. Comparison of minimum and maximum scores pre and post operation.

Results

The mean age of the participants was 62. Preoperative IIEF erectile function scores averaged 22 (ranging from 18 to 25), indicating mild erectile dysfunction. At six months postoperatively, the mean score improved to 19 (11-23), demonstrating partial recovery of erectile function. Most patients (15 out of 16) found the device easy to use, with four choosing to discontinue the penile pump in favour of continuing with the vibrating device alone. Additionally, 13 patients reported improved intimacy and communication with their partners during the recovery period.

Figure 2. Tenuto 2. This device is a FDA-registered medical device from Mysteryvibe company.

Conclusion

The Tenuto 2 vibrating device appears to play a valuable role in post-RARP erectile function rehabilitation, as evidenced by improvements in IIEF scores. This device, in combination with other established rehabilitation methods, has shown promise in facilitating recovery. The positive feedback from patients regarding ease of use and enhanced partner intimacy further underscores its potential as a novel adjunct in the postoperative sexual recovery process.