

## IQoro (neuromuscular treatment device)

### KEY POINTS

- IQoro is a neuromuscular self-treatment device that treats the underlying cause of reflux by restoring the dysfunctional musculature in the diaphragm.<sup>1</sup> In patients with dysphagia, it restores muscle strength and neurological control to enable a normal swallow.<sup>2</sup> Unlike other treatments, IQoro is able to strengthen muscles under the involuntary control of the autonomic nervous system.<sup>1</sup> IQoro is now available to prescribe on the NHS.<sup>3</sup>
- NICE notes the intended place of IQoro in therapy for people with hiatus hernia is as an alternative to long-term proton pump inhibitor (PPI) treatment or laparoscopic fundoplication surgery.<sup>3</sup> In patients with dysphagia, IQoro can restore normal swallowing even in those with chronic dysphagia receiving enteral nutrition, allowing them to return to an oral diet.<sup>4</sup>
- To support effective use of IQoro, MYoroface AB provides a website with information, videos and advice for healthcare professionals and patients, as well as a customer helpdesk and an optional app. Peer support is available via a Facebook IQoro user group.
- NICE has issued a medtech innovation briefing on IQoro as an alternative to long-term PPI treatment or laparoscopic fundoplication for hiatus hernia. In three studies in patients with hiatus hernia, MYoroface AB reported to NICE that 93%, 58% and 61% of patients, respectively, were able to cease all PPI medication after IQoro training and the remainder 'mostly reduced dose and intake frequency'.<sup>3</sup>



**IQoro is a neuromuscular self-treatment device that treats the underlying cause of reflux and dysphagia.**

- Ten published peer-reviewed studies, including a randomised controlled trial, support the efficacy of IQoro in treating dysphagia and reflux-based diseases.<sup>5</sup>
- A service evaluation at an NHS Trust has demonstrated the effectiveness of IQoro for treating dysphagia in patients in acute and community care settings (n=21), with significant improvements in dysphagia symptoms, impact and quality of life; in addition, 40% of participants receiving enteral feeding were able to return to an oral diet.<sup>4</sup>

See overleaf for references

For more information contact MYoroface on 0808 175 0297 or [info@iqoro.com](mailto:info@iqoro.com)

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# IQoro (neuromuscular treatment device)

## COMPANY

MYoroface AB

## LEGAL CATEGORY

Medical device

## PRESENTATION

Neuromuscular training device, adult or child size (up to approx 10-12 years), 1 plus storage case and instruction manual=£121.00.

## INDICATIONS

Reflux-based diseases (eg, GORD, laryngopharyngeal reflux, silent reflux).  
Dysphagia, drooling, facial weakness.

## USAGE

Usually 3 x 10-second pulls, repeated three times daily; preferably before mealtimes in patients with dysphagia.

## CONTRAINDICATIONS

Trigeminal neuralgia, paraoesophageal hernia, achalasia cardiaea.



## WARNINGS

Tinnitus, peripheral facial palsy and complex dysphagia may require gradual increase in treatment intensity. Risk of delayed-onset muscle soreness; warn patient. In patients with hiatus hernia, undiagnosed oesophageal irritation may manifest as oral bleeding with use of IQoro; advise patient this is not caused by the device. Incorrect technique may cause gum irritation.

*The above is a MIMS summary of the IQoro product information.*

## References

1. Hägg M, Franzén F. Introducing an innovative oral neuromuscular treatment of the underlying reason for reflux caused by hiatus hernia: an aggravating factor in esophagitis. In Esophagitis and Gastritis (eds Neri V, Ahmed M) IntechOpen: 2021. Available at: <https://www.intechopen.com/chapters/75980> (accessed 23 March 2022).
2. Drug Tariff May 2022. Available at: [nhsbsa.nhs.uk/pharmacies-gp-practices-and-appliance-contractors/drug-tariff](https://nhsbsa.nhs.uk/pharmacies-gp-practices-and-appliance-contractors/drug-tariff) (accessed 1 May 2022).
3. NICE Medtech Innovation Briefing MIB176. IQoro for hiatus hernia. Published 6 March 2019. Available at: [nice.org.uk/advice/mib176/chapter/Summary](https://www.nice.org.uk/advice/mib176/chapter/Summary) (accessed 23 March 2022).
4. Exell R, McBain H, Tuvey S et al. IQoro dysphagia therapy within an NHS SLT caseload: A service evaluation. Poster presented at Virtual 14th UK Stroke Forum, December 2020. Available at [clinicians.iqoro.com/evidence/service-evaluation/](https://www.clinicians.iqoro.com/evidence/service-evaluation/) (accessed 11 April 2022).
5. MYoroface AB. 'Summary of studies.' Available at [clinicians.iqoro.com/wp-content/uploads/sites/10/2022/04/Summary-of-Studies-IQoro-SoS-1-18.pdf](https://www.clinicians.iqoro.com/wp-content/uploads/sites/10/2022/04/Summary-of-Studies-IQoro-SoS-1-18.pdf) (accessed 11 April 2022).