

Edmonton EMS

Edmonton EMS - Electrical Muscle Stimulation or otherwise known as EMS is the use of a minimal voltage waveform applied via conductive pads in order to assist in stimulating motor nerves in muscles. Depending on the nerves that require stimulus, electrode pads are strategically positioned on your body. The stimulus sends messages to your brain via the spinal column, telling your muscles to stiffen and expand.

EMS is really beneficial for particular physical conditions such as: pain control, muscular pain relief, and the therapy for injured muscles. This particular treatment is likewise helpful for stimulating denervated muscle so as to prevent muscle atrophy. Muscle tightening is likewise used for stimulating lymphatic and venous flow.