

Moncton EMS

Moncton EMS - EMS or also known as electrical muscle stimulation is the use of a low voltage waves applied using conductive pads to help assist in stimulating the motor nerves in the muscles. Electrode pads are placed strategically on the body depending on the nerves that require stimulation. The stimulation sends messages to the brain through the spine, instructing the muscles to contract and expand.

Electrical muscle stimulation can be helpful in treating particular physical conditions such as: muscular pain relief, the rehabilitation of injured muscles, and pain control issues. This therapy can even be beneficial for preventing muscle atrophy through stimulating denervated muscles. Muscle tightening is likewise utilized for encouraging venous and lymphatic flow.