

## Charlottetown EMS

Charlottetown EMS - Electrical Muscle Stimulation or also known as EMS is the use of a minimum voltage waveform applied via conductive pads so as to assist in stimulating motor nerves in muscles. Depending on the nerves which require stimulation, electrode pads are strategically placed on the body. The stimulus sends messages to the brain via the spinal column, instructing your muscles to stiffen and expand.

Electrical muscle stimulation may be helpful in treating specific physical conditions like for instance: muscular pain relief, the therapy for injured muscles, and pain control problems. This particular treatment could even be useful for preventing muscle atrophy through stimulating denervated muscles. Muscle tightening is likewise used for encouraging venous and lymphatic flow.