

## Lloydminster EMS

Lloydminster EMS - Electrical Muscle Stimulation or 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 need stimulus, electrode pads are strategically placed on your body. The stimulation sends messages to your brain through the spinal column, instructing the muscles to stiffen and expand.

Electrical muscle stimulation can be helpful in treating certain conditions like for instance: muscular pain relief, the rehabilitation of injured muscles, and pain control issues. This particular treatment could also be helpful for preventing muscle atrophy by stimulating denervated muscles. Muscle contraction is also utilized for promoting lymphatic and venous flow.