

Saskatoon EMS

Saskatoon EMS - Electrical Muscle Stimulation or likewise known as EMS is the application of a minimum voltage waveform applied via conductive pads to assist in stimulating motor nerves in muscles. Depending on the nerves that need stimulus, electrode pads are strategically positioned on your body. The stimulation sends messages to your brain via your spinal cord, telling your muscles to stiffen and expand.

EMS is useful for particular conditions like for instance: pain control, muscular pain relief, and the therapy for injured muscles. This particular treatment is likewise helpful for stimulating denervated muscle to avoid muscle atrophy. Muscle tightening is likewise utilized for stimulating lymphatic and venous flow.