

## Abbotsford EMS

Abbotsford EMS - EMS or also known as electrical muscle stimulation is the application of a low voltage waves applied utilizing 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 need stimulation. The stimulation sends messages to your brain through your spinal column, indicating your muscles to stiffen and expand.

Electrical muscle stimulation may be helpful in treating certain conditions including: muscular pain relief, the therapy for injured muscles, and pain control problems. This treatment can likewise be useful for avoiding muscle atrophy by stimulating denervated muscles. Muscle tightening is likewise utilized for stimulating lymphatic and venous flow.