

Vancouver EMS

Vancouver EMS - EMS or otherwise known as electrical muscle stimulation is the use of a minimal voltage waves applied using conductive pads to be able to help assist in stimulating the motor nerves in the muscles. Electrode pads are placed strategically on your body depending on the nerves which need stimulation. The stimulus sends messages to your brain through your spinal column, instructing your muscles to contract and expand.

EMS is truly helpful for specific conditions like for instance: pain control, muscular pain relief, and the rehabilitation of injured muscles. This particular treatment is even useful for stimulating denervated muscle so as to prevent muscle atrophy. Muscle contraction is also utilized for stimulating venous and lymphatic flow.