

Winnipeg EMS

Winnipeg EMS - EMS or otherwise known as electrical muscle stimulation is the application of a minimal voltage waves applied using conductive pads in order to help assist in stimulating the motor nerves in the muscles. Electrode pads are positioned strategically on the body depending on the nerves that need stimulus. The stimulus sends messages to your brain through your spinal cord, telling your muscles to stiffen and expand.

EMS is beneficial for certain physical conditions like for example: muscular pain relief, pain control, and the therapy for injured muscles. This particular therapy is likewise effective for stimulating denervated muscle to avoid muscle atrophy. Muscle contraction is also used for stimulating venous and lymphatic flow.