

## Prince George EMS

Prince George EMS - Electrical Muscle Stimulation or likewise known as EMS is the use of a minimum voltage waveform applied via conductive pads in order to help in stimulating motor nerves in muscles. Depending on the nerves which need stimulus, electrode pads are strategically positioned on your body. The stimulus sends messages to the brain through the spinal column, indicating the muscles to contract and expand.

EMS is really helpful for particular physical conditions like: muscular pain relief, pain control, and the rehabilitation of injured muscles. This therapy is also helpful for stimulating denervated muscle in order to avoid muscle atrophy. Muscle tightening is likewise used for encouraging venous and lymphatic flow.