

## Owen Sound EMS

Owen Sound EMS - EMS or otherwise known as electrical muscle stimulation is the use of a low voltage waves applied making use of conductive pads to be able to help assist in stimulating the motor nerves in the muscles. Electrode pads are positioned strategically on the body dependent upon the nerves which require stimulus. The stimulation sends messages to your brain via the spine, indicating your muscles to stiffen and expand.

Electrical muscle stimulation may be effectual in treating specific physical conditions such as: muscular pain relief, the rehabilitation of injured muscles, and pain control issues. This particular treatment may even be useful for preventing muscle atrophy by stimulating denervated muscles. Muscle contraction is also utilized for encouraging venous and lymphatic flow.