

## **Kitchener EMS**

Kitchener EMS - EMS or electrical muscle stimulation is the application of a minimal voltage waves applied utilizing conductive pads so as to help assist in stimulating the motor nerves in the muscles. Electrode pads are positioned strategically on your body depending on the nerves that need stimulation. The stimulation sends messages to your brain via your spinal column, telling your muscles to contract and expand.

EMS is beneficial for certain conditions like for instance: pain control, muscular pain relief, and the rehabilitation of injured muscles. This particular therapy is even helpful for stimulating denervated muscle so as to avoid muscle atrophy. Muscle tightening is also utilized for encouraging venous and lymphatic flow.