

EMS Stratford

EMS Stratford - Constitutional Hydrotherapy is a method that joins electrical muscle stimulation or likewise known as EMS with a hot compress and a cold compress. This particular therapy works by stimulating the immune system that allows the patient to move about from a dominant sympathetic state and into a calming parasympathetic state, helping to stimulate the healing process in the body. The electrical muscle stimulation causes muscle tightening so as to enhance lymph and venous blood flow.

Constitutional Hydrotherapy is also used as a complementary treatment meant for different physical conditions including irritable bowel syndrome, asthma, respiratory infections, premenstrual syndrome and numerous other health conditions so as to help support the immune system. Generally, patients could need as many as 10 treatments in order to see benefits.