

## Stratford EMS

Stratford EMS - Electrical Muscle Stimulation or likewise known as EMS is the application of a low voltage waveform applied through conductive pads to be able to help in stimulating motor nerves in muscles. Depending on the nerves that need stimulus, electrode pads are strategically placed on your body. The stimulation sends messages to the brain via your spinal column, instructing your muscles to tighten and expand.

Electrical muscle stimulation may be effective in treating certain physical conditions like: muscular pain relief, the therapy for injured muscles, and pain control issues. This therapy may likewise be beneficial for preventing muscle atrophy by stimulating denervated muscles. Muscle tightening is also utilized for promoting venous and lymphatic flow.