

## Timmins EMS

Timmins EMS - Electrical Muscle Stimulation or likewise known as EMS is the application of a minimum voltage waveform applied through conductive pads so as to help in stimulating motor nerves in muscles. Depending on the nerves which require stimulus, electrode pads are strategically positioned on your body. The stimulation sends messages to your brain via the spinal column, instructing your muscles to tighten and expand.

Electrical muscle stimulation may be helpful in treating specific conditions like: muscular pain relief, the therapy for injured muscles, and pain control problems. This particular therapy can also be helpful for avoiding muscle atrophy by stimulating denervated muscles. Muscle contraction is also utilized for encouraging venous and lymphatic flow.