

## Halifax EMS

Halifax EMS - Electrical Muscle Stimulation or also known as EMS is the use of a minimum voltage waveform applied through conductive pads to help in stimulating motor nerves in muscles. Depending on the nerves which need stimulus, electrode pads are strategically positioned on the body. The stimulation sends messages to the brain via your spinal column, indicating your muscles to stiffen and expand.

Electrical muscle stimulation could be useful in treating particular physical conditions like for instance: muscular pain relief, the rehabilitation of injured muscles, and pain control problems. This particular therapy could also be helpful for avoiding muscle atrophy by stimulating denervated muscles. Muscle tightening is also utilized for promoting lymphatic and venous flow.