

## St. John's EMS

St. John's EMS - Electrical Muscle Stimulation or otherwise known as EMS is the use of a minimal voltage waveform applied via conductive pads so as to help in stimulating motor nerves in muscles. Depending on the nerves which require stimulus, electrode pads are strategically placed on your body. The stimulus sends messages to your brain through the spine, instructing your muscles to contract and expand.

EMS is useful for particular conditions like: pain control, muscular pain relief, and the therapy for injured muscles. This therapy is likewise effectual for stimulating denervated muscle to avoid muscle atrophy. Muscle contraction is also used for promoting lymphatic and venous flow.