

## Brandon EMS

Brandon EMS - EMS or likewise known as electrical muscle stimulation is the use of a low voltage waves applied utilizing conductive pads to help assist in stimulating the motor nerves in the muscles. Electrode pads are placed strategically on your body dependent upon the nerves that need stimulus. The stimulation sends messages to the brain via the spine, instructing your muscles to contract and expand.

EMS is really helpful for certain conditions like for instance: muscular pain relief, pain control, and the rehabilitation of injured muscles. This particular treatment is also effective for stimulating denervated muscle in order to prevent muscle atrophy. Muscle contraction is also used for encouraging lymphatic and venous flow.