



**CHIROPRACTIC E.M.S.**  
(ELECTRICAL MUSCLE STIMULATION)

## **ELECTRIC MUSCLE STIMULATION**

Electric muscle stimulation is a method of chiropractic care in which electric currents are sent through muscles in order to make them contract. This has a number of health benefits especially during the injury rehabilitation process. It is an effective therapeutic method as contracting the muscles helps relieve pain in the back or legs, reduce swelling, and promote general muscle toning. Perhaps the greatest benefit, is the ability of electric muscle stimulation to speed up the recovery process.

When used to maintain or regain muscle strength, EMS works by delivering mild electrical pulses to the targeted muscle group. Electrodes are attached to the patient's skin in order to stimulate muscle contraction. The electrical impulses imitate brain signals and the natural way that the body should respond.

## **BENEFITS**

The Benefits of Electrical Stimulation  
There are numerous benefits to receiving regular stimulation at your local chiropractor. Our specialists at Premier Chiropractic & Wellness remain up to date on research in the field and have outlined numerous ways in which it can improve your current health and flexibility. These include:

- Stimulating muscular blood flow
- Increasing strength
- Reducing muscle pain
- Improving psychological recovery

These benefits are accomplished through the natural action of electrical stimulation. The process increases blood flow in the region, causes muscle contractions which improve strength, and eliminate pain through warmth and the blood flow. Psychologically, researchers discovered undergoing treatments like electrical stimulation improves a patient's thoughts about their treatment and its eventual outcome.

## **WHAT TO EXPECT**

Small electrodes are placed on the surface of your skin, which stay in place with an adhesive. You can expect to have several electrodes set around the treatment area.

Attached to the electrodes are wires that connect to the electrical stimulation device. The device sends electrical currents through your skin to reach your muscles or your nerves.

You may feel tingling or the sensation of having pins and needles in the treatment area during therapy. If treatment is targeting your muscles, you may also experience twitching as your muscle contracts.

Electrical stimulation therapy typically lasts 15 minutes or less depending on the size and location of the treatment area. We can recommend additional stimulation sessions as part of your treatment plan to keep you pain-free and physically active.