

## Kingston EMS

Kingston EMS - Electrical Muscle Stimulation or likewise known as EMS is the application of a low voltage waveform applied via conductive pads so as to help in stimulating motor nerves in muscles. Depending on the nerves that need stimulus, electrode pads are strategically positioned on the body. The stimulation sends messages to your brain via your spine, telling your muscles to tighten and expand.

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