

# Electric Muscle Stimulation

Electric Muscle Stimulation Therapy (also called E Stim or EMS) uses a safe level of electrical impulses targeted to a specific muscle or group of muscles. This electric current stimulates these muscles to contract. The goal of Electric Stimulation is to strengthen muscles and to decrease pain and inflammation. Electric Stimulation has been used to help with tension headaches, numbness of limbs, muscle spasms, back pain and neck pain.

What would the Electric Stimulation experience be like? An electric stimulation machine is used, and it has electrodes through which the electric current passes. A chiropractic assistant will place the electrodes on the targeted area of your back, neck, etc. The chiropractic assistant will turn the level of current on the electric stimulation machine to a level which you will be able to feel but will not be uncomfortable. The therapy typically lasts about 10 or 15 minutes.

Electric muscle stimulation therapy may reduce inflammation in tissues and promote healing. Electric stimulation has the effect of reducing swelling and increasing circulation. Also, it may be able to act as a nerve transmission blocker, which would deflect and therefore reduce the sensation of pain.

Electric Stimulation may be able to help strengthen your muscles and increase muscle endurance (that is, how many times a muscle can contract before it tires). It may also be able to increase the stability of the joints connected by the targeted muscles, especially if it is used along with regular chiropractic care and exercises.