

## ELECTRICAL MUSCLE STIMULATION:



Electrical muscle stimulation is the elicitation of muscle contraction using electric impulses. The impulses are generated by a device and delivered through electrodes on the skin in direct proximity to the muscles, painful region, or wound area to be stimulated. The impulses mimic the action potential coming from the central nervous system, causing the muscles to contract gently. Electrical stimulation can be utilized to relax muscle spasms, prevent atrophy in muscles, enhance tissue repair, improve circulation, re-educate muscles, strengthening, prevent venous thrombosis, increase range of motion, and for pain reduction.