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Electrical Muscle Stimulation

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Electrical muscle stimulation requires the application of a special form of electric current. It is performed in an attempt to reduce or manage pain. Small amounts of electrical current are applied to help facilitate healing and reduce swelling. Certain forms of electrical stimulation can be used to strengthen the muscles. During the therapy patients generally feel a slight tingling sensation. Most individuals become accustomed to the initial setting and subsequently the intensity may be raised during the course of treatment to help maximize the healing response. Treatment sessions usually last from 10-20 minutes.