

EMS Sudbury

EMS Sudbury - The method of combining a cold compress and a hot compress together with EMS or electrical muscle stimulation is a therapy known as Constitutional Hydrotherapy. This particular therapy stimulates the immune system enabling the patient to move from a dominant sympathetic state to a more relaxed parasympathetic state, that really helps to stimulate the bodies healing process. The electrical muscle stimulation causes muscular tightening in order to enhance venous and lymph blood flow.

Constitutional Hydrotherapy is even used as a complementary treatment meant for various conditions like asthma, respiratory infections, irritable bowel syndrome, premenstrual syndrome and numerous other health conditions in order to help support the immune system. Generally, patients could require up to 10 treatments in order to notice results.