


# All About "STIM" Electrical Stimulation



'STIM' Electrical Stimulation is a muscle training method generally used by athletes to enhance their training & fitness programs. This also act as a therapeutic treatment to relieve muscle strains & pain.

## How It Works

STIM uses two separate frequency stimulations placed on either side of the injury.

This allows the waves to intersect with each other & promote relief from pain.

Low frequency electrical current helps in reducing inflammation & swelling.

Some of the common issues under which this treatment is required are;

Soft Tissue Healing

Ligament Sprains

Muscle Strains & Spasms

## Benefits Of Electrical Stimulation

Enhances the muscle tone

Speeds up the healing process

Helps in restoring normal movements

Reduces the swelling caused due to injury

Rejuvenates muscles

Corrective Chiropractic & Wellness



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