



## PEMF – Pulsed Electro-Magnetic Field Therapy

Uses electromagnetic fields to help cellular dysfunction.  
PEMF therapy effectively realigns the electricity in your cells.

### How Does PEMF Therapy Work?

- The human body requires electricity to send signals throughout your body and brain.
- When a cell is stimulated, it allows positive charges to enter a cell in an open ION channel.
- The inside of this cell becomes positively charged, which will trigger other electrical currents, turning into pulses.
- This can positively influence movement, healing, and sending of signals.
- Any disruption in electrical currents can lead to dysfunction or illness.
- Pulsed PEMF therapy helps restore this disruption in electrical current to the normal state, which promotes overall wellness.

### Benefits of PEMF Therapy

- Some of the most common benefits of this therapy include:
- Enhances the body's natural recovery process.
- Corrects cellular dysfunction throughout the body.
- Stimulates and exercises cells to recharge cells.
- Gives patients more energy naturally.
- Improves athletic performance.
- Reduces inflammation and pain.
- Helps you recover from an injury faster.

### Before Your Session

- PEMF is absorbed best by a well-hydrated body.
- Drink a glass of water before and after a session will help to enhance the results.
- PEMF penetrates through all material except for metal. Please remove all external metal (electronic or battery-operated devices, keys, wallets, metal belt buckles, cards with magnetic strips, such as credit cards and hotel keys, jewelry, hearing aids, etc.) Small jewelry such as rings or necklaces can be left on with no effect.
- Inform clinical staff of the location of any metal implants you may have.
- Comfortable clothing is suggested for a more pleasant experience.
- Please set any electronic devices away from the mat to ensure your therapeutic frequencies can be absorbed without competing against radiation from electronic devices.

### What May Occur During/After Session

- Small muscle contractions
- Noticeable pulsing and stimulation in certain areas
- Movement of the pulsing action as it stimulates different regions of the body
- Areas of sensitivity/tingling
- Possible lightheadedness
- Feeling warm

Please communicate all symptoms to our

clinical staff.