



Facts About Intramuscular Stimulation (IMS)

1. What is Intramuscular Stimulation?

Intramuscular Stimulation (IMS) is an effective treatment for chronic pain of neuropathic origin. This technique uses needles similar to the needles used in acupuncture to find and diagnose muscle shortening in deep muscles. This technique has few side-effects.

2. How does IMS Work?

IMS is able to treat neuropathic pain by desensitizing affected nerves and muscles using acupuncture needles. The mechanical simulation of the insertion of the needle into the affected muscles provides a therapeutic effect. The needle activates a reflex, which causes the muscle to release and, in doing so, eases the pain. Inserting the needle also creates a minor therapeutic injury to the area, stimulating the body to increase local circulation and activate its healing systems. The technique is particularly effective for deep muscles that can be difficult or impossible to reach with other forms of treatment. For example, there are some muscles around the spine and pelvis that are too deep to be treated with massage, and can only be addressed with a needle.

3. What are some of the conditions that can be treated with IMS?

- Achilles tendonitis
- Arthritic conditions
- Chronic Tendonitis or Bursitis
- Headaches
- Low back pain
- Myofascial Pain Syndrome
- Neck pain and whiplash
- Patellofemoral syndrome
- Plantar fascitis
- Recurrent or Persistent Injuries (including sports injuries)
- Repetitive Strain Injuries
- Sciatica/piriformis syndrome
- Shin splints
- Shoulder injuries (including frozen shoulder)
- Spinal disc problems
- Tennis/Golfers elbow
- TMJ pain

