

Reduce Muscle Atrophy with Electrostimulation

Muscle disuse atrophy is a common issue that is often due to injury, disease, or prolonged immobilization. When muscles aren't used, they start to waste away, leading to weakness, numbness, and noticeable differences in muscle size. While exercise and diet can often reverse these effects, sometimes more advanced interventions are necessary.

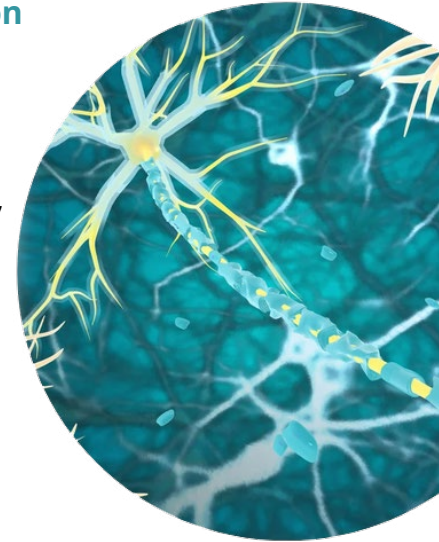
Understanding Muscle Atrophy on a Cellular Level

Muscles are a primary protein source in the body. During illness or immobilization, they can become a key supplier of amino acids needed by organs. However, when this process continues for too long, it can severely impact a person's overall health. Even short-term immobilization can trigger muscle atrophy, driven by factors like increased reactive oxygen species and calcium overload, though the exact cellular mechanisms are still being studied.

A major cause of muscle atrophy is decreased protein synthesis. To minimize this, increasing protein through exercise or other methods can help rebuild muscle mass. Exercise increases amino acid metabolism, leading to enhanced muscle repair and growth.

How Electrostimulation Can Help

Recent studies reveal that high-frequency electrical stimulation can mimic the effects of resistance training, promoting protein synthesis similarly to how exercise does. While it doesn't replace exercise, electrical stimulation is an effective tool during periods of immobilization, helping to preserve muscle mass and function.

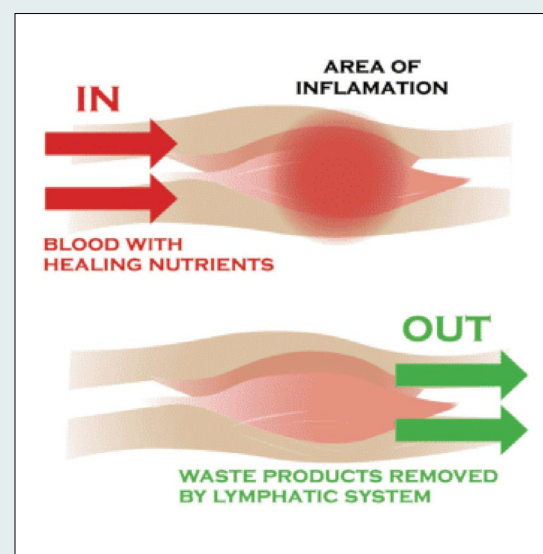


When combined with exercise, physical therapy, proper nutrition, and supplements, electrical stimulation can significantly improve muscle health and strength. It's a safe, supportive option for mitigating muscle atrophy and enhancing overall muscle function.

Integrating ARPwave Devices into Treatment Plans

The RxBlack and FlexDoctor are FDA-cleared medical devices designed to:

- › Relax muscle spasms: Reduce tension that may hinder blood flow.
- › Prevent disease and atrophy: Maintain muscle strength and function.
- › Increase local blood circulation: Improve oxygen and nutrient delivery to injured tissues.
- › Re-educate muscles: Enhance muscle function and mobility.
- › Maintain or increase range of motion: Promote flexibility and joint health.



Conclusion

ARPwave's RxBlack and FlexDoctor devices can be used to provide electrical stimulation to affected areas, helping to preserve muscle mass during periods of immobilization.

Contact Us Today

For more information on how ARPwave devices and Neuromuscular Stimulation can be integrated into your treatment plan, don't hesitate to reach out. Discover how these cutting-edge solutions can support your journey to better muscle health and recovery.

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ARPwave LLC

7731 145 St. West, Apple Valley, MN 55124
Phone: 952.431.9708 • Fax: 952.431.9723
Email: info@arpwave.com
ARPwave.com