

# Electro Muscle Stimulation Training

## Medical EMS for professional athletes

Now stronger and better – thanks to a new treatment method

**P**hilipp Klewin, the goalie for Arminia Bielefeld's professional soccer squad (German Bundesliga), is benefiting from using EMS rehabilitation-training as a treatment method. This method has been developed by the team doctor, Dr A Elsner, and M Schweika, an MSc Physiotherapist and Osteopath.

Injuries are daily occurrences on the soccer field. While an injury to the calf muscle is usually overcome within one or two days of rest, a more serious injury or an operation requires a longer recovery period.

At the rehabilitation centre situated at the Club, the medical staff is dedicated to accelerating the recovery process of the injured players, so that they can return to their training as soon as possible.

### A unique approach in Germany

Andreas Elsner, who has been the team physician for Arminia Bielefeld since 2012, discovered that "Strengthening without resistance was a problem, which continuously resulted in pain during the rehabilitation-training programme".

Dr Elsner, who has a second doctorate in Orthopaedics and Trauma Surgery, collaborated with Michael Schweika, Arminia's physiotherapist and osteopath, to develop a complementary treatment method called 'Medical EMS' (Electro Muscle Stimulation). This unique concept has been pioneered in Germany.

"After some initial research and an assessment of the patients' needs, an individualised programme is designed for them," says Michael Schweika. It is through the combination of osteopathy and medicine that Elsner sees many benefits for the players. This also applies to more serious postoperative situations.




Goalie Philipp Klewin (left) receiving Medical EMS rehabilitation-training from two physiotherapists

### EMS Training: a powerful workout yet gentle on the joints

Arminia's goalie, Philipp Klewin, was one of the first players to benefit from this innovative approach. He was able to return to his usual training routine following a four-and-a-half-week recovery period from a meniscus operation.

"Through the application of Medical EMS one can train very effectively within the framework of the defined exercises, while still being gentle on the joints," explains Schweika.

All exercises have been "Medically approved and are overseen by physiotherapists or sports scientists".

But Medical EMS hasn't been developed for the use of professional athletes only. "Customised training programmes can also help your patients with chronic back pain and posture problems," explains Dr Elsner. Soon additional training programmes will be developed to address other medical fields. 

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### EMS-HEALTHCARE

## Impulses for Prevention and Therapy

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Are you interested in adding EMS training to your practice? Do you want to start your own EMS business?

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