

# ELECTRO-MUSCULAR

*Meaning: Electro-muscular refers to the use of electrical impulses to stimulate muscle contractions for therapeutic or performance-enhancing purposes.*

1. Electro-muscular stimulation is often used in physical therapy to aid muscle recovery.
2. The athlete incorporated electro-muscular techniques into their training regimen to enhance performance.
3. Researchers are exploring the potential of electro-muscular devices for rehabilitation post-surgery.
4. Electro-muscular therapy has shown promising results in reducing pain for patients with chronic conditions.
5. Many fitness enthusiasts are now using electro-muscular technology to optimize their workout results.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

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