



# Benefits of **PEMF** Therapy

## On Sports Performance & Recovery

Whether you are a serious athlete or just love to stay active, **PEMF therapy can help your body perform better, recover faster, and feel less sore.**

### **WHAT IS PEMF THERAPY?**

**PEMF stands for Pulsed Electromagnetic Field Therapy.** It uses gentle, low-frequency magnetic pulses to stimulate your body at the cellular level — helping muscles, joints, and tissues repair and recharge. Think of it as a way to “**recharge**” your cells after physical stress.

### **HOW IT HELPS ACTIVE BODIES**

PEMF therapy can support your fitness and recovery by:

- **Reducing muscle soreness** – Helps flush out waste products like lactic acid.
- **Speeding up recovery** – Enhances tissue healing after workouts, injuries, or surgery.
- **Improving circulation** – Delivers more oxygen and nutrients to tired muscles.
- **Reducing inflammation and swelling** – So you bounce back faster.
- **Supporting joint and tendon health** – Keeps you moving with less pain.

### **WHAT ATHLETES OFTEN NOTICE**

- Faster recovery between workouts.
- Less post-exercise soreness.
- Reduced risk of overuse injuries.
- Better performance with less fatigue.
- Improved mobility and flexibility.

**HYPE FADES, SCIENCE STAYS**



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### WHAT THE RESEARCH SHOWS

Studies suggest PEMF can:

- Increase ATP (cellular energy), helping muscles perform longer.
- Reduce inflammation and oxidative stress after intense exercise.
- Improve healing of muscle, tendon, and joint injuries.
- Support better blood flow and muscle oxygenation.

PEMF is drug-free, non-invasive, and safe to use before or after workouts. It's a powerful tool for athletes who want to train harder, recover faster, and feel their best.



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