

# PEMF AND THE NERVOUS SYSTEM

## CAN PEMF THERAPY BE APPLIED TO OUR NERVOUS SYSTEM, AND WHAT ARE THE BENEFITS?



We're talking about the peripheral nervous system (**PNS**) rather than the central nervous system (**CNS**). Why?

Essentially, the nervous system is the body's electro-chemical wiring. It's a sophisticated collection of nerves and specialised cells (neurons) that transmit signals between different parts of the body, and consists of

- The CNS, which includes the brain and spinal cord, and
- The PNS, which includes cranial and spinal nerves along with their associated ganglia.

As the peripheral nervous system includes nerves in the body that lie outside of the spinal cord and the brain, they can be more easily damaged, resulting in loss of motor and sensory function. While the **PNS** has an inherent ability to self-repair and regenerate<sup>1</sup>, the **CNS** is almost incapable of doing so. However, even after appropriate surgery, recovery of motor and sensory function after peripheral nerve injury may be minimal.

The complexity of the peripheral nervous system, its division into autonomic and somatic systems, makes it difficult to be specific as to PEMF's effectiveness in each biological function or indeed, on the entire peripheral nervous system. What we do know is that health professionals such as chiropractors, neurologists, physical therapists, orthopaedists, care and rehabilitation centres have found PEMF therapy to be one of the best solutions<sup>2</sup>. to adopt for their patient's long-term needs.

The use of PEMF is a drug-free alternative to nerve regeneration supplements, providing long-term pain relief, even in chronic pain conditions. Over 60 years of research shows that PEMF therapy can provide life-changing recovery without side effects or risk of infection.

1. Christine E. Schmidt and Jennie Baier Leach. Strategies for Repair and Regeneration. [[Annual Reviews](#)]
2. Peripheral Nerve Regeneration Stimulated by Pulsating Electromagnetic Field (PEMF). Biljana Vukovic-Jankovic, Slavisa Jankovic, Neda Pekaric-Nadj. [[PubMed](#)]