

Fee Structure and Extended Medical Billing:

IMS is used in conjunction with Physiotherapy assessment and treatment in our clinics. You may submit your bills to your extended medical plan as a Physiotherapy treatment.

Patient fees:

- Initial IMS Visit \$100.00
- Subsequent IMS Visit \$80.00



To book an appointment,
please visit our website at:
www.expertphysio.ca

or call us at:

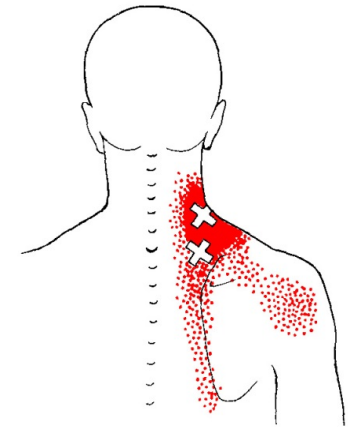
Burnaby Heights Clinic
210-3970 E Hastings St.
604-294-3911

8 Rinks Clinic
1-6501 Sprout St.
604-294-3376

Our Mission Statement

**Our Expert services are
committed and caring.
We continue to excel in serving
generations of the Burnaby
Community.**

IMS (Intramuscular Stimulation)



**Physiotherapists
Your Body Specialists**

When is IMS Indicated?

IMS (Intramuscular Stimulation), also known as Functional Dry Needling, is an effective treatment for chronic myofascial (muscle and connective tissue) pain.

Myofascial pain is a condition associated with chronic taut bands of muscle tissue. Muscle can develop these bands due to trauma, muscle imbalance and weakness and overuse. Additionally, and very commonly, muscle can tighten due to pathological changes in the peripheral nervous system, especially the nerve root where it exits the spine. The medical term for the compromise of the nerve root is radiculopathy.

As a result of radiculopathy, the nerve and the muscles it supplies become supersensitive, causing muscle fibers to become chronically contracted and tight, and therefore very painful.

Tight muscles can also place unhealthy mechanical loads on tendons, ligaments and bones. This tension overload can predispose the body to numerous conditions.

The goal of IMS treatment is to release the chronically tightened and shortened muscles, and so reduce pain and improve function.

Conditions Commonly Treated by IMS

- Back pain
- Neck pain
- Headaches
- Tendinopathy
- Chronic myofascial pain
- Chronically tight muscles, including trigger points
- Recurrent sports injuries
- Muscle imbalances



How Does IMS Work?

A thorough musculoskeletal examination is always performed by the Physiotherapist. If IMS is recommended, a full explanation of risks and precautions will be provided by the Physiotherapist.

IMS involves inserting tiny, sterile needles into the taut, shortened bands of muscles. The immediate response of the muscle is commonly described as a “cramping” sensation. The results are as follows:

- A stretch receptor in the muscle is stimulated, producing a reflex relaxation and lengthening.
- The needle creates a small inflammatory response that draws blood to the area and initiates the natural healing process.
- The needle creates an electrical potential in the muscle that helps the associated nerve to regain normal function.

There are no drugs injected.

IMS is a unique, valuable and effective treatment for the treatment of myofascial pain.