



APS Therapy

www.kentmstc.org



What is APS Therapy?

Action Potential Simulation (APS) Therapy is an effective, drug-free treatment for pain and injury. Less pain means more energy and faster healing.

The APS Therapy machine transmits a copy of the body's own electrical signals, or 'action potentials', using a micro-current (millionths of an amp) of electricity. This is applied in a similar way to TENS, but is a very different treatment.

The treatment involves sitting comfortably for around 40 minutes with electrodes applied to the skin, it is pain-free and safe. The first few treatments may cause headaches or 'wooziness' but this is rare and can be avoided by drinking more water, and using lower settings.

Most people can be shown how to apply APS Therapy themselves; people with limited mobility or dexterity may need assistance from our APS therapist.

About the treatment

By boosting the body's 'action potentials':

- waste products are more effectively removed, reducing inflammation
- levels of the 'energy molecule', ATP, are boosted, stimulating the body's ability to heal itself, and increasing energy
- other neuro-hormones causing natural pain relief are boosted
- incorrect nerve/pain signals are calmed

Who can benefit from APS?

As long as you do not have: a pacemaker, epilepsy, active cancer, pregnancy, or recent stroke, heart attack, DVT or PE, it is safe for all ages. Conditions that have been successfully treated include:

- Nerve pain/Neuropathy
- Chronic fatigue
- Injury and Inflammation
- Muscular pain
- Arthritis/Spondylitis
- Painful skin conditions
- Frozen shoulder
- Post-operative pain
- Back pain
- Tendonitis, Achilles tendon
- Sports Injuries
- Repetitive strain injury
- Restless leg syndrome
- Fibromyalgia
- Insomnia, poor sleep
- Headaches and migraine





APS Therapy and MS

Various studies have been carried out into the effects of APS Therapy on different conditions, benefits can include:

- reduced pain
- completely alleviated pain
- increased energy
- decreased swelling & stiffness
- faster healing of injuries
- improved quality of sleep
- improved mobility

APS Therapy at home

Some problems are permanently resolved by a single course of APS Therapy others need long-term maintenance, such as an ongoing treatment once a week to retain the benefit. If you have had good results in clinic, but want to continue at home, you can purchase an APS Therapy machine at Kent MS Therapy Centre's APS clinic for home use.

Owning your own APS Therapy machine gives you a life-long, non-drug solution to many of life's aches, pains, and injuries. It's not intended to replace medical advice, but can safely be used alongside any other medical treatment. Speak to your practitioner for information.

How APS Therapy helped me

“*The best thing is that from 3 weeks in, I haven't taken a single painkiller. I'm most impressed.*

Bob Hone, Bedfordshire

...it allows me to be active and pain free once more.

Susan Parker, Hull

Machine works great. Relieved much muscular tension in the lower and mid back area which has really improved mobility.

Bruce Macdonald, West London

I am now in my 80th year and enjoy being active despite arthritis; I continue to use the APS machine whenever I feel the need.

Maureen Butler, Wolverhampton

Now I'm sleeping well at night, and nothing is such an effort any more. I want to bottle it and give it to everyone I know!

Poppy, Cornwall



About us

The Kent Multiple Sclerosis Therapy Centre is an independent local charity.

We provide a wide range of information, support and therapies aimed at improving symptom management and quality of life for people with MS and their carers throughout South and East Kent and the surrounding areas.

Our core therapies include: Physiotherapy, Gym and Group Exercise, Hydrotherapy, Hyperbaric Oxygen Therapy, Counselling and Nutritional Advice.

Within our brand new purpose-built centre we also offer a much wider range of complementary therapies such as Yoga, Reflexology, Indian Head Massage, Body Massage, Hot Stones Massage, Hand Massage, Acupuncture, Hypnotherapy and Facial Reflexology.

Kent MS Therapy Centre

Bradbury House
Merton Lane North
Canterbury
Kent CT4 7DZ

Phone: 01227 470876
Email: info@kentmstc.org

Registered Charity No. 801382



[www.facebook.com/
KentMSTherapyCentre](https://www.facebook.com/KentMSTherapyCentre)



twitter.com/KentMSTC

www.kentmstc.org