




1 The Day of the Treatment

-  **No fasting is required** before the procedure. You may eat and drink as normal unless advised otherwise by your provider.
-  Inform your provider if you have any medical conditions or implanted medical devices (such as pacemakers).
 - Wear comfortable clothing, as the treatment area needs to be accessible.
-  Continue taking your prescribed medications unless instructed otherwise.

2 Treatment

Each session typically lasts 15 minutes.

- Step 1**
You will be seated or lying down comfortably depending on the treatment area.
- Step 2**
A magnetic coil device will be positioned over the targeted area.
- Step 3**
The device delivers magnetic pulses to stimulate nerves, muscles, and surrounding tissues.
- Step 4**
You may feel a tapping or muscle contraction sensation during the treatment.
- Step 5**
The intensity may be adjusted throughout the session based on your comfort level.

3 After the Treatment

- There is no required downtime after the procedure.
- You may resume normal daily activities immediately.
- Some patients may experience mild muscle soreness or fatigue, which typically resolves within a day.
- Your provider may recommend multiple sessions per week for optimal results.

POST-CARE

Discharge Instructions

- Avoid strenuous activity if you experience soreness after the session.
- Stay hydrated to support recovery.
- Follow your provider's recommended treatment plan and schedule.

At Home

Side effects from Peripheral Magnetic Stimulation are generally minimal.

- **The most common sensations are mild muscle soreness, fatigue, or a tingling feeling directly where the treatment was applied.**
- **These effects are temporary and should resolve quickly on their own.**

Serious side effects are very rare.



What is a Peripheral Magnetic Stimulation (PMS)?

Peripheral Magnetic Stimulation (PMS) is a non-invasive therapy that uses pulsed magnetic fields to stimulate nerves, muscles, and connective tissues. Unlike electrical stimulation, PMS penetrates deeper into the body without causing discomfort, making it an effective treatment for pain relief and functional recovery.

This therapy helps improve circulation, promote natural healing, and restore nerve and muscle function. Most patients experience **reduced pain, improved mobility, and enhanced muscle function** after a series of treatments, with some noticing relief within the first few sessions.

Mechanism of Action

Peripheral magnetic stimulation uses a magnetic coil placed on the skin over a nerve or muscle to send gentle magnetic pulses into the tissue. These pulses create tiny electrical signals in the nearby nerves, which can calm overactive pain pathways and help “reset” how nerves talk to the brain, often reducing pain and improving movement over a series of sessions.

When should I call for help?

If you experience **weakness or numbness in your legs or feet, an increase in pain, fever, or chills**, you may need an immediate evaluation.

Contact Quantum Pain & Spine right away at:
(469) 913-6136

CONTACT US

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