



The Hub Glasgow

Comfortable treatment, clearer goals, clinically guided.



PMR / PEMF Magnetotherapy

Non-invasive support for pain, sensitivity and recovery when symptoms are slowing progress.

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West End | Kinning Park | Dennistoun

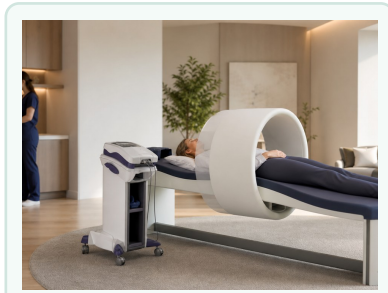
PMR / Magnetotherapy: Support Pain, Recovery And Confidence



Non-invasive treatment support for selected pain



Benefit: a clinician checks whether it is right for



Designed to sit around your recovery, not interrupt your day.

The benefit of PMR / PEMF magnetotherapy is that it gives us a non-invasive way to support pain control, tissue irritability and recovery when symptoms are slowing everything down. At The Hub, it is not sold as a cure-all; it is used when it helps the bigger plan make sense.

<p>Less irritation blocking progress</p>	<p>The aim is to support pain modulation and tissue recovery so you can keep moving forward.</p>
<p>More comfortable support</p>	<p>Treatment is non-invasive and usually easy to tolerate.</p>
<p>A better fit for sensitive cases</p>	<p>It may be useful when pain, sensitivity or tissue irritability make more active rehab difficult at first.</p>
<p>Clear expectations</p>	<p>You will know why we are using it, what we are measuring, and what else has to happen alongside it.</p>

The Benefits, The Boundaries And The Plan

<p>Benefit: pain and function support</p>	<p>Research explores PEMF in osteoarthritis, bone healing, pain modulation and selected musculoskeletal recovery contexts.</p>
<p>Benefit: low-friction treatment</p>	<p>It can be used without needles, impact or exercise during the session.</p>
<p>Boundary: evidence varies</p>	<p>Protocols and results differ across conditions, so it should be chosen carefully.</p>
<p>Plan: measure what matters</p>	<p>The question is: are you moving better, tolerating more, sleeping better or needing less guarding?</p>



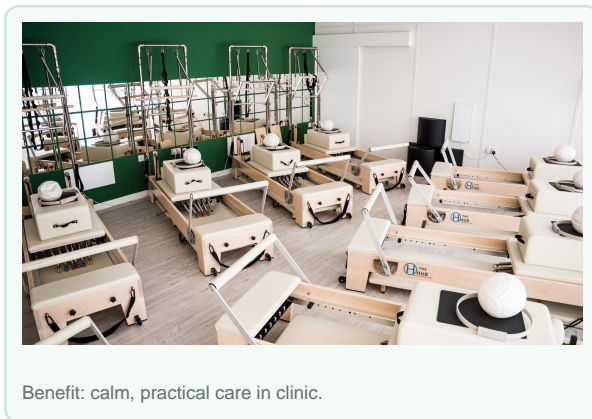
The benefit is support around recovery, with a clinician keeping the bigger plan honest.

What You Get From The Appointment

<p>A suitability check</p>	<p>A clinician checks the problem, your goals, safety considerations and whether PMR/PEMF is appropriate.</p>
<p>A comfortable session</p>	<p>You are positioned comfortably while the device delivers the programmed electromagnetic field.</p>
<p>A normal-day treatment</p>	<p>Most people return to normal activity, unless your clinician gives specific advice around loading or recovery.</p>
<p>A reviewed course</p>	<p>A treatment course is reviewed against symptoms, function and your wider plan.</p>



Benefit: assessment first, treatment second.



Benefit: calm, practical care in clinic.

Ask us: hubglasgow.co.uk/magnetotherapy

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