

CLIENT GUIDE

PEMF THERAPY

What it is, how we use it, and what to expect
at Fix Clinic, Harrington Park.

WHAT IS PEMF THERAPY?

PEMF stands for pulsed electromagnetic field. During a session you relax on a mat or have a coil placed over a target area, while it delivers gentle, low-frequency pulses.

It's commonly used by athletes and active people as part of their recovery routine. At Fix Clinic, PEMF is never a stand-alone fix: it's sequenced with movement, activation and rehab work as part of our home-grown recovery protocols.

PEMF doesn't treat a condition on its own. It's used to support the body's natural recovery processes, alongside the rest of your program.

HOW IT WORKS AT FIX CLINIC

01

Assess

We look at your injury history, training load and how you move, so PEMF is used where it fits your plan.

02

Session

You relax, fully clothed, while the device runs. Most people describe it as calm and comfortable.

03

Integrate

PEMF is paired with rehab, activation or other recovery therapies, in the right order, for long-term results.

WHO IT'S FOR

In-season athletes

Managing a heavy training and game load week to week.

Returning from injury

As one part of a structured return-to-sport program.

Long-term niggles

Alongside a plan that looks for the root cause, not just the pain.

Active everyday people

Anyone wanting a regular recovery routine to keep moving well.

OUR PEMF SYSTEM

Fix Clinic uses the PULSE PEMF system. It features user-controlled, adjustable pulse and magnetic field strength, so every session can be set to suit you.

Full-body mat Lie back and relax while the whole body is covered in one session.	Recliner chair A comfortable seated option, ideal for longer sessions.	Targeted applicators Paddles and loops placed over a specific area, such as a knee, hip or shoulder.
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We'll choose the setup that fits your goals at your first session, and often combine them.

HOW PEMF IS THOUGHT TO WORK

PEMF devices create pulsing magnetic fields that pass through clothing, skin and tissue. These fields generate small electrical currents in the body. Researchers are still studying exactly how this interacts with cells, circulation and the body's recovery processes.

What we see in the clinic is simple: many of our athletes and clients find PEMF a calm, comfortable part of their recovery routine, and choose to make it a regular part of their program.

A LITTLE HISTORY

1979	The US FDA first approved PEMF bone growth stimulators for fractures that hadn't healed on their own (non-union fractures).
1987	Certain PEMF devices were cleared in the US for use alongside other treatment for post-operative swelling and pain in superficial soft tissue.
Today	PEMF is used in clinics, sports teams and recovery centres around the world, and research into its uses continues.

These US clearances apply to specific medical devices for specific uses, not to PEMF in general.

WHAT TO EXPECT

Your first visit starts with a quick screen to make sure PEMF is right for you. Most clients book 60–90 minute sessions, twice a week, as part of their program. We'll recommend what suits you after your assessment.

Session length	60–90 minutes
How often	Usually twice a week
What to wear	Comfortable clothes, stay dressed
How it feels	Gentle, calm, non-invasive
Where	37 Mason Drive, Harrington Park

"I noticed less pain and better movement pretty quickly... Steve is super knowledgeable, supportive, and made the whole process really smooth."

OLIVIA PRICE, WESTERN SYDNEY WANDERERS

PEMF FAQs

Does PEMF hurt?

No. Most people feel very little, or a light pulsing or warmth. You can relax or even switch off during the session.

How many sessions will I need?

Most clients come in twice a week for 60–90 minute sessions. We'll tailor how often and for how long based on your goals, injury history and training load.

Can I combine PEMF with other treatments?

Yes, and that's how we use it. PEMF is sequenced with rehab, activation work, cryotherapy or sauna as part of your program.

Is PEMF suitable for everyone?

It isn't recommended if you have a pacemaker or other implanted electronic device, or if you're pregnant. We screen everyone before their first session.

Do I need a referral?

No referral is needed. Book online and we'll take care of the rest.

PAIRS WELL WITH

Cryotherapy Cold therapy sessions to support post-training recovery.	Infrared Sauna Relaxing heat sessions to complement your recovery routine.	Clinical Rehab & Recovery Movement-based programs to support your return to sport.
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GET YOUR FIX

Book your PEMF session online, or call us to chat about whether it suits your plan.

[BOOK ONLINE AT FIXCLINIC.COM.AU](https://www.fixclinic.com.au)

CONTACT & HOURS

Phone (02) 46 221 221

Email info@fixclinic.com.au

Address 37 Mason Drive, Harrington Park NSW 2567

Website www.fixclinic.com.au

Hours
By appointment only
Mon, Wed, Fri 9:00am–6:30pm
Tue, Thu 2:00pm–5:30pm
Sat 9:00am–1:30pm

This guide is general information about how PEMF is used at Fix Clinic and is not medical advice. Please speak with your doctor if you have a medical condition or are unsure whether PEMF is suitable for you.