

Using TENS

Transcutaneous Electrical
Nerve Stimulation.

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PainPod® Biotechnology

Pain in Australia

Chronic pain is complex, and each person experiences it differently. Many different factors affect an individual's experience of pain and the exact contributors to pain are also different between individuals and between situations.

3.7 million Australians live with chronic pain, often experiencing a loss of functionality that impacts their ability to undertake even the most simplest of daily tasks. A pain management plan can consist of a variety of treatments including multi-disciplinary care, medication and sometimes even surgery.



Using TENS

Transcutaneous Electrical Nerve Stimulation.



Non-invasive

A non-invasive drug free therapy that some consumers turn to as part of a multidisciplinary management approach to their pain is Transcutaneous Electrical Nerve Stimulation (TENS).



Reducing pain

This therapy can help increase movement and physical function and in some cases can be helpful in reducing pain by activating non-painful sensory nerve fibres.



What actually is TENS?

1

TENS

Transcutaneous electrical nerve stimulation (TENS) is a method of pain relief involving the use of a mild electrical current.

2

The machine

A TENS machine is a small, battery-operated device that has leads connected to sticky pads called electrodes.

It consists of a control unit, an electrical lead and gel pads, which stick to the skin and act as the electrodes.

3

Attaching the pads

The pads are attached directly to the skin and when the machine is switched on, small electrical impulses are delivered to the affected area of the body, causing a tingling sensation.

4

Relieves pain

The electrical impulses can reduce the pain signals going to the spinal cord and brain, which may help relieve pain and relax muscles. It is typically used to relax muscle spasms, improve blood circulation and or to maintain or increase range of motion.

5

Administration

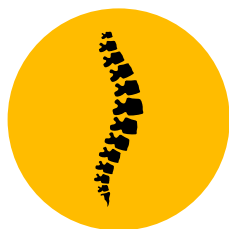
It can be used at home and may be administered while resting, during activity or while sleeping.



What is TENS used for?



arthritis



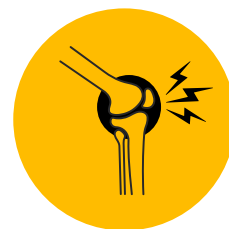
**musculoskeletal
problems
including back
pain**



**pelvic pain
caused by
endometriosis**



sport injuries



knee pain

90-year-old John Meyers

90-year-old John Meyers from Adelaide has used a TENS machine for the past 15-20 years and finds the therapy helps with his movement and function. The former co-director of an engineering business has had muscular pain in his back and also uses his TENS machine for a "bad shoulder and bad neck" pain providing him with much needed relief. He even travels with his machine taking it in his suitcase and also when he was able to caravan many years previously. "I use it everywhere and my wife also uses it, I wouldn't be without it, it keeps me moving," he says.



Important factors to consider when using TENS

Not a substitute

TENS therapy is not a substitute for adequate diagnosis, ongoing medical supervision or illness management.

Multi-disciplinary approach

The most effective way to use TENS is in the context of a multi-disciplinary pain management approach, which addresses the physical, psychological and environmental or social factors that influences the experience of pain.



Professionals

Many physiotherapists, pain management specialists and massage therapists use TENS therapy in their clinics.

Home administration

Some health specialists will advise on how to administer the therapy and where to hire or purchase a TENS machine.

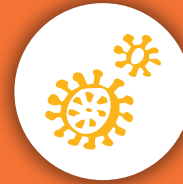
Can TENS therapy cause side effects?

Always consult your GP, pharmacist or other treating health professional.



Application

For most people, TENS is a safe treatment with no side effects.



Allergies

Some people may be allergic to the pads and their skin may become red and irritated. Special pads are available for people with allergies.

Is TENS for everyone?

TENS is not safe for everyone to use. Do not use it without first getting medical advice if:



you have a pacemaker or another type of electrical or metal implant in your body



you're pregnant, or there's a chance you might be pregnant – TENS may not be recommended early in pregnancy



you have epilepsy or a heart problem



you already have DVT



if you have a cochlear implant hearing device

