



Family Physiotherapy Centre Of London

TENS Used at Our Facility

TENS stands for Transcutaneous Electrical Nerve Stimulation. It is a method of pain relief.

Description of TENS Therapy

In TENS therapy, electrodes are placed on the skin, either directly over the painful area or more commonly, at key points along the nerve pathway. A small, battery-powered generator emits a milli-amp (one thousandth of an ampere) of electricity through lead wires to the electrodes.

How TENS relieves pain is debated. The sensation produced by the electrical stimulation appears to "override" the pain messages and may stimulate the body to produce its own natural morphine-like substance, which minimizes pain. In the past two decades, TENS has been used for a wide variety of complaints. TENS has been applied to almost every type of pain, from mildly persistent problems (such as sore muscles) to acute postoperative pain and even in the pain of childbirth. The most common reason for prescribing TENS is for chronic low-back pain.

Whether the electric current squelches pain messages, causes the body to produce pain relieving chemicals of its own it relieves pain for a number of people who try it.

One of the most compelling reasons for using TENS for pain relief is that this therapy has few side effects. TENS is non-addictive, causes no drowsiness, and can be used indefinitely without the problems associated with prolonged drug use. The most common side effect reported has been skin irritation at the site of the electrode, due to either sensitivity to the gel and adhesive used, or from burns, caused by extended stimulation. TENS may also cause anxiety and should be used with caution by cardiac pacemaker recipients.

For the geriatric patient, TENS is especially appealing. Older people often have more adverse reactions to medications and nerve blocks. Rehabilitation therapy can be difficult for them, and if they have degenerative diseases (such as arthritis) exercises may be even more dangerous.

We have several units at our facility that can be used onsite or taken home and tried on a temporary basis. We also have TENS units for sale. Some insurance plans will cover the cost of TENS with a prescription from your physician.



North Coast Digital Tens Unit Model DT100

- **Digital Tens Unit -Model DT100** Digital control panel for easy operation. Eco-Stim DT100 TENS Unit is a portable digital device for pain treatment. The easy-to-read LCD displays mode, battery indicator, channel output, pulse rate and width. The DT100 has a patient compliance timer records both individual time use, frequency, and the cumulative time that the device has been used.

Our Cost: \$499.00 includes education and instruction by a trained physiotherapist.