

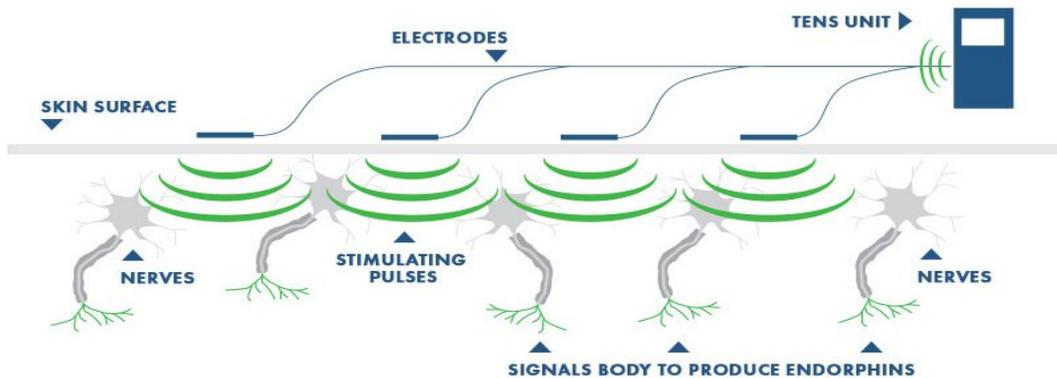
What is a Tens Unit?

TENS stands for (Transcutaneous Electrical Nerve Stimulation) which are predominately used for nerve related pain conditions (acute and chronic conditions).

TENS machines work by sending stimulating pulses across the surface of the skin and along the nerve strands.

The stimulating pulses help prevent pain signals from reaching the brain. Tens devices also help stimulate your body to produce higher levels of its own natural painkillers, called "Endorphins".

How a Tens Unit Works



Tens units have different adjustable settings to control amplitude (intensity) of stimulation by controlling the voltage, Current, and pulse width (duration) of each pulse. Electrodes are placed at specific sites on a user's body depending on the physical location of their pain. The current travels through electrodes and into the skin stimulating specific nerve pathways to produce a tingling or massaging sensation that reduces the perception of pain. When a Tens Unit is used as directed a TENS is a safe, noninvasive, drug-free method of pain management. A Tens Unit is used to offer a better quality of life for people with pain. There are two ways to explain how a TENS successfully decreases or eliminates pain.

One of these theories is called The Gate Control Theory and is the most advanced explanation. The gate-control theory suggests that there's a neural mechanism in spinal cord that acts as a kind of gate, shutting down or opening up the flow of signals from the periphery to the brain. Whether the gate is open, closed or partially closed depends on what sort of signal it receives from the brain to change the perception of pain in the user's body. These frequencies interfere with the transmission of pain messages at the so spinal cord level and help block their transmission to the brain.

Another theory is called The Endorphin Release, which suggests that electrical impulses stimulate the production of endorphins and enkaphalins in the body. These natural morphine-like substances block pain messages from reaching the brain, in a similar fashion to conventional drug therapy, but without the danger of dependence of other side effects.

Some common uses for TENS treatments are: acute and chronic pain, post op incisions and post-surgical pain, labor, and delivery, migraine and tension headaches, acute pain from sports and other injuries, arthritis, chronic pain from tendentious and bursitis, cancer pain, and wound healing.

(Information adapted from <https://www.tensunits.com/>)

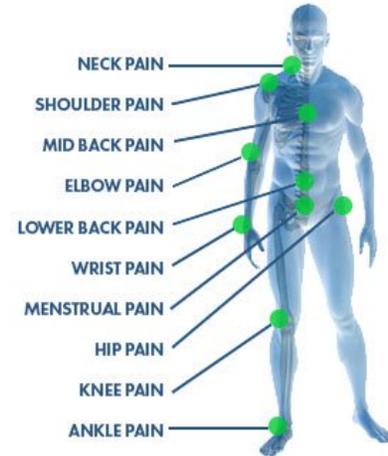
General Information about Tens Therapy



TREATMENT AT YOUR FINGERTIPS

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TYPICALLY APPLICATION POINTS FOR ELECTRODES WHEN USING A TENS UNIT(TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION UNIT), WHICH BRINGS A GENTLE ELECTRIC CURRENT WHEN APPLIED TO THE SKINS SURFACE AND RELIEVES PAIN.



(Information adapted from <https://www.tensunits.com/>)

First Coast Neurosciences sends TENS Unit referrals to EMSI. They can be reached at 904-553-3510 *after 7-10 business days of your appointment in our office.*

If the process runs smoothly, EMSI will contact you within that time frame.