



Pain Care
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Physical Medicine & Rehabilitation/Pain Medicine

TENS Unit

Information regarding Tens Treatment

Transcutaneous Electrical Nerve Stimulation (TENS) is a safe non-invasive drug free method of pain management. It relieves pain by sending small electrical impulses through electrodes placed on the skin to underlying nerve fibers. TENS is believed to work by two different mechanisms. First, electrical stimulation of the nerve fibers can block pain signal from being carried to the brain. If the signal is blocked, pain is not perceived. Secondly, the body has its own mechanism for suppressing pain. It does this by releasing chemicals called endorphins in the brain which act as an analgesic. TENS may activate this mechanism, by effectively managing pain without drugs. TENS allows many people with chronic pain conditions to resume daily activity. It is relatively safe in that you cannot strain or sprain your muscles by overworking them with your electronic muscle stimulator system because the feeling is more like a pleasant tingling than a shock or jolt.

Indications

Transcutaneous Electrical Nerve Stimulation (TENS) are used for symptomatic relief and management of chronic (long Term) intractable pain and as an adjunctive treatment in the management of post surgical and post traumatic acute pain problems.

Contraindications

TENS devices can affect the operation of demand type cardiac pacemakers. TENS is not for those patients with known heart problems without a doctor's evaluation of risk. Do not stimulate over the eyes or carotid sinus nerve. Do not apply TENS for 1. Undiagnosed syndromes of pain until etiology are established. 2. Electrode placement that causes current to flow trans-cerebrally. (Through Head).

Warning

This device should only be used under continued supervision of a physician. Tens is not recommended for pain of central origin, (i.e. appendicitis, Hepatitis) TENS is of no curative value; it is a symptomatic treatment which suppresses pain sensation which would otherwise serve as a protective mechanism on the outcome of the clinical process. Safety of TENS devices for use during pregnancy or delivery has not been established. However, this device should not be used over metal implants sleep apnea monitors.

Precautions and Adverse Reactions

Avoid adjusting controls while operating machinery or vehicles. Turn stimulator off before applying or removing electrodes. Watch for possible allergic reaction to tape or gel possible skin irritation or electrode burn under electrodes.