

TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION:

TENS stands for Transcutaneous Electrical Nerve Stimulation. This is predominately used for nerve related pain conditions (acute and chronic conditions). It is portable and works 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. They also help stimulate your body to produce higher levels of its own natural painkillers (Endorphins).