



Chiro Discount Warehouse

Frequently Asked Questions About TENS Units

TENS Unit

This type of stimulation is characterized by biphasic, low volt, current and selectable parameters such as pulse rate and pulse width. TENS stimulates sensory nerves to block pain signals, stimulate endorphin production to help normalize sympathetic function.

What is TENS?

T.E.N.S stands for Transcutaneous Electrical Nerve Stimulation. TENS is a drug-free alternative for managing pain. For the past twenty years, doctors have been prescribing TENS as an effective way to relieve pain. TENS offers many people safe comforting relief. It reduces and often even eliminates pain. It is FDA approved, and it is reimbursable by most insurance providers.

How Does TENS Work?

TENS was designed to relieve pain by sending gentle electrical impulses through the skin to the nerves. This suppresses pain by blocking the pain signals before they reach the brain. TENS sends these gentle impulses through lead wires that are connected to electrodes. These electrodes are strategically placed at appropriate pain sights on the body. Because there are many different kinds of pain, and each individual is unique, pain relief varies from person to person. Some users experience pain relief only while the TENS unit is turned on. For others, relief continues for a length of time even after the unit is turned off. TENS is an excellent, non-drug alternative for chronic pain such as lower-back ache and arthritis. It is also useful in relieving acute pain associated with surgery, traumatic injury, and other conditions.

The TENS Unit

PMT offers the most advanced, pocket-sized, fully portable TENS system designed to relieve both acute and persistent pain. The TENS provides several different modes of operation; this provides the user with a variety of treatment options. Because the TENS uses two channels, it can be used to relieve pain at two body locations. The TENS is about the size of a deck of playing cards, so you can wear it anywhere, at home, to work, or in your car. A convenient belt clip allows you to wear it on your belt or even inside your clothing.

What is the most effective way to use TENS?

To achieve the best results of TENS therapy, it is important to remember that TENS merely activates the body's own pain-fighting mechanism. Placing electrodes directly over or around the painful area delivers pain-blocking current to the nerves leading to that area. Some healthcare professionals have found that placing the electrodes along acupuncture points is also effective. Also, it is good to vary the placement of the electrodes each treatment to avoid skin irritation.

How long does it take for TENS treatment to produce results?

In most cases, studies show that it takes roughly 30 minutes for TENS treatment to begin to relieve pain. However, for conventional, high frequency TENS treatment, there is no set treatment limit. Some patients find hours of pain relief from short 30-to-60 minute sessions. Others use their TENS units for several hours a day or all day, depending on the pain generated by daily activities. Always use your TENS unit according to your physician's directions.

When can TENS treatment be administered?

TENS can be administered any time of day or night. It is recommended that TENS not be used while sleeping. This is simply because movement during sleep may cause electrodes to come off or be pressed into the flesh, causing skin irritation. However, always use your TENS unit according to your physician's directions.

Does TENS treatment have any risks or side effects?

Unlike surgery or prescription drugs, TENS is virtually risk free from injury, side effects or addiction. The low-volt electrical current delivered by the electrodes only penetrates the skin to the level of the nerve fibers, usually only one to two inches. This poses no danger to most individuals. However, those with cardiac conditions and/or pacemakers, and pregnant women should consult their doctors before using TENS. Also, neck and head pain that requires locating electrodes on these areas of the body should be conducted only with the consent of a physician. Use caution when you drive or operate heavy machinery.

Indications for Use:

Systemic Pain:

Bursitis
Cancer
Causalgia
Multiple Sclerosis
Neuralgia
Osteoarthritis Phantom Limb Syndrome
Raynaud's Syndrome
Rheumatoid Arthritis
Synovitis
Diabetic Peripheral Neuropathy

Abdominal Pain:

Diverticulosis
Dysmenorrhea Labor
Postoperative Pain

Lower Extremity Pain:

Ankle Pain
Foot Pain
Fractures
Ischialgia
Knee Pain Passive Stretch Pain
Sciatica
Sprains/Strains
Tendonitis
Thrombophlebitis

Head and Neck Pain:

Cluster Headaches
Dental Disorders
Migraine Headaches
Spondylosis
Sprains/Strains Suboccipital Headaches
TMJ Syndrome
Torticollis
Trigeminal Neuralgia
Whiplash

Back Pain:

Facet Syndrome
Intercoastal Neuralgia
IVD Syndrome
Lumbago
Lumbosacral Pain Radiculitis
Sprains/Strains
Thoracodynia
Whole Back Pain

Upper Extremity Pain:

Epicondylitis
Frozen Shoulder
Hand Pain
Peripheral Nerve Injury Sprains/Strains
Subdeltoid Bursitis
Wrist Pain