

TeNS Information

TeNS – What is it?

TeNS is a simple to use, electronic unit which is now widely accepted by the medical profession as being of significant benefit to many in controlling pain. Although it is not a cure, most hospitals now routinely use TeNS as part of their pain management programmes.

How does it work?

The concept of using a small electric current to control pain has been with us for many years. A small electric signal is passed between self adhesive pads placed on either side of the painful area. The signal stops the transmission of pain signals from the affected area to the brain. If no signals reach the brain then you feel no pain.

Is it safe?

TeNS is non-invasive and has proved to be safe and free of side effects. It does not interfere with any drugs you may be taking and is non-addictive. TeNS can be used all over the body except over the heart or on the front of the neck.

The real beauty of TeNS is that it can allow you to take control of your life once again, by dealing with pain whenever you experience it without taking drugs. Naturally, drugs will always have an important part to play in the treatment of pain, but TeNS should be viewed as a very real and useful alternative for many people.

If you have a Pacemaker or Heart Disease DO NOT use TeNS unless under medical supervision. If in any doubt about using TeNS then ask your Pharmacist for advice.

How do I use it?

TeNS is easy to use. Place the self-adhesive pads on either side of the painful area, turn the unit on and adjust to the level that is comfortable for you. You will feel a pleasant tingling sensation and should leave it operating for around 20 minutes. You can move around during this time and afterwards should feel free of pain for many hours. Why not use it before going to bed to help ensure you have an undisturbed nights sleep.

Will TeNS work for me?

The honest answer is probably. We cannot guarantee that TeNS will suit everybody, although research shows successful pain relief in around 80% of users, and we have many documented cases where TeNS has radically changed peoples lives and given them back a simple enjoyment of life.

What can I treat?

In general terms, any kind of physical pain can be treated. The most common applications are joint pain and lower back pain, though our units are successfully used for a wide range of complaints. TeNS therapy will be more successful if the pain is localised rather than generalised.

- Arthritis
- Neuralgia
- General pain
- Lumbago
- Sports Injuries
- Back pain
- Sciatica