



# WHY BE IN PAIN?

(You don't have to be)

## TENS = PAIN RELIEF

### What is TENS?

**TENS (Transcutaneous Electrical Nerve Stimulation)** is a battery-powered unit which sends electrical impulses through electrodes placed on or near the painful site. This causes a tingling sensation that reduces pain; even pain that hasn't responded to other treatments. TENS is used with other treatments prescribed by your doctor, and will help reduce the amount of unnecessary narcotics prescribed. Stimulation with TENS causes natural pain relieving substances to be released, thereby reducing pain.

### Will TENS help my Pain?

TENS has been shown to be an effective and safe method for the treatment of acute and chronic pain. Some conditions for which TENS may help include:

- **Chronic Pain:** Neck and Back pain, Headache, Migraine, Arthritis, Subluxation, Post-herpetic neuralgia, Sciatica, Lumbago, Carpal Tunnel Syndrome, Herniated Disk, and even TMJ.
- **Acute Pain:** Childbirth, Post-op pain, Fractures, Tennis elbow, Muscular Strains or Sprains.



TENS can be used at work, at home, or anywhere you go. TENS can help with pain relief whether you're sitting behind a computer all day or on your feet. The purpose of a TENS unit is to make you comfortable no matter where you are.



TENS is a drug free alternative to pain relief. Unlike drugs, TENS does not cause nausea, drowsiness, limited activity, personality changes or addiction. TENS will not interfere with any of your daily activities.

Ask your Doctor how to get your own TENS unit.  
This is a service that the Doctor would like to provide to you. We want you to be pain free **ALL** day, not just when you're in our office!