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TENS (Transcutaneous Nerve Stimulation)

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The Transcutaneous Nerve Stimulation (TENS) is performed with the application of a battery-operated portable device for relief, control, and management of pain. Many TENS units have fully adjustable parameters include frequency, pulse duration, various modulation modes and a timer. The TENS unit is hooked up to electrodes which are adhesive and applied to the skin. A TENS unit can be hooked onto a belt or special strap. In some cases the use of a TENS unit may take the place of pain medication or allow for the reduction of the dosage. It may also result in modification of the type of pain medication required, thus reducing the exposure to medication related side effects. A TENS approach may help the person in chronic pain avoid an invasive procedure, thus reducing their exposure to potential side effects.