



Ten Machines

This means Transcutaneous Electrical Nerve Stimulation.

It is a safe non-invasive method of pain management. It relieves pain by sending small, electrical impulses through electrodes placed on the skin to the underlying nerve fibres.

These nerve fibres carry sensation such as touch, warmth, pressure and pain. Tens can replace pain impressions from those fibres with a massage-like sensation.

How does it work?

Tens is believed to work by 2 different mechanisms. First, electrical stimulation of the nerve fibres can block a pain signal from being carried to the brain. Secondly, the body has its natural chemicals called endorphins in the brain which act as analgesics.

Tens may activate this mechanism.

By effectively managing pain without drugs, tens allows many people with chronic pain conditions to resume normal daily activities.

Are there any side effects?

Tens is safe. There are no known side effects.

There are, however contraindications in its use. It should not be used during pregnancy, or if you have a cardiac pacemaker fitted.

It should not be used for undiagnosed pain conditions.

How do you use it?

Easy! Small, self-adhesive electrodes are placed on to the skin and wires connect these to a small control box that is pocket sized. Normal clothes are worn on top.

It is a valuable aid to use for the relief of chronic or acute pain that is accepted by Doctors and physiotherapists.

At the Wye Physiotherapy Practice we have loaned tens machines to patients receiving physiotherapy treatment from us in order for them to have a trial run before purchase.

Remember, you need to seek medical advice from your Doctor or Physiotherapist before purchasing a tens machine.