

1. Everything You Need to Know About Using TENS (Transcutaneous Electrical Nerve Stimulation) for Pain Relief Introduction

This is a FREE video series on everything you need to know about using TENS (Transcutaneous Electrical Nerve Stimulation) for pain relief. We will be creating an additional series entitled “Everything You Need to Know About EMS (Electrical Muscle Stimulation) for Muscle Recovery, Healing, and Strengthening”.

To see the entire series on the use of TENS, go to BobandBrad.com and look under the subheading “Programs”. We are constantly adding to our free programs so come back often to check our list. Our first program was on plantar fasciitis (foot pain).

As with all our video series, you should pick and choose which videos of the series you watch. All may not pertain to your situation.

Along with each TENS video, we provide a guide sheet (PDF) you can print out. These guide sheets are available on our BobandBrad.com website below each TENS video.

Affiliate Disclaimer

As stated, this video series is completely free. We do not ask for your email. However, keep in mind that we may receive commissions when you click our links and make purchases. However, this does not impact our reviews and comparisons. We are highly selective in our products and try our best to keep things fair and balanced to help you make the best choice for you.

DISCLAIMER

We recommend that you see a physician before starting this video series. Furthermore, this video series is not designed to replace the treatment of a professional: physician, osteopath, physical therapist, orthopedic surgeon, or chiropractor. It may however serve as an adjunct. Do not go against the advice of your health care professional. When under the care of a professional make certain that they approve of all that you try. This information is not intended as a substitute for medical treatment. Any information given about TENS is not intended to be a substitute for professional medical advice, diagnosis, or

treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have seen in our videos or read in this publication. Before starting an exercise program, consult a physician.

This program (like all Bob and Brad programs) is a work in progress. We will be continually trying to improve the program to make it more helpful to you.

We have three goals with creating our programs. We want to make them:

2. Easy to understand
3. Easy to perform
4. Effective

To obtain all three goals we often must do three things: EDIT, EDIT, EDIT. We must continually edit and condense information down to its most useful parts. So, here we go.