

2. What is TENS (Transcutaneous Electrical Nerve Stimulation)? How Does It Work?

A transcutaneous electrical nerve stimulation (TENS) unit is a small battery-operated device that can be used to treat pain. The TENS unit creates electrical impulses that can do two things to help lessen your pain:

1. The electrical pulses can flood your nervous system and reduce the ability for pain signals to reach your brain.
2. The electrical impulses can stimulate your body to produce natural pain relievers called endorphins.

Studies show TENS can be very helpful with acute and post-operative pain. Acute pain is pain that develops abruptly and is usually short lived. Post-operative pain is pain that occurs after surgery. Research is mixed on whether TENS is helpful with chronic pain.

However, using a TENS unit is much safer, less expensive, and less invasive than using opioids for pain control. Those who experience some pain relief from TENS may be able to reduce their intake of pain medications (some of which may be addictive or have adverse side effects). Also, a TENS unit may provide you with enough pain relief to allow you to perform helpful exercises and stretches. These exercises can assist in the healing process.

TENS units are small, portable, and provide easy access to pain relief throughout the day. The TENS units can be carried in your pocket or clipped to a belt.

There are hundreds of TENS units on the market. The vast majority will serve you well. However, our only warning is that many of the TENS units have horrible instruction manuals or inserts. Many also have confusing buttons with strange images accompanying them. Often the instructions are incomplete and hard to understand.

After having tried dozens of units we (Bob and Brad) decided to use the TENS/EMS units by iReliev with our patients. The iReliev units work very well, are powerful, and are simple to use. iReliev provides in-depth, easy to understand instructions and videos on how to use their products.

In addition, iReliev products are:

FDA Cleared

Medical Grade

Clinically Supported

All Natural

We will provide you with step-by-step videos on how to properly use their TENS units.

*iReliev has agreed to provide you with a **sizeable discount** to their products, if you use the purchase link we have listed on our website or in the description of our videos.*

Having said all that, do your research and purchase the TENS unit you are most comfortable with.

What do most TENS units look like?

Most units have a small battery-operated plastic box with wires coming out of it. The wires are called leads and one set of leads connects to two adhesive pads (or electrodes). The electrodes deliver the electrical current or impulses from the unit into the skin. Most TENS units have two sets of leads and are therefore able to connect to four adhesive pads or electrodes at once. Each set of leads has its own intensity button- so two of the pads will be controlled by one dial and the remaining two pads will be controlled by another dial.