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print, please phone  
01935 384256

## **TENS (Transcutaneous Electrical Nerve Stimulation)**

If you have any questions or require further  
information or advice, please contact

Therapy Department  
01935 384358

***Therapy  
Department***

[www.yeovilhospital.nhs.uk](http://www.yeovilhospital.nhs.uk)

## WHAT IS TENS?

TENS is a safe, easy to use and drug free method of pain control. It has been in use since the 1960s.

TENS works by using a small electronic unit which produces electrical pulses that pass through the skin via conductive electrodes. These are positioned over or around the area of pain.

## WILL IT WORK FOR ME?

TENS can help a wide variety of different types of pain including:

- Back, pelvic/hip pain and sciatica
- Pain associated with arthritis and osteoporosis
- Neck, shoulder and arm pain, eg, whiplash, frozen shoulder, tennis elbow
- Post-operative pain
- Phantom limb pain
- Nerve pain, eg, shingles, neuralgia
- Musculoskeletal pain

## HOW MUCH PAIN RELIEF?

The degree of pain relief varies from person to person. Without trying TENS, there is no way of telling how well it will work for your individual medical problem.

## THE TENS SERVICE

The Physiotherapy Department at Yeovil District Hospital offers the facility for patients to 'trial' a TENS machine for approximately 4 - 6 weeks

Your first appointment will last for approximately 1 hour. This will include a thorough assessment to determine your suitability for this method of treatment. It would be beneficial if you could:

- Bring a list of your prescribed medication with you to your appointment
- As there is a lot of information to take in, it may be useful to bring someone with you to the appointment.

## POSITION OF CAROTID SINUS

(This is marked on the body chart)

This area is situated over the inner half of the **left** collar bone and is the area which supplies the timing to the heart. Therefore, **DO NOT** place an electrode here as it could affect the timing.

## PLACEMENT OF ELECTRODES

Do not place electrodes too far forwards on the neck, or it could cause your blood pressure to drop.

If you are using electrodes on your neck and it appears to bring a headache on, or worsen a headache, move the electrodes down and wear them as high as possible without aggravating the headache.

## REMOVAL OF ELECTRODES/ DISCONNECTION OF LEADS

If you dislodge an electrode (eg when dressing or undressing), yank out a lead or drop the machine and pull the leads out or take the electrodes off while the machine is still on, you will get a minor electric shock. It won't be enough to do you any harm, but it is an unpleasant surprise, therefore take care and always **TURN THE MACHINE OFF BEFORE YOU TAKE THE ELECTRODES OFF.**