

# THE BENEFITS OF MANAGING YOUR PAIN AT HOME

## Pain Management

We don't get the opportunity to schedule when we will be in pain. Daily stress, new activities or unexpected injuries can all create pain at inopportune moments. Owning your own unit lets you manage your pain as it happens.

## Convenience

Most of us have busy lives and little time between work, family and friends. Owning your own electrotherapy unit allows you to conduct pain treatments around your schedule.

## Better Overall Health

Electrotherapy is a clinically proven, effective, safe and drug free way to manage pain. It may eliminate or reduce your need for pain medications. Reducing your use of over the counter drugs or prescriptions can benefit your overall health and diminish your risk of drug conflicts.

Many home units have belt clips, so you can manage your pain on the go.



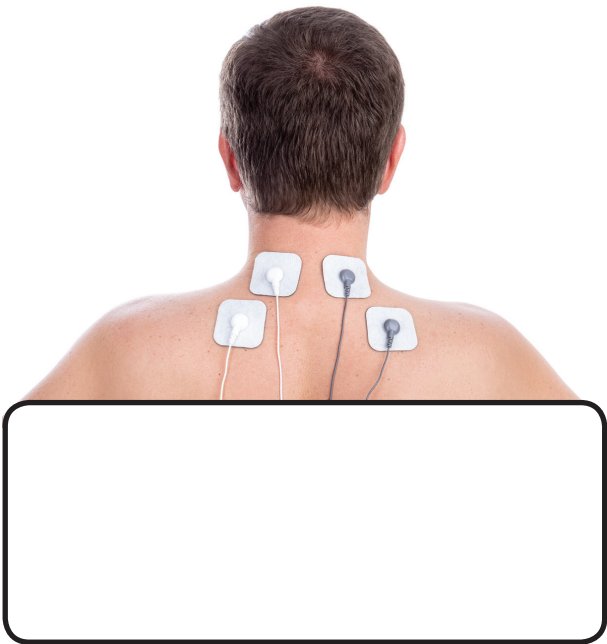
# GET BACK TO LIVING PAIN FREE

Our clinic offers drug free solutions for pain associated with most injuries.

Electrotherapy devices have been clinically proven effective at relieving pain in thousands of clinics globally for decades.

Many home units need our medical expertise to establish the correct settings. Let us help you find the ideal unit for your pain management goals and budget.

**ASK US FOR MORE DETAILS.**

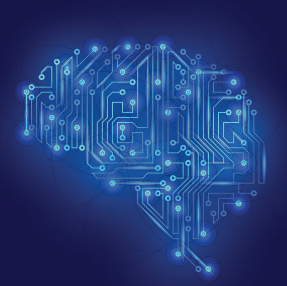


# UNDERSTANDING TENS & EMS THERAPY





Electrotherapy is a drug free way to manage your pain.



Electrotherapy can stimulate the release of endorphins, your body's natural pain relievers.

### What is Electrotherapy?

Electrotherapy is a general term for a variety of electrical stimulation therapies. The most common of these therapies are TENS (Transcutaneous Electrical Nerve Stimulation) and EMS (Electrical Muscle Stimulation). Simply put, electrical currents are used to quiet nerves or to stimulate muscle fibers.

There are two main theories as to why it works. First, that the stimulation causes your body to release endorphins, your body's natural pain killers. The second, is that stimulation stops the receptors in your brain from receiving pain messages. So, although you may still have the injury, you simply do not sense it and therefore become temporarily pain free.

### Does it hurt?

No. Electrotherapy units are set to specific frequencies designed to reduce your pain, not increase it. Some patients become sensitive to the “tingling” effect on their skin with long treatment times, however simply turning down the intensity can often eliminate this effect.

### How is it done?

Electrodes are placed on the skin, either directly over the painful area, along key points of the nerve pathway or on the muscles. A small amount of electrical current is sent through lead wires to the electrodes.

### Is it safe?

Yes. The amount of electrical current being used is not enough to shock you or harm the skin. However, patients with cancer, pregnancy, epilepsy or pacemakers should avoid electrotherapy.

Electrodes should never be placed on the face, front of the neck or on the heart, as these regions may be effected by the current. Electrodes should not be placed on open wounds or on any region where you may have limited sensation.

### How long does it take?

Individual sessions typically last between 15 - 30 minutes depending on the specific therapy being applied. Patients often report immediate relief after each session, with results lasting for hours after the session is over. This makes electrotherapy an effective way to manage pain.

### TENS

therapy is used for pain relief. TENS can manage pain associated with:

- Arthritis
- Back Pain
- Cervical (neck) pain
- Rheumatism Pain
- Diabetic Neuropathy
- Headache/Migraine
- Sciatica
- Tendinitis

and many other painful conditions

### EMS

can reduce muscle spasms, strengthen muscles, increase blood circulation and reduce edema.

### Clinical vs Home Therapy

The equipment we use in our clinic allows us to pin point the settings that are ideal for your condition. We can adjust pulse, frequency, wavelengths, power and other factors that will effect your outcome. We will use our expertise to adjust these settings to minimize your treatment times and maximize your results.

Small portable electrotherapy units are available for you to use at home. Although these do not have the same power or functionality as large clinical units, many patients benefit from home therapy between visits.

Before recommending that you purchase any portable unit our team will assess your condition to assure that home TENS or EMS therapy will benefit you. We will review your pain relief goals, teach you how to place the electrodes and help you establish programs that will maximize the treatment benefits for your specific condition(s).

All of the units available at this clinic are:

- Licensed by Health Canada
- Clinically proven
- Safe for home use
- Easy to operate



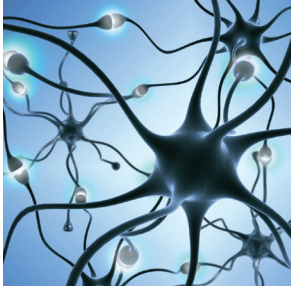
Many home units need the expertise of a healthcare professional to establish the correct settings. Let us help.

Quality electrodes are worth the extra pennies. They last longer and provide better therapy.

Ask about our selection.



Thousands of Canadians benefit from clinical and home electrotherapy.



You can use your TENS unit as often as you like to manage your pain, as it triggers your body's natural response. Relief typically lasts for hours after therapy.