

Putting the
Healing Power
of energy at your fingertips





Electrotherapy is a drug free alternative for managing pain.

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.

Electrical stimulation was used as early as 63 A.D. in ancient Greece, where it was reported by Scribonius Largus that pain was relieved by standing on an electrical fish. In the 16th through 18th century electrostatic devices were used for headache and other pains. The most notable user was Benjamin Franklin.

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 pain free temporarily.

Modern electrotherapy devices have been used in hospital and clinic settings for years. More recently they have also been designed as smaller, take home versions.

Does it hurt?

No. We have come along way from standing on an electric fish, modern 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. Typically 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.

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



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.

What is TENS?

Transcutaneous Electrical Nerve Stimulation (TENS) uses electrical impulses to stimulate the nerve endings at or near the site of pain. This diminishes the pain and replaces it with a tingling or massage like sensation. TENS can be used in a health-care setting as part of clinical treatment or by a patient at home after being properly instructed by a healthcare professional..

TENS can manage pain associated with:

- Arthritis
- Chronic Pain
- Headache/Migraine
- Sciatica
- Back Pain
- Diabetic Neuropathy
- Phantom Limb Pain
- Scoliosis
- Cervical (neck) pain
- Facial Palsy
- Rheumatism
- Tendinitis

What is E.M.S.?

Electrical Muscle Stimulation (EMS) is predominately used to prevent or reduce muscle atrophy. Atrophy is the weakening and loss of muscle tone, which is usually experienced after surgeries or injuries.

Normally when you perform an exercise, your brain sends a message through your spinal cord to nerves telling muscles to contract. EMS uses electrical impulses to stimulate the nerve axons. These impulses signal the muscles to contract and relax rhythmically. EMS units can actually stimulate muscles that you can not exercise voluntarily.

Doctors also see EMS as a means of increasing blood flow to muscles, increasing range of motion, increasing muscle strength and enhancing muscle endurance. EMS can be used to reduce the pain associated with spastic, sore or tight muscles. Low intensity EMS can also be used for relaxing muscle massage.



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 years of expertise and training to adjust these settings to minimize your treatment times and maximize your results.

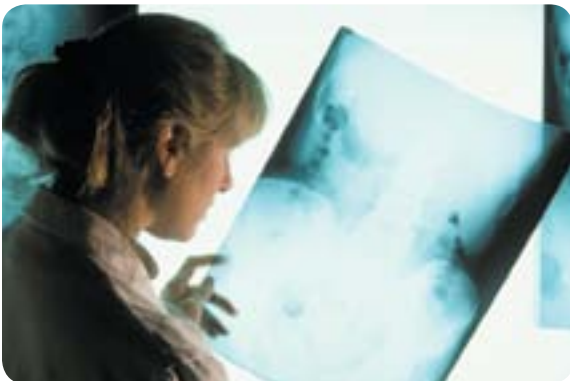
Small portable electrotherapy units are available for you to use at home. Although these do not have the same power or functionality as large clinical units, many patients benefit from home therapy between visits.

If clinical appointments are limited, you can still benefit from electrotherapy by doing at home treatments, thus making more clinic time available to focus on other types of therapy.



Before recommending that you purchase any portable unit our team will assess your condition to assure that 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).

We will also review your programs on a regular basis to ensure you continue to achieve the best results possible. If at any time you need additional help, do not hesitate to call or make an appointment. We are here to help.





Benefits of Home Therapy

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 means you can treat yourself when you are in pain and not just on a pre-determined schedule.



Convenience

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



Better Overall Health

Electrotherapy is drug free and may reduce any dependence on pain medications. Reducing your use of over the counter drugs or prescriptions will benefit your health and diminish your risk of drug conflicts. It simply provides you a better way to manage your pain.



Many home units offer the ability to use multiple forms of electrotherapy from a single unit

We have access to a large variety of affordable home units, some of which are shown below. We will do our best to match a unit to your treatment needs and budget.



StimTec[™] NEO

Includes digital TENS, EMS, IFC & Microcurrent in one device.

Features rechargeable, lithium battery and patented Pain Target Technology

StimTec[™] Target



This TENS & EMS device features an extra large digital display screen and patented Pain Target Technology

StimTec[™] TENS/EMS PLUS

This device features the same easy-to-use technology as the Target but with a lithium rechargeable battery



StimTec[™] Prime

Analog TENS unit



The MAXTENS line offers analog TENS or digital TENS

All of these home devices come with user guide, electrodes, carry case and any other accessories you need to get started.

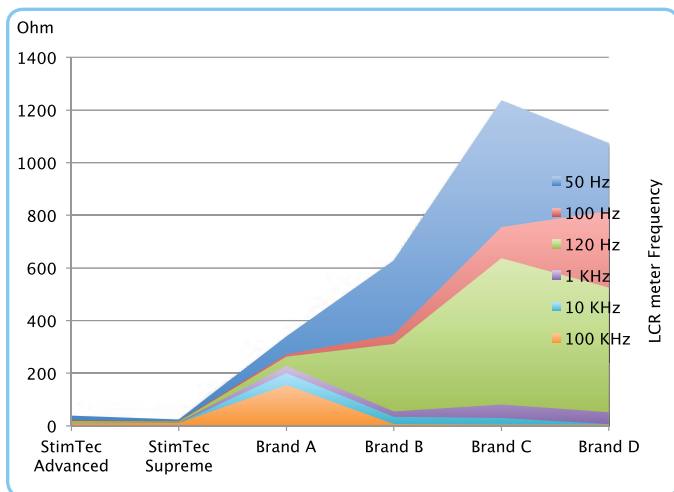
Many home electrotherapy units need the support of a healthcare professional to establish the correct settings and to learn how to use them properly. Let us help you decide which unit is best for you.

Additional electrodes are also available

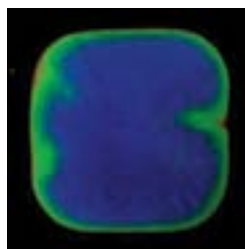


Quality electrodes are worth the extra pennies.
They last longer and provide better therapy.

All of the electrodes we offer have been tested to assure they will provide you with optimum performance.



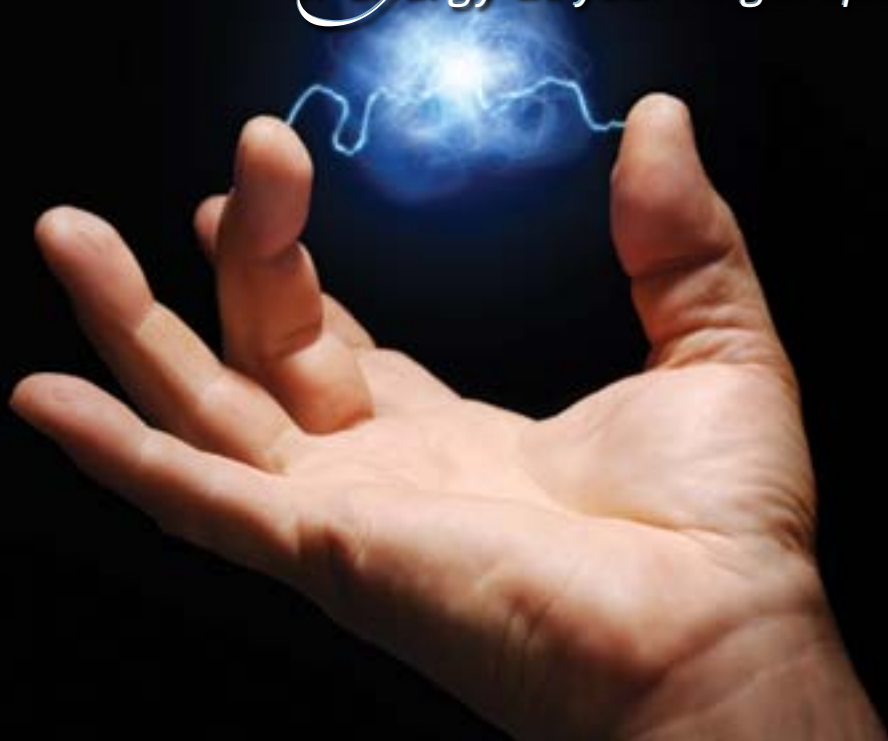
***Lower ohms = less impedance
Less impedance = more comfort***



Putting the

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For more information contact: