

# What is a TENS Machine?

TENS stands for Transcutaneous (through the skin) Electrical Nerve Stimulation and is a treatment that uses low voltage electrical currents to relieve pain and provides other therapeutic benefits. TENS Machines are commonly used in hospitals (labour wards), physio's, osteopaths and other medical centres for both pain relief and also in aiding blood circulation. A TENS Machine can often have an advantage over more traditional forms of manipulation because its methods are non-invasive and seldom aggravate targeted sore areas.

A Hidow XPV TENS Machine sends a gentle electrical current using an electrode wire attached to a pad placed on the skin near the site of the pain or discomfort. The current is produced by a small hand-held battery-operated device. The Hidow XPV TENS unit is light weight, portable and easy to use making it ideal to use at home or office. A Hidow TENS Machine is unique because instead of only having one type of electrode pulse (like many of the large machines found in physio's and hospitals) there are multiple modes. This allows the user to choose a mode that works best for them.

## How does a TENS Machine work?

When the body is hurt or injured a pain signal is registered. It is believed that the electrical pulse created by a TENS Machine interrupts the pain signal (sometimes known as the 'gateway control theory') and thereby providing pain relief to some users. TENS is also thought to increase release of endorphins - the body's own natural painkilling substances, which are produced in the brain in response to pain or stress. A TENS Machine can be used several hours a day and some models (Hidow) have the ability to attach an additional wire with pads so that four (4) areas can be targeted at once (such as lower back and knee or upper shoulders and lower back etc

## Who can use a TENS machine?

A TENS Machine has multiple uses. As a preventative measure a TENS Machine can be used to keep muscles relaxed and to improve blood circulation in problematic areas. A TENS Machine is also commonly used by people to treat a variety of acute and chronic pain conditions, including back pain, knee pain, diabetes, childbirth pain, cancer pain, rheumatoid arthritis, sciatica, fibromyalgia, tennis elbow, osteoarthritis and neuropathic pain cancer pain and the pain of childbirth. Some times referred to as a massager many users find a TENS Machine beneficial as a relaxation device or in relieving headaches. The manufacturer does suggest that individuals with pacemakers and also women in early pregnancy should not use a TENS Machine.