

Patient Information Leaflet- The Windsor Pain Management Centre

TENS

TENS (Transcutaneous Electrical Nerve Stimulation) is a small box (signal generator), which sends an electrical signal to the painful area through one or two pairs of skin electrodes. The electrodes are connected by leads to the TENS machine.

It is used for pain relief in several pain conditions, including back pain.

TENS is thought to work by preventing onward transmission of pain signals from the spinal cord to the nerves which connect to the pain centres in the brain.

Generally it can be kept for as long as it can be tolerated. However it should not be used during sleep or whilst driving as the knobs

The electrodes should not be placed near the heart or on areas of skin that have been affected by severe nerve damage. It should not be used during pregnancy.