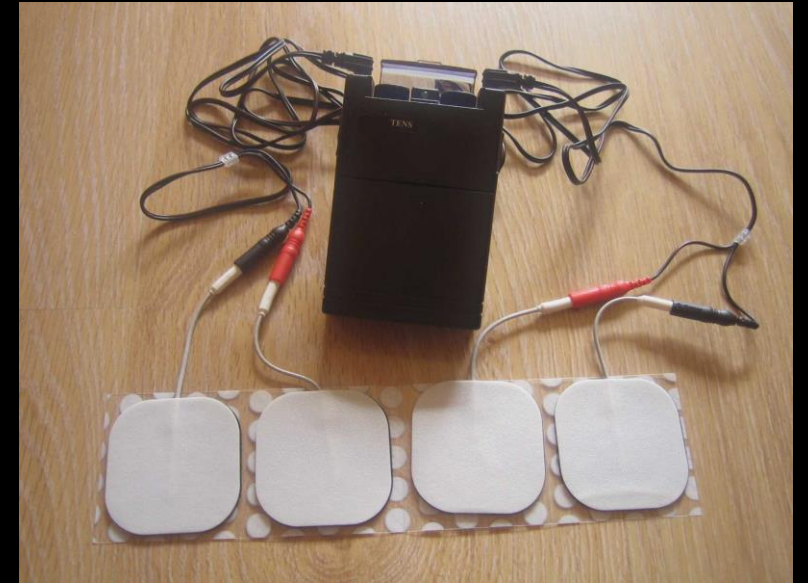


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The use of TENS with athletes

What is TENS?

- Transcutaneous Electrical Nerve Stimulation
- Noninvasive
- Inexpensive
- Portable
- Causes stimulation of the muscle (twitching) via electrical impulses
- Used for acute and chronic pain
- Blocks nociceptive (pain) signals returning to the central nervous system



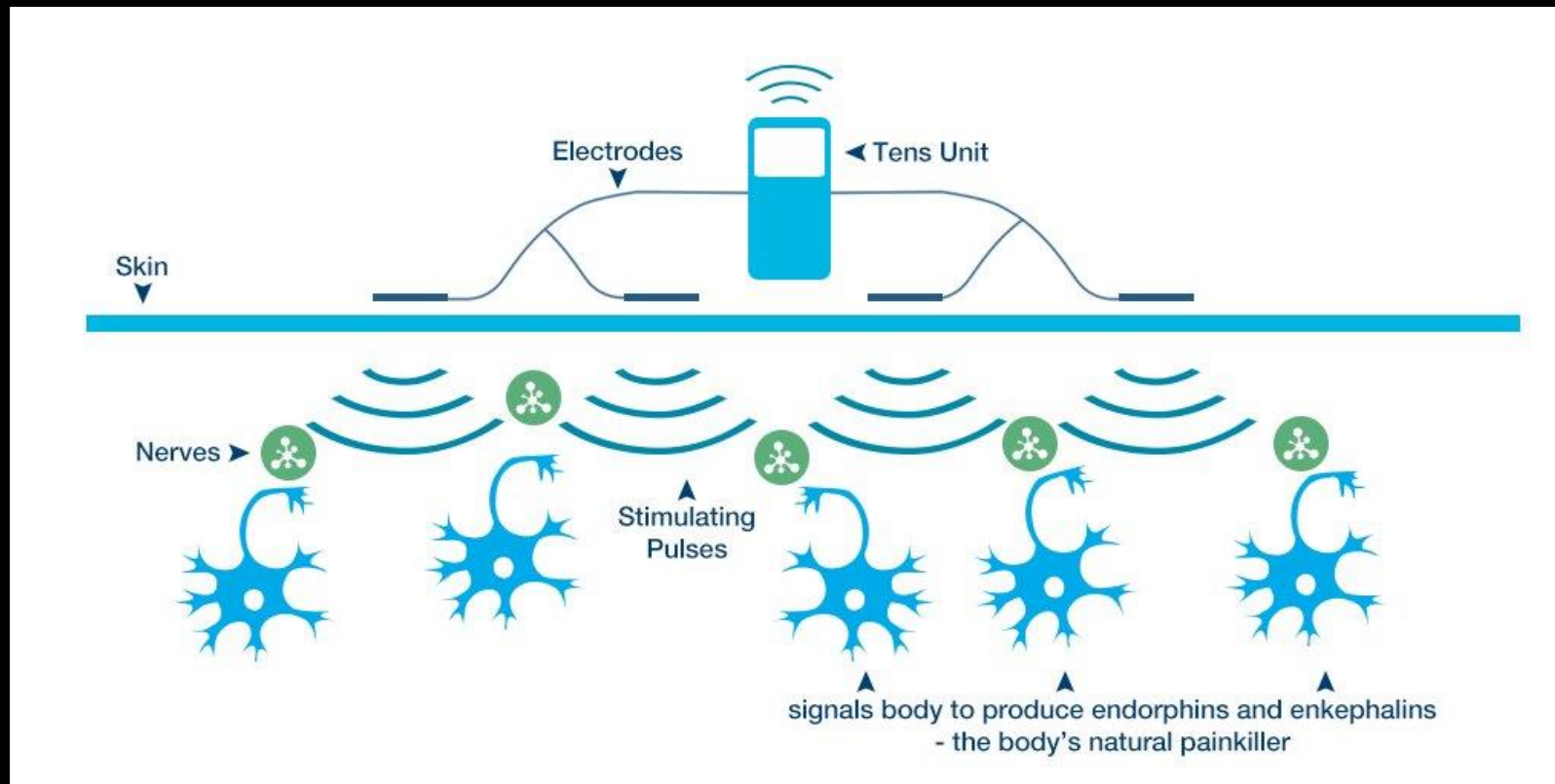
Who can use it?

- Athletic Training Rooms
- Hospitals and clinics
- Chiropractors
- Hospice
- 5-65 safe age range
- <5 and 65< doctor consultation
- No special training required



Indications

- Pain management
 - Chronic and Acute
- Osteoarthritis
- Rheumatoid Arthritis
- Musculoskeletal
- Strains and sprains



Contraindications

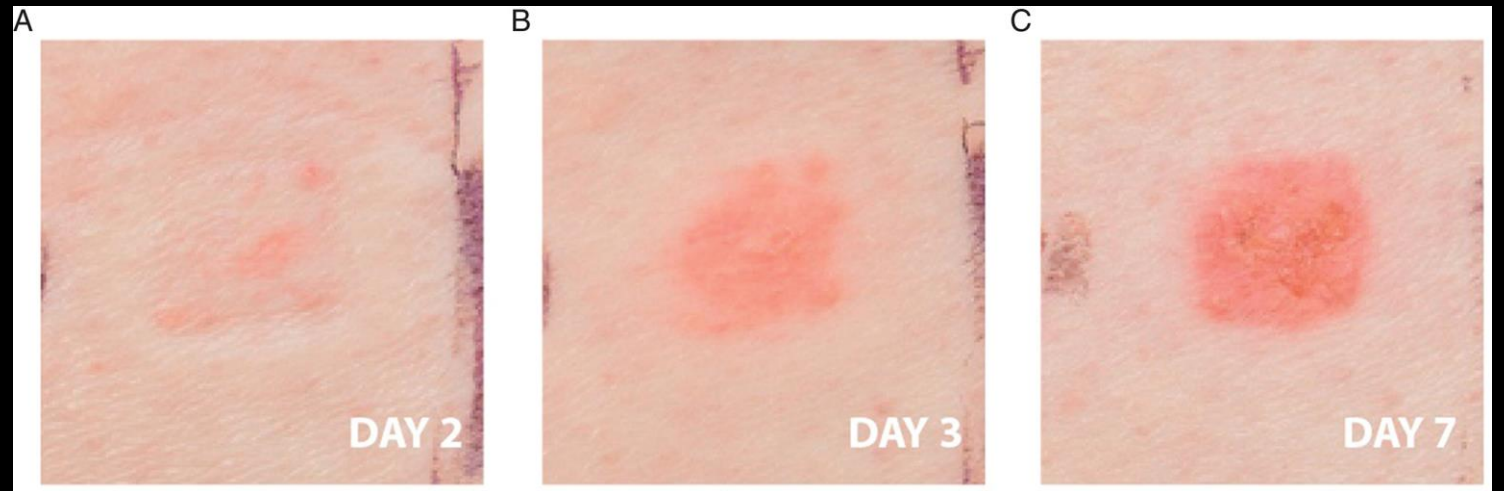
- Pregnancy
- Epilepsy
- Pacemakers
- Sensitive skin
- Electrode pad placement
 - Eyes
 - Front of neck
 - Internally
 - Broken skin
 - Directly over spine



DO NOT USE

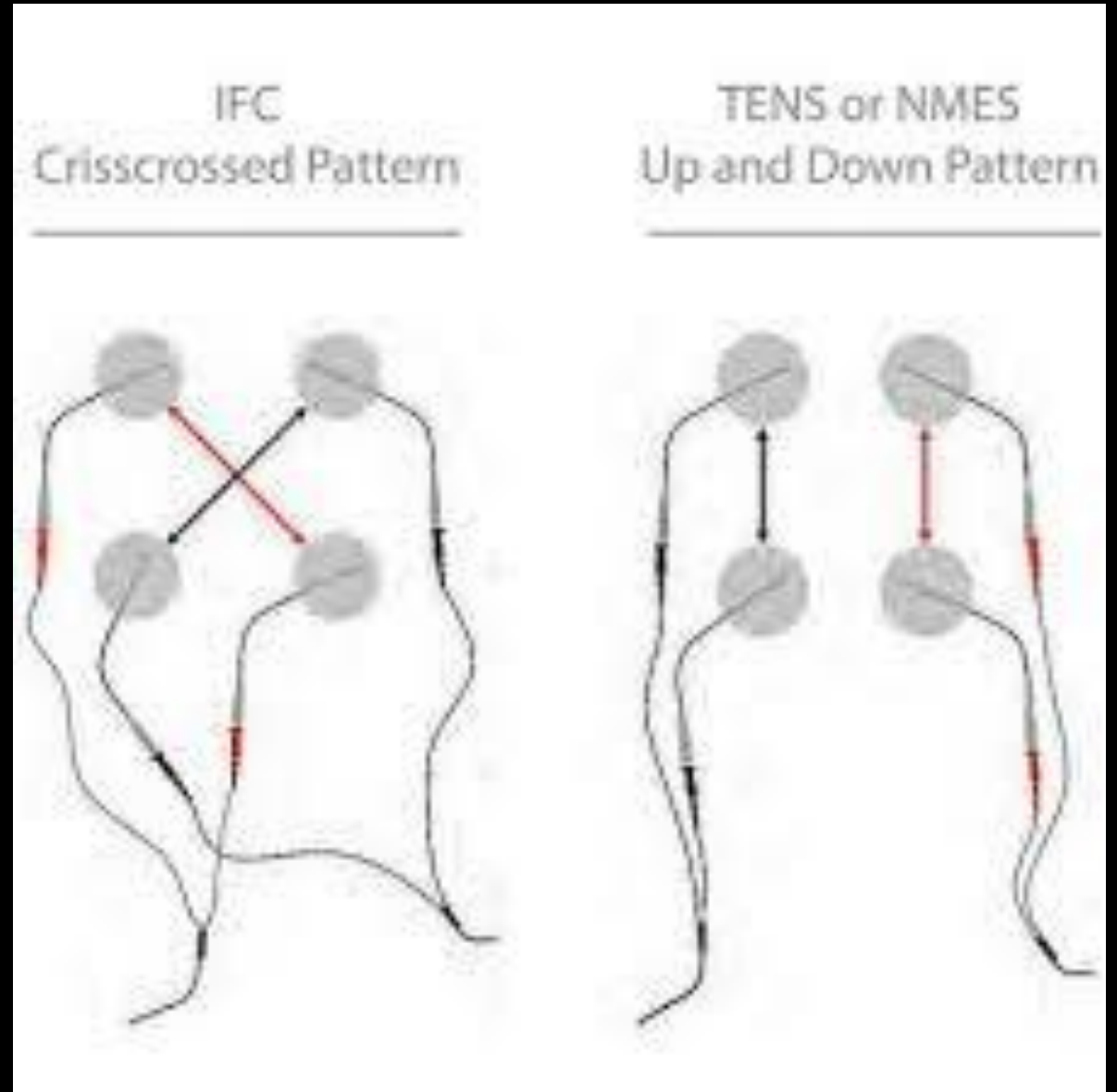
Risks

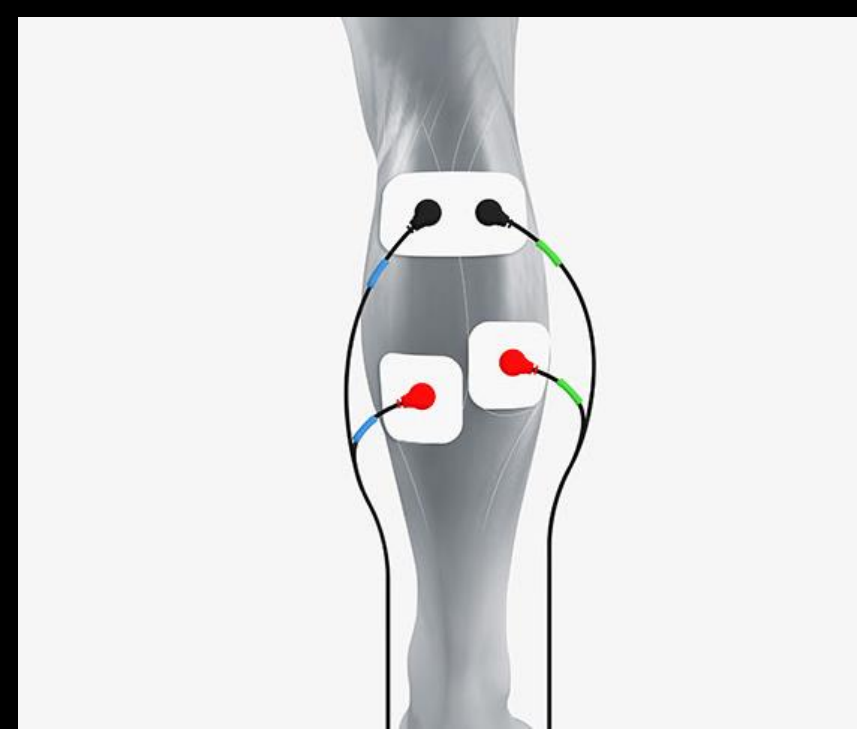
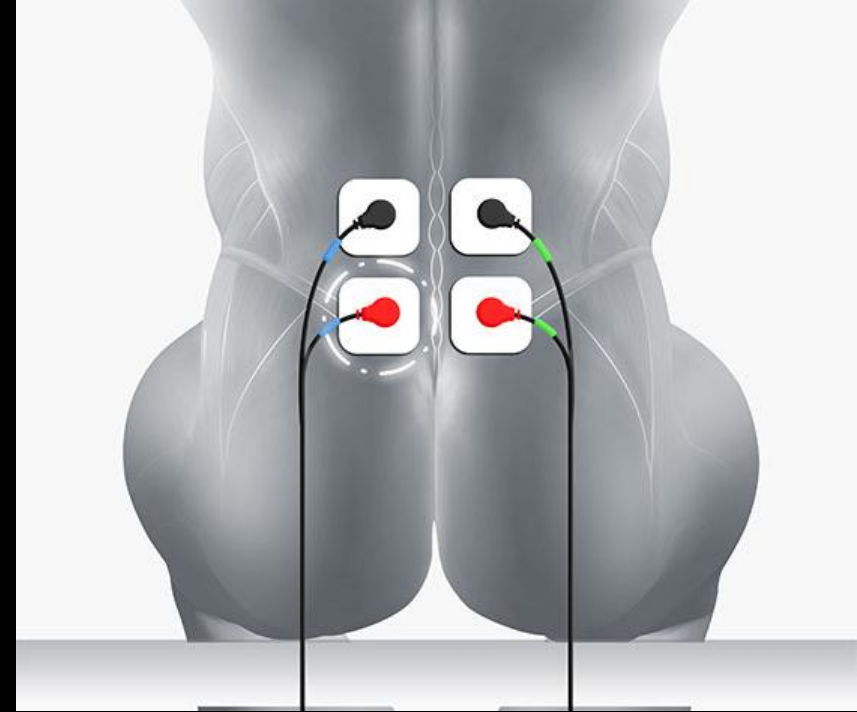
- Skin irritation
- Allergic reaction
- Burns
- Muscle twitching/spasm
- Discomfort
- Tolerance



Application

- 4 electrode pads
- Quad-polar placement
- Low intensity, high frequency
- High intensity, low frequency
- 15-30 minutes





Is it safe?

- Muscle soreness and tightness
- Post injury
- If unsure, consult your AT or doctor
- Safe with correct supervision/training
- Confident and comfortable

QUESTIONS?



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