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Tens Machine and Its Pain Management Benefits by Julia Roger

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In every hospital, pain clinics, maternity units, physiotherapists, postoperative wards, Macmillan nurses etc. of UK, a technique of pain management is used and this technique is known as TENS. Tens stands for Transcutaneous Electrical Nerve Stimulation, and there are special machines known as the Tens machines that are used to perform this technique. It is easy to use without much complication. Medicine can be taken alongside this treatment as it does not have any kind of treatments. Cardiac patients are not allowed to use this technique, but any other person suffering from any kind of pain can use this technique as guided by the doctor even for 30 minutes a day to get maximum and complete relief from acute pain.

A tens machine is an electronic device that works with battery. It emits electronic impulse that stops the pain signals from the brain; it also releases endorphins in the body. Endorphins reduce the pain of the body. Altogether it keeps your pain managed.

Tens machine is effective, and reduces any kind of chronic and acute pain. The kinds of pain that it can help you find relief from are: post operative pain, Migraine, Back pain, Arthritis and joint pain, Muscle pain, Menstrual Pain, Pain resulting from sports injuries, Neuralgia, Headache, Spondylities, Osteoporosis, and many more such pains.

Tens machines have many benefits but before choosing it as a treatment it is necessary that you talk to a doctor about it. It is true that tens machines can reduce pain without any side effects and it is a cost effective and non-invasive method. Still doctors are there to guide you and help you get well soon, so taking their advice and following them is more important than getting a tens machine treatment for your pain.

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