

TENS THERAPY

FOR CHRONIC LOW BACK PAIN

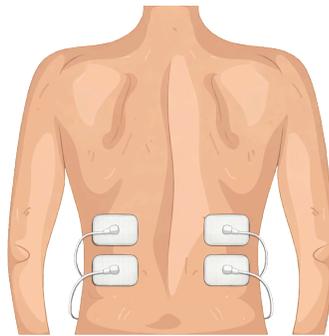


WHAT IS TENS?

TENS stands for Transcutaneous Electrical Nerve Stimulation. It is a small, portable device that sends gentle electrical signals through pads placed on your skin. TENS does not cure back pain, but it can help manage symptoms, especially when used along with chiropractic care, movement, and exercise.

PAD PLACEMENT

- Place pads around the painful area, not directly on the spine.
- Pads are often placed:
 - Either side of the low back
 - Above/below the painful region
 - Along the sciatic nerve for radiating pain



FREQUENCY

- Chronic/Aching: (1-10 Hz)
- Acute/Sharp: (50-100 Hz)



TIMING

20-30 minutes is the sweet spot with a max of 3x daily.



USAGE

- **Before activity** to help reduce pain & stiffness
- **After activity** to calm irritated nerves
- **During flare-ups** of pain

INTENSITY (THIS IS KEY!)

How strong the stimulation feels matters more than how long or how often you use it.

- Turn the intensity up until you feel a strong but comfortable tingling
- It should not be painful, but it should be more than barely noticeable
- You should not feel or see muscle twitching—if you do, turn it down



DO NOT USE TENS IF:

- Over broken skin or open wounds
- On the front of the neck or throat
- Over the heart or chest
- If you have a pacemaker
- While sleeping



Stop use if pain worsens, dizziness occurs, or you feel uncomfortable.

BEST RESULTS COME FROM A COMBINED APPROACH

TENS is not meant to replace movement — it works best as part of an active care plan. TENS works best when combined with:



Chiropractic Care



Exercise and Movement



Posture & Activity Guidance



Personalized Treatment Plan