

Pain Management

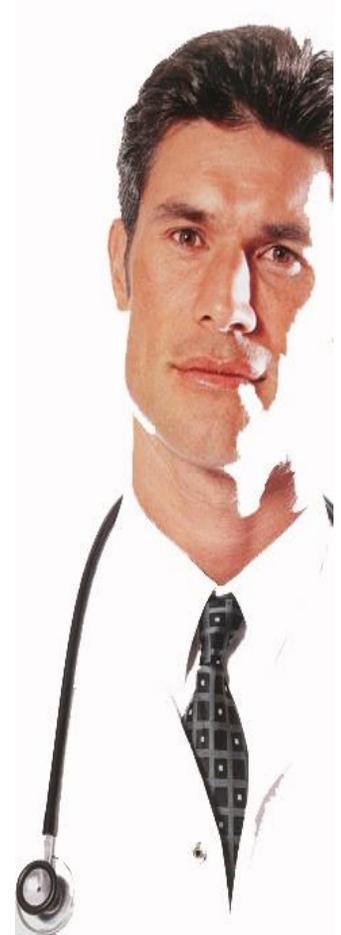
A clinically proven method to relieve pain using electrical stimulus

Transcutaneous Electrical Nerve Stimulation (TENS) is a noninvasive therapy indicated for the symptomatic relief from, and management of, chronic intractable pain and post-surgical and post-trauma acute pain.

For over 30 years, the medical community has used TENS as a safe and effective alternative to pharmacological approaches to pain control for many patients. TENS has minimal side effects and is non-addictive. Adverse reactions associated with electrotherapy may include skin irritation beneath the electrodes.

Advantages of Integrating TENS in Pain Management

- Decreases pain, increases activity, and promotes return to work ¹
- Reduces the need for pain medication ²⁻⁴ and its concomitant side effects ²
- Reduces the need for muscle relaxants, tranquilizers and steroids
- Reduces the need for PT and OT services ²
- Has no known side effects, no risk of overdosing, and no drug interference
- Is cost effective, typically reimbursed, and easy to administer
- Helps patients remain alert, functional, and productive
- Puts patients in charge of their pain control



Mechanism of TENS

Pain messages transmitted by the peripheral nervous system to the brain are electro-chemical in nature. Controlling or overriding these nociceptive impulses can bring about significant pain relief to patients. **Electrode Placement**

With a TENS system, a portable stimulator generates a current which flows through leads to electrodes placed in specific locations on the patient's skin. The low voltage current causes an electrical reaction in sensory and motor nerve fibers, overriding pain message transmission. The frequency and intensity of the stimulus are carefully controlled. TENS can also stimulate endorphin production. ⁵

Clinical Application

TENS is useful for:

- Pain treatment and management for general and specialty medical practices
- Patients whose pain therapy is limited by medication side effects
- Patients requiring frequent and costly PT and OT services
- A low risk, first line treatment option

CPT Codes for Billing

References

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