



## **All About Microcurrent & TENS Therapy!**

Did you know that along with our Electromyography (EMG) treatments, we do Microcurrent and TENS treatments as well? This is a great addition to our services as it offers you the opportunity to heal faster! If you are currently dealing with an acute injury, muscle cramping/ spasms, or chronic inflammation, then Microcurrent or TENS may work for you!

### WHAT IS MICROCURRENT THERAPY?

- Microcurrent Therapy uses extremely tiny electrical currents to help relieve pain and heal soft tissues of the body

### WHY IS MICROCURRENT THERAPY USED?

- Microcurrent Therapy is often recommended in cases involving soft tissue inflammation or muscle spasm.
- Since Microcurrent Therapy mimics the body's electrical fields it is helpful in relieving pain and stimulating the healing of soft tissues.

**Microcurrent Therapy approximates the natural electrical currents of the body to enhance the healing process.**

### WHAT ABOUT TENS?

- TENS is the abbreviation for "Transcutaneous Electrical Nerve Stimulation".
- The electrical microcurrents of TENS are adjusted to send stimulating pulses over the skin and into nerve endings.
- These pulses decrease pain by blocking pain signals from reaching the brain, and also help stimulate production of endorphins, the body's natural painkillers.

### COMMON USES FOR TENS:

- Back and neck syndromes
- RSD (complex regional pain syndrome)
- Arthritis
- Shoulder syndromes
- Neuropathies
- And other acute and chronic pain.

### PATIENT BENEFITS FROM USING MICROCURRENT OR TENS:

- Can help speed the healing process
- Reduces swelling and inflammation
- Masks acute and chronic pain
- Releases muscle trigger points
- Improves soft tissue regeneration

**Electrical stimulation for the treatment of muscle aches and pains has long been used by physiotherapists and other health professionals**

*Talk to your doctor to see if these treatments are right for you! We look forward to working with you on your journey to health and wellness.*