



Pain Treatment by Transcutaneous Electrical Nerve Stimulation (TENS): A Practical Manual

David Ottoson, Thomas Lundeborg

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Abundant evidence indicates that TENS can be used effectively to alleviate certain pain syndromes. For patients suffering from chronic musculo-skeletal pain in particular, TENS offers an alternative means of pain management. This book addresses the need among physiotherapists for a practical manual on the application of this relatively new technique. Numerous illustrations provide guidelines for the choice of stimulation parameters, the selection of electrode positions, as well as other aspects related to technique. A brief introduction to the neurophysiological mechanisms of pain and the pain-relieving effects of TENS is also given. These special features make this comprehensive presentation of particular interest to physiotherapists and clinicians actively engaged in the management of patients suffering from pain.

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