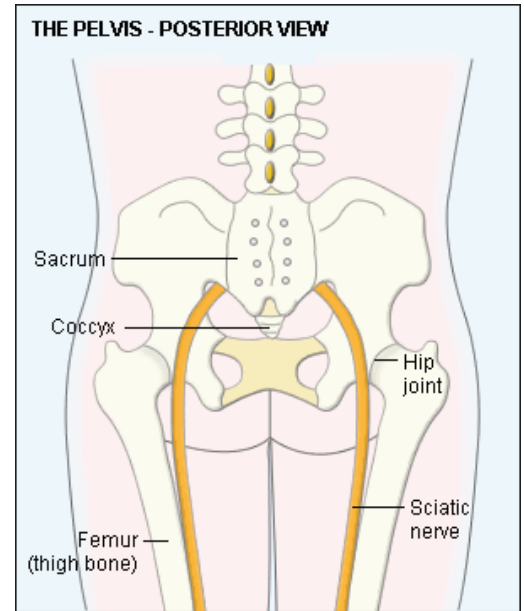


USING A TENS and EMS MACHINE FOR SCIATICA

What is Sciatica?

Sciatica is the name for a syndrome which is characterized by pain that radiates along the path of the sciatic nerve. The sciatic nerve is the longest and largest nerve in the body — it is as thick as one of your fingers where it arises in the lower spine. It then travels from your lower back through your hip and buttock and down your leg where it divides into two branches at the knee. Each leg has its own sciatic nerve.

Sciatica literally means pain from pressure on the sciatic nerve. This pain can be felt as an aching, burning or stinging. It can be so severe that it makes every movement, including sitting, coughing and sneezing excruciating. It can be accompanied with feelings of numbness, pins and needles, spasms and cramp.



Does TENS and EMS work?

TENS or Transcutaneous Electrical Nerve Stimulation is a non-invasive, drug-free method of pain relief. It is ideal for the treatment of sciatica. Pads are placed on or near the area of pain. TENS uses soothing pulses that are sent via the pads through the skin and along the nerve fibers. The pulses suppress pain signals to the brain. TENS also encourages the body to produce higher levels of its own natural pain killing chemicals called endorphins.

EMS or Electrical Muscle Stimulation is used for muscle conditioning and increasing circulation and promoting healing.

Electrode Placement for Sciatica

Using both leads, take the first lead and place the pad with the black adaptor on the lower back on one side of the spine and the second pad with the red adaptor at the top of the back of the leg. Repeat for the second lead placing the second pad lower down the leg. You may also use the placement patterns below.

