



TENS For Labour



MELBOURNE

**Pregnancy &
Pelvic Physio**

Benefits of TENS

- Simple and drug free
 - Easy to use, light weight and portable
 - No side effects
 - Can be used for as long as pain relief required
 - Initiates the action of the body's own natural pain -relieving mechanisms.
 - Provide a background level of pain relief to which any other form of analgesia may be added if required
 - May be used whilst still at home, or from the time you arrive at the hospital.
 - May shorten the 1st stage of labour, but otherwise does not alter the natural course of labour.
 - Allows the mother to be fully mobile and "in control" during her labour, unlike other methods of pain relief.
 - Can be easily interrupted or discontinued at any time during the labour. (e.g. remove it when showering).
- Can also be used for after-birth pain, restless leg syndrome and other pain e.g. lower back pain and shoulder pain

TENS stands for Transcutaneous Electrical Nerve Stimulation (T.E.N.S).

TENS is a non-pharmalogical, easy-to-use and safe tool for pain relief in labour. It involves a portable machine that sends an electrical impulse to electrodes placed on the surface of the skin. This creates a comfortable stimulus in the sensory nerves which diverts the brain's attention away from labour pain

How does it work?

1. Blocking painful stimulus by activating a non painful stimulus. This is called the Pain Gate Theory.
2. May stimulate the release of the body's naturally occurring pain-relieving endorphins.
3. Provides a sense of control over labour pain and gives an alternative focus

FreeMom TENS packs are available
for hire at

Melbourne Pregnancy and Pelvic
Floor Physiotherapy,
10 Treadwell Rd, Essendon North

www.mppp.com.au

p:03 93379125

What does TENS feel like?

TENS can feel like a pleasant tingling sensation or light pins and needles on the skin where the pads are placed.

What does the TENS Hire Pack contain?

1. Electrodes:

Super long electrodes going all the way up the spine - they are super sticky & reusable, so you can try to before birth, or take it off for a shower and bath.

Small electrodes are also included for post natal uterus pain (optional to use)

2. Machine:

Small remote - with 1 button, and a dial.

3. Lanyard:

Wear around your neck so you are not searching for the remote when a contraction arrives

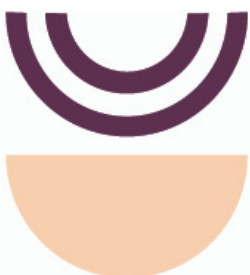
4. Spare battery

How to Apply TENS?

1. Clean skin with an alcohol wipe
2. Place each electrode on with 1-2cm gap in between each electrode - place the cords at the top.
3. Connect the cords
4. Place strap around the neck
5. Hold the boost button down and dial up until a nice tingling sensation can be felt

How to Use?

- Hold the boost during contractions & dial up if you need to increase the intensity
- Avoid pressing the boost button without your contractions, as it will give you a sudden intense feeling in the electrodes which can be uncomfortable.
- You will become accustomed to it so increase it over time as it feels less intense.
- It is not recommended to use an ordinary TENS machine as it will be less effective and more complicated to use.
- Please use TENS in combination with all other tools available to you during labour
- Do not use around water
- Please do not use if you have heart or circulation problems, or pacemaker - consult with your healthcare professional if you need further advice.



MELBOURNE
**Pregnancy &
Pelvic Physio**