

# Birth-Assist digital obstetric TENS

Transcutaneous Electrical Nerve Stimulation (TENS) is a professionally researched, tried and tested method of pain management used for chronic pain and during Childbirth, and employed in hospitals and clinics for 3 decades.

TENS works by

- ☞ releasing natural pain killers (eg endorphins)
- ☞ blocking out pain messages to the brain
- ☞ providing sense of control over labour pain

Benefits of TENS

- ☞ no harm to baby
- ☞ drug free and non-invasive pain control
- ☞ instant pain relief
- ☞ no side effects
- ☞ fully controllable
- ☞ safe and easy to use

We have machines available for hire or sale:  
batteries, electrodes and full instructions included.  
Educational sessions in the use of TENS may be available at  
our Physiotherapy & Sports Injury Clinic.

[active-physio.co.uk](http://active-physio.co.uk)



Email [info@Active-Physio.co.uk](mailto:info@Active-Physio.co.uk)

Or call

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