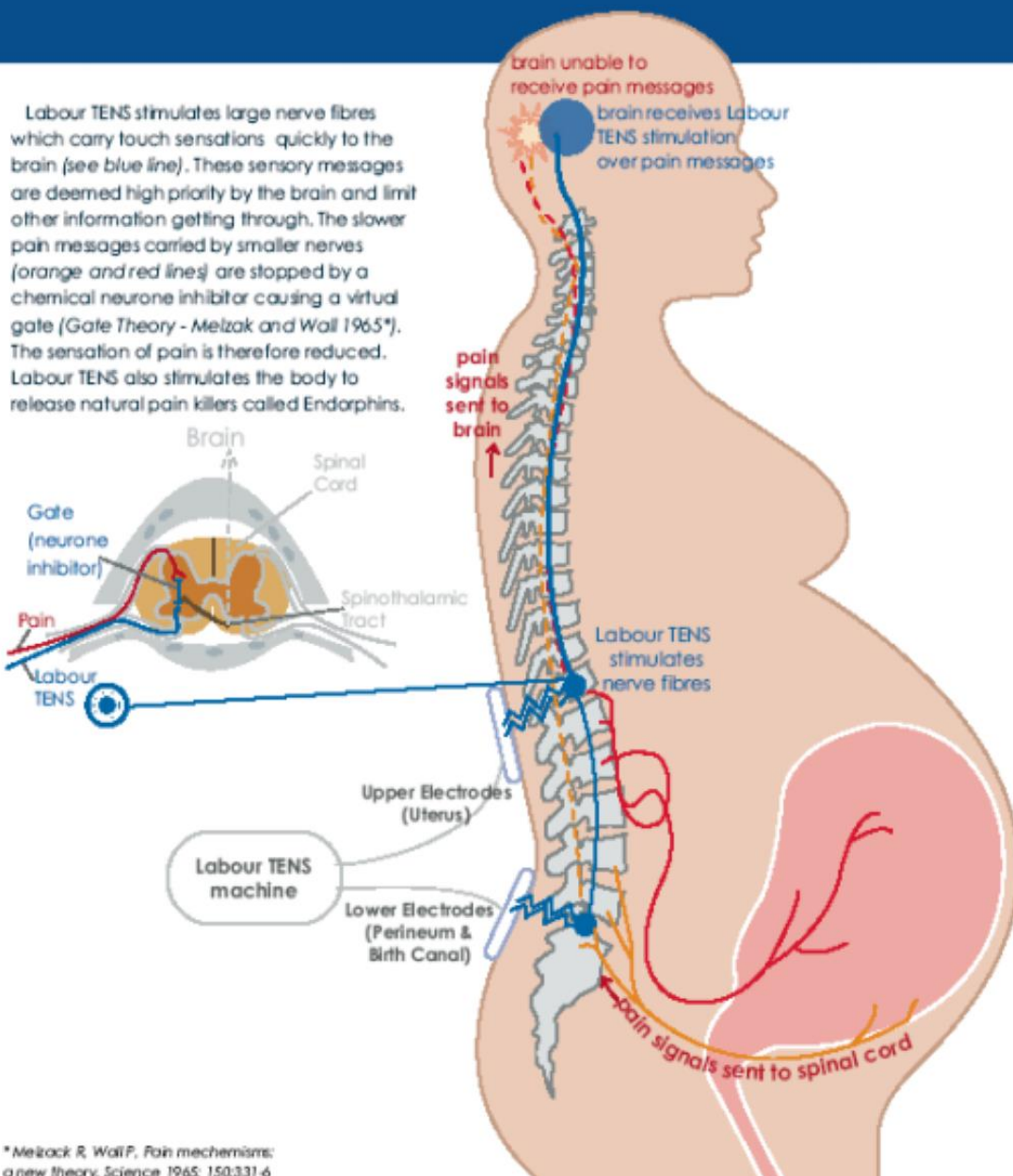


LABOR TENS FOR CHILDBIRTH

There are numerous TENS machine now readily available for all different conditions; chronic pain, period pain, pelvic floor treatment and labor/childbirth.

HOW TENS WORKS DURING LABOUR

Labour TENS is a small battery powered device which sends a small electrical impulse via pads to the lower back.



How does Labor TENS work during childbirth for pain management?

The machine works using two methods:

1. Inhibits transmission of chemical messages which send pain signals to the brain also known as the 'Gate Theory'.
 - The Gate Theory was proposed by Melzak and Wall back in 1965.
 - Used to describe and explain our perception of pain.
 - They showed that pain impulses could be overridden and that our perception of this pain could be altered.
 - Put simply - the brain only has capacity to cope with a certain amount of information at once.
 - The sensation impulses that you receive from the TENS machine have priority over the pain signals from labor contractions. Therefore you perceive the labor pain as less intense and gets put to the back of your mind.
2. Releases natural pain killers such as endorphins.

How is Labor Tens used during childbirth?

The TENS machine comes with new self-adhesive electrodes that are placed over the lower and mid back. When you switch the machine on you will start to feel minimal tingling, this will increase as you turn it up. There is a boost button that will increase the intensity to ride out each contraction. Unfortunately you are unable to use the TENS machine in water (shower or bath) and will need to be removed, however the self-adhesive electrodes can be reused frequently.