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## E-stim

- Application of low-level electrical impulses through electrodes (sticky pads) placed on the skin for the purpose of pain relief to a specific area of the body.
- Types:
  - TENS- transcutaneous electrical nerve stimulation
    - Used to manage acute and chronic pain
    - Block pain signals traveling from your body to your brain
  - IFC- Interferential current
    - Used to decrease pain and muscle spasms, while improving localized blood flow to the muscles/tissues

## What to expect?

- You will feel a light tingling sensation
- The sensation will be increased until it is strong, but not painful and does not elicit a muscle contraction.

## Possible reasons for use

- Low back pain
- Post-surgical pain
- Muscle weakness or poor motor control
- Tendonitis
- Bursitis

## Contraindications

- **Do not use if any of the following conditions apply:**
  - A pacemaker – or other implanted device
  - Cardiac (heart problems)
  - Pregnancy
  - Cancer - malignant tissue
  - Altered tissue sensation
  - Altered mental status
  - Irritated or broken skin

**\* This is not a fully comprehensive list of all contraindications, as factors change based on patient and diagnosis.**