

The application of TENS for Pelvic Instability

Please seek advice regarding the application of the COMPACT TENS or FreeMOM TENS from your health professional. If you do not have access to a health professional please refer to our Links page to access a range of health professional associations for contact information and resources for your assistance.

The use of TENS for the management of sacroiliac and pubis joints has the following advantages:

- (a) It is totally non invasive,
- (b) Can be used for as long as you like and as often as you like,
- (c) Gives the user some 'control' over the pain,
- (d) Has no side effects and may reduce the intake of analgesics.

Both the COMPACT TENS and the FreeMOM TENS can be used in the treatment of pain associated with Pelvic Instability. Figure 1 outlines the frontal view for the application of electrodes across the supra pubic area. Electrodes - Small Butterfly (Product Code E32833) are attached to the skin. The electrodes are connected to one channel of the COMPACT TENS or the FreeMOM TENS stimulators, using the supplied cable(s). Please note the supplied cable(s) connector plugs are coloured red and black, the colour of the connector plugs is not important.

If the pain is associated with only the Sacroiliac joints, Figure 2 outlines the rear application of Electrodes - Large Butterfly (Product Code K34041) to the sacroiliac joints. The electrodes are attached to the skin.

The following diagram outlines the application of electrodes to the Symphysis Pubis (Figure 1) and the Sacroiliac (Figure 2) joints .

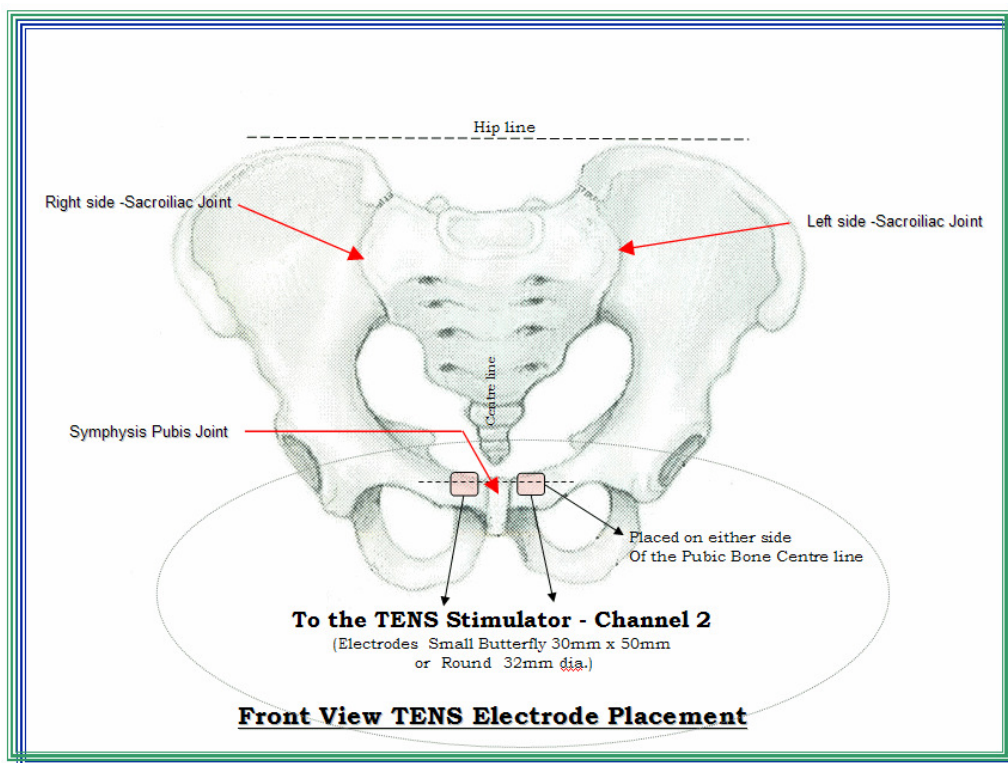


Figure 1

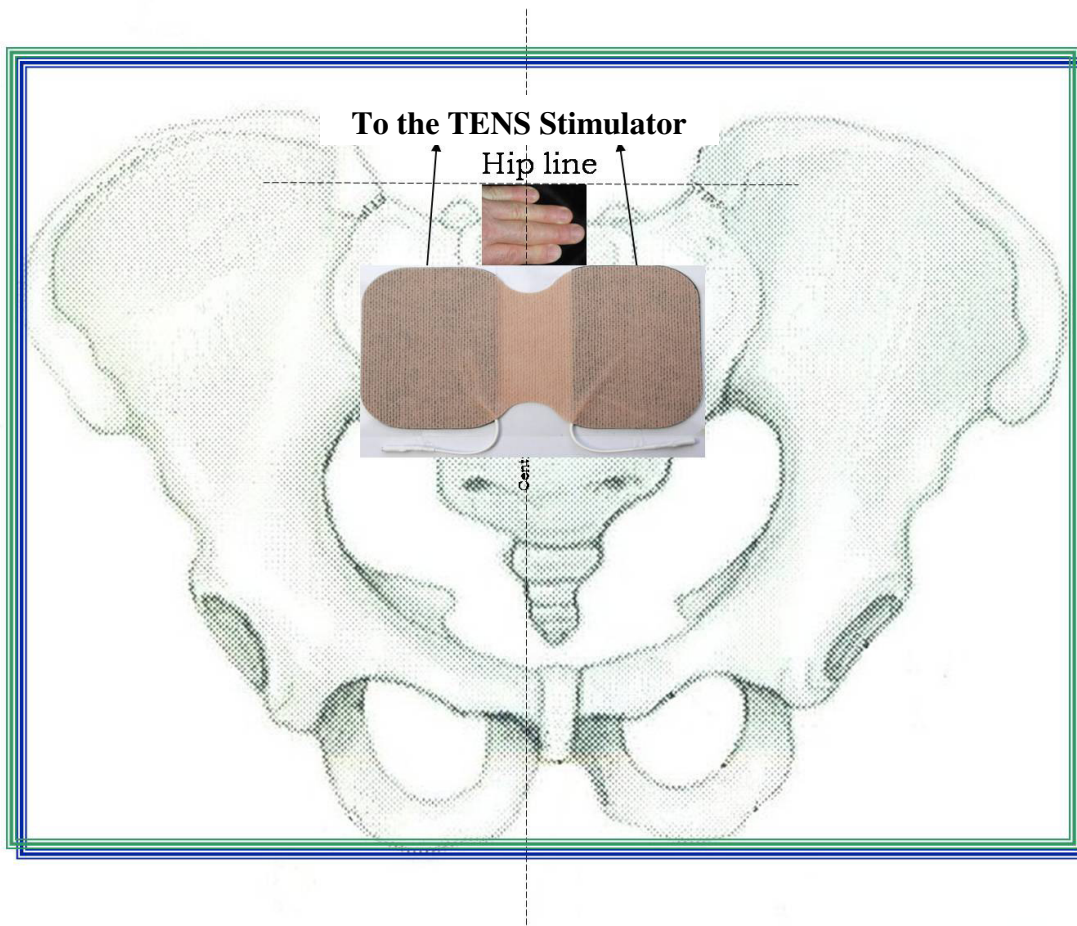


Figure 2 - With the Large Butterfly electrodes (E34041) attached