



## **TENS Units**

Transcutaneous Electrical Nerve Stimulation (TENS) can be used during labor to lessen the sensation of contractions and back discomfort. Four stimulating pads (electrodes), placed on the mother's back, are connected to a small hand-held unit that produces buzzing or prickly sensations over her back. The unit has various settings you can control for the intensity and pattern of the stimulation such as quick or slow pulses, waves, and other patterns. The sensations reduce your awareness of pain.

TENS units are available for rent at no charge, but you do need a prescription from your physician. The padded electrodes to use with the unit are available for a nominal fee.

Once you have obtained your prescription, call the Evergreen Center for Continence and Pelvic Health at 425.899.3890 for an appointment. You will meet with one of our women's health physical therapists, who provide instruction. At that time, the TENS unit will be available for rental and the pads for purchase.