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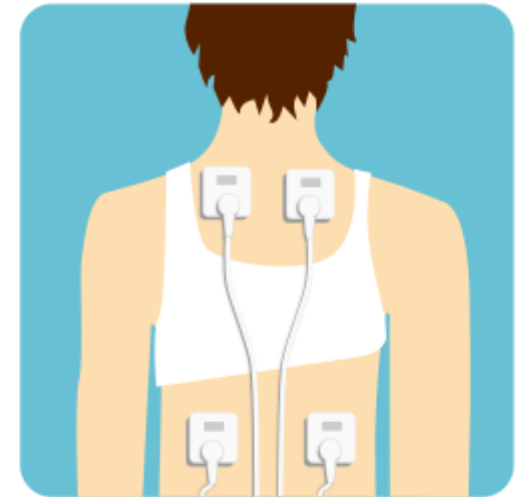
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Coulson, CR5 2QS

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Registered Charity No. 1044584

# TENS

## PAIN RELIEF SERVICE



[www.ryanneurotherapy.org](http://www.ryanneurotherapy.org)

**020 8660 1181**

# TENS



## Transcutaneous Electrical Nerve Stimulation

Is a non invasive technique intended to provide pain relief by applying electrodes to the skin to block impulses in the underlying nerves.

It can be used alone or in addition to prescriptions or over-the-counter pain-relieving medications.

There is evidence that using TENS is a safe and effective method of managing central pain in people with a Neurological condition.

One study in 2007 found that TENS machines appeared to be helpful **with reducing muscle spasms** in people with Neuro Conditions when using for long periods of time.

## AVAILABILITY

By appointment with a physiotherapist.

Monthly follow up appointments included.

## HOW TO BOOK

BY PHONE:

020 8660 1181

IN PERSON:

PLEASE ASK AT THE RECEPTION



Bradbury House, Lloyd Avenue  
Coulston, CR5 2QS

## PRICE

■ EQUIPMENT DEPOSIT  
**£50**  
(Refundable on return of the unit)

■ REPLACEMENT LEADS  
**£15**

INITIAL LOAN PERIOD  
**3 MONTHS**

Long term loan may be arranged.

