

## High-tech and Safe Therapy for Pain Management

**JAKARTA, AUGUST 2019** – Pain debilitates and frustrates people because it disturbs their sleep, work, routine activities and ends up ruining their quality time with family and friends. These unpleasant sensations occur because of injuries or muscular disorders to the body tissues resulting in physical and emotional reactions. Sometimes, pain comes to protect the body from danger, too.

Pain is usually classified into acute and chronic pain. Acute pain is a normal body reaction to an injury that serves as an early warning system when an injury occurs, and this kind of pain does not last very long. Chronic pain is the pain that persists for weeks or months.

The treatment of pain varies depending on the cause and overall health condition of the affected individual. **"Therefore, we need to completely understand of the types of pain, classification as well as comprehensive understanding on pain management based on empirical evidence from research or evidence-based results, so the treatment can be effective," says Moh. Ali Imron, Chairman of Ikatan Fisioterapi Indonesia (IFI). "Simply put, pain management is methods to prevent, reduce and stop pain sensations. There are two methods that can be used, drugs (analgesics) and physiotherapy."**

Ali says, with the proper pain management, pain can be reduced and even disappear, so that a person's quality of life can improve. One popular and scientifically proven method is the use of a modality called transcutaneous electrical nerve stimulation (TENS).

Pain treatment can be classified into non-medical or medical treatment. Medical treatment involves the use of drugs or supplements to treat pain (analgesics). But there are some people who prefer a natural way of treating pain without drugs consumption such as stretching, heat or ice applications.

Others search for alternative treatments including acupuncture, acupressure, chiropractic, and massage, as well as therapies that involve an electronic device such as TENS or Transcutaneous Electrical Nerve Stimulation. This therapy is also called electro thermal therapy since it uses electrical stimulation to reduce pain in short term.

**"One of the advantages of TENS is that it is very suitable for those who have high activities in their jobs or socially active despite pains in their bodies. TENS is very helpful in dealing with pain and people don't have to reduce the intensity of their activities," says Moh. Ali Imron. "In line with these advantages, a study found that in order to get TENS's benefits effectively, the intensity of stimulation on the pain area is a very determining factor, besides the fact that this tool is safe, affordable, and can be used in conjunction with other pain treatments."**

A TENS therapy is centralized on a battery-operated high-tech machine to generate low voltage electricity. It is connected to electrodes which are attached to patient. The patient feels tingling sensation on their skin.

The electric current mitigates the pain through the signals sent to spinal cord and brain, and this reduces the pain as well as relax patient' muscles. There is a possibility that the machine also stimulates the production of endorphins, human body's natural painkillers.

TENS may help patients mitigate their pain caused by many conditions such as arthritis, menstrual pain, and hip pain due to endometriosis, knees pain, neck pain, back pain, sport injury and sometimes to reduce labor pain. However, how good the machine works will depend on patients' individual condition.

**“Patients can get the machine without medical advices, but it will be better to consult properly with doctor or physiotherapist before using it. TENS is very beneficial in today’s fast-moving world since it is easy to use anytime, anywhere, and by anyone,” concludes Moh. Ali Imron.**

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