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# Pain Relief For Joint, Muscle And Nerve Pain, Drug Free Using TENS



## Synopsis

Recently updated to include Pain Relief for Post Op Total Knee Replacement. Thirty Years after being diagnosed with Type 2 Diabetes I found that I had developed Diabetic Peripheral Neuropathy. Never having heard of the condition before and finding that it was incurable, I spent many hours studying it and searching for some way to control the pain. I ran the usual gamut of pain relieving drugs, but the only one that worked also dulled my senses, and I had to find something else. This led me to the TENS unit, and after hiring one from the local pharmacy, experimenting with it, and finding that it did help, I purchased one, and did some serious testing and experimentation with it. Then another three, testing them out one at a time I soon discovered that there is a huge gap in PRACTICAL advice on the correct Placement of TENS Electrodes, and the various settings for the different pain conditions. Starting with recommended placements and TENS settings I experimented with different units, their settings and placements until I found the ideal solution for my two different types of pain, Peripheral Neuropathy and Sciatica. At the same time I had two knees which had gone past the time when they should have been reconstructed, but Queensland Health was in a bad state nine year ago, and still is, so I've developed a great pain relief method using my TENS, that really and truly works for me.

## Book Information

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## Customer Reviews

This book is great. I have searched the web for just electrode placement and have only gotten tiny bits and pieces of information with a lot of warnings and go "ask your doctor." This is the only book that I have found that gives you real solid basic info to use a tens unit. I want to send my thanks to the author for writing such a comprehensive and informative book. I recommend getting the paperback so you can keep it with your tens.

great used book with lots of knowledge

I have a TENS, which is an electrical nerve stimulation device, and have had to experiment with the placement of electrodes. The author wants to help and he does give you some basic information, but it's minimal. If you are truly confused about a TENS, the book will help a little.

I purchased 30-channels \$300 TENs unit which I use every other day for my muscle spasms. I love the stories in the book about using this device for treatment of peripheral neuropathy. I was able to share it with my patients and helped them to get the device.

It work

Clear and easy to understand

Finally, an easy to follow guide to help use a TENS unit.

This is a great book for anyone needing help with pain management. The TENS devices have done wonders for people. This book and it's clear, concise instructions and excellent illustrations make it easy for you to learn to adjust your TENS unit to manage your pain. I loved the numerous illustrations with the great descriptions of exactly what to do and how to adjust things, along with alternate options should you decide to do so. This is a complicated subject made simple by someone who has used TENS units for several years to manage his own pain and found multiple ways use it. I have little experience with TENS units, and was thrilled to see something so

straightforward in it's approach.

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