



The TensCare pain relief range provides safe, effective, drug-free pain relief for a wide range of chronic, acute and musculoskeletal pains. TensCare devices use clinically proven treatment methods including TENS, EMS and heat to relieve pain from conditions such as dysmenorrhea (period pain), endometriosis and fibroids, chronic pain such as migraine headaches, arthritis and fibromyalgia, and general and acute pain such as back pain, post-surgical pain and injuries.

What is TENS?

TENS stands for Transcutaneous Electrical Nerve Stimulation. TENS stimulates your body's own natural defences against pain. TENS is entirely safe and has been used successfully by thousands of pain sufferers.

How does TENS work?

TENS sends gentle electrical stimulation through the skin to provide pain relief in one of two ways:

Pain Gate and Endorphin Release.

Pain Gate: The pain gate works by releasing chemicals in the synapse at spinal level that inhibits transmission of pain signal. TENS stimulates the sensory nerves, which carry touch and temperature signals to the brain. These nerves go to the same connections in the spine as the nerves carrying pain. A strong sensory signal will block the pain signal travelling up the spine to the brain. This is known as closing the "Pain Gate" and takes effect quite quickly after the unit is switched on. When the pain gate is open, pain messages are sent to the brain, and we feel pain. When the pain gate is closed, these pain messages are blocked, and pain is not felt.

Endorphin Release: At low frequency settings, and slightly stronger outputs, TENS drives the motor nerves to produce a small repetitive muscle contraction. This is seen by the brain as exercise, and this promotes the release of endorphins - your body's own natural pain killer. The relief builds up and normally takes about 40 minutes to reach a maximum level which can last for hours after the machine is switched off.

TENS Applications

TENS is effective for pain relief from a very wide range of causes.

Musculoskeletal Pain

Joints: Osteoarthritis, rheumatoid arthritis, psoriatic arthritis, gout, spondylarthritis
Bones: Osteoporosis, osteopenia, associated fragility fractures, traumatic fractures, carpal tunnel syndrome
Muscles: Sarcopenia
Widespread: Fibromyalgia

Chronic Pain

Sciatica, lumbago, arthritic pain, migraine, constipation (back pain): osteoporosis, spinal stenosis, vertebral fracture, pinched/compressed nerve, ankylosing spondylitis and degenerative disc disease

Acute Pain

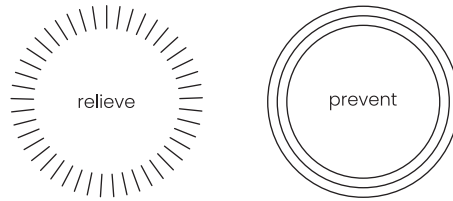
Sprains & strain, labour pain (childbirth)

Mynd

Migraine relief

Mynd uses clinically-proven TENS technology to stimulate branches of the trigeminal nerve for:

- Instant and effective relief during a migraine
- Reduce the frequency and intensity of future migraine episodes



Device Features:

- 40 intensity levels provide effective and comfortable level of stimulation
- Two programmes, one for treatment and one for prevention
- Reusable gel pads provide 3-5 applications per pad



Migraine relief

Clinically-proven electrotherapy device to treat the symptoms of migraine headaches and reduce the frequency of migraine attacks.

- There is no known cause for migraine, although most people with it are genetically predisposed to migraine.
- If you are susceptible to migraine there are certain triggers which commonly occur. These include stress, lack of food, alcohol, hormonal changes in women, lack of sleep and the environment.
- Scientists have found that the predisposition to the disease is inherited, through the female line.

Mynd uses TENS to alleviate migraines as well as pain from cluster & tension headaches.



Drug-free solution



Safe & effective



No severe side-effects





For instant, effective and lasting pain relief
 Suitable for a range of pains and ailments:









PerfectTENS General pain relief

Our best selling TENS device, Perfect TENS uses clinically proven treatment programmes to provide relief from chronic, acute and musculoskeletal pain.

Device Features:

- Pain Gate and Endorphin release pain relief mechanisms.
- 9 Pain Relief programmes including preset and adjustable programme settings.
- Adjustable treatment times, from 5 minutes to continuous treatment.



-  Knee pain
-  Back pain
-  Arthritis
-  Hip pain
-  Fibromyalgia
-  Sciatica
-  Postoperative pain
-  Sprains, tears and muscle strain

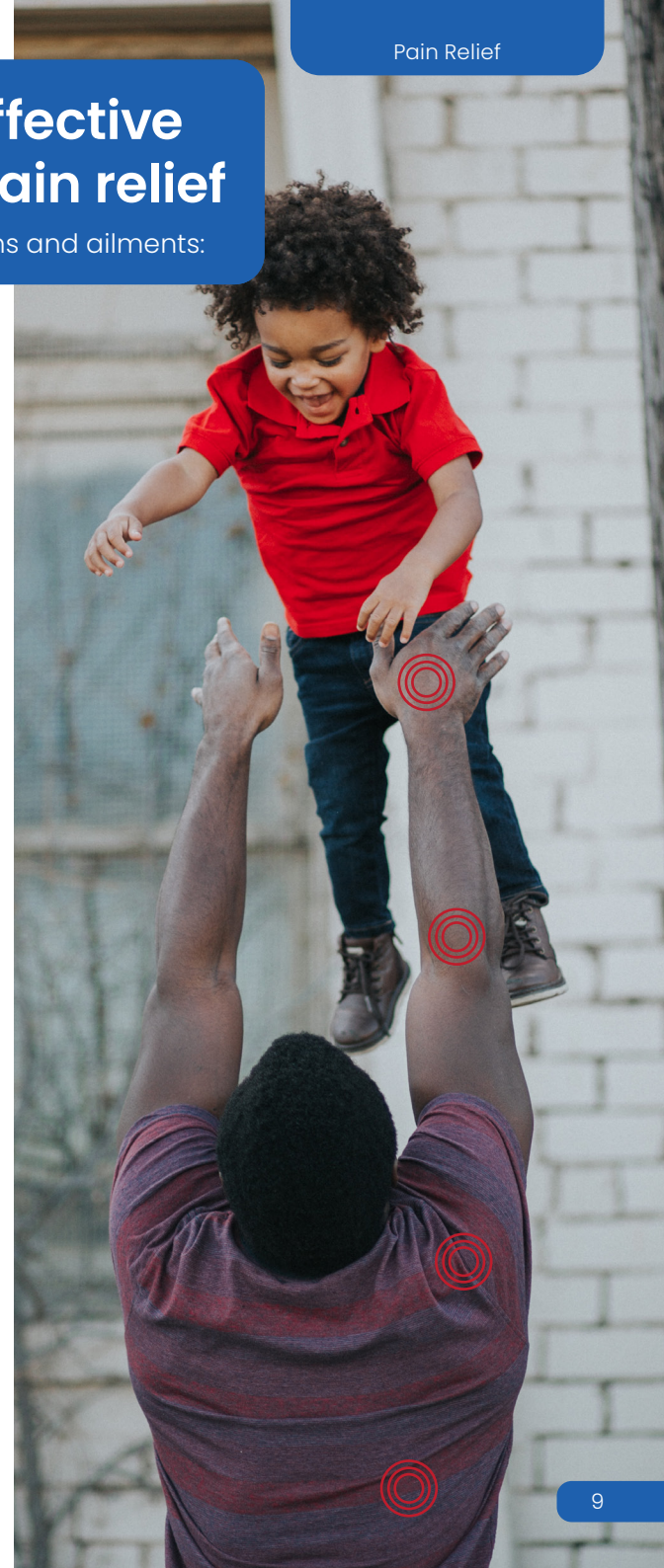


TENS One General pain relief

TENS One is a versatile TENS unit that provides complete adjustability in treatment parameters, allowing you to select the parameters that work best for you.

Device Features:

- Adjustable dials for precise adjustment in treatment parameters.
- Pain Gate and Endorphin release pain relief mechanisms.
- Constant, burst and modulation stimulation modes.
- Adjustable treatment times, from 15 minutes to continuous treatment.



Put an end to period pain

The Ova Period Pain Relief range offers clinically tested devices to treat symptoms of primary menstrual pain (dysmenorrhoea) and secondary menstrual pain due to conditions such as endometriosis, fibroids or pelvic inflammatory disease.



TENS, Heat, Massage Therapies

TENS

- Provides analgesic effect
- Relaxes uterus muscles
- Blocks pain signals
- Stimulates endorphin production for natural pain relief

Heat + Massage

- Increases blood flow
- Reduces muscle tension and relaxes abdominal muscles
- Soothes menstrual cramps
- Reduces bloating



Natural and drug-free solutions with no side effects



Instant and lasting pain relief



Suitable for endometriosis



Discreet and wearable, use at home or on-the-go



Recommended by healthcare professionals



Ova Therma Belt

The Ova Therma Belt provides soothing heat therapy and gentle massage to help you deal with the symptoms of period pain.



Device Features:

- Wearable, with an adjustable belt strap
- Adjustable heat and massage levels, 1-3



Ova+

Ova+ uses TENS technology to provide instant and lasting relief from period pain.



Device Features:

- Our best-selling period pain reliever
- Small and discreet, attaches by a belt clip.
- Variable TENS modes for all levels of pain



Ova 3

Ova 3 is the ultimate period pain relief device, combining TENS and soothing heat therapy to provide you instant and effective relief from menstrual cramps.



Device Features:

- Our newest period pain reliever.
- Combining TENS and Heat therapies
- Wearable with adjustable electrodes positioning



Wearable electrodes for targeted pain relief

Combine your TensCare device with conductive garment electrodes to treat pain in the hands knees and feet, in particular arthritic pain.

The iSock, iGlove and KneeStim use our innovative **Silver Stim Conductive Fabric Technology**



When combined with an adhesive electrode, it allows electrical stimulation to pass through the garment and provide targeted and effective treatment to either the foot, hand or knee.

Delivering electrical stimulation via the wearable garments helps to increase blood flow and mobility, reduce swelling and provide pain relief.



iSock

iGlove

Knee Stim

What's included



2 x Socks



2 x Gloves



1 x Knee Stim



Electrodes



Electrodes



Electrodes



Small & Large sizes



Small & Large sizes



One size

Suitable for:

- Ankle pain
- Arthritis in the foot
- Plantar fasciitis

- Wrist pain
- Arthritis in the hand
- Carpal tunnel syndrome

- Knee pain