

## CAN I USE ANY TYPE OF TENS MACHINE DURING LABOUR?

A specifically designed 'labour or obstetric' TENS unit allows you to increase and decrease the pulse rate of the TENS and operate on two settings: one for rest (between contractions) and one at a higher setting, for during a contraction.

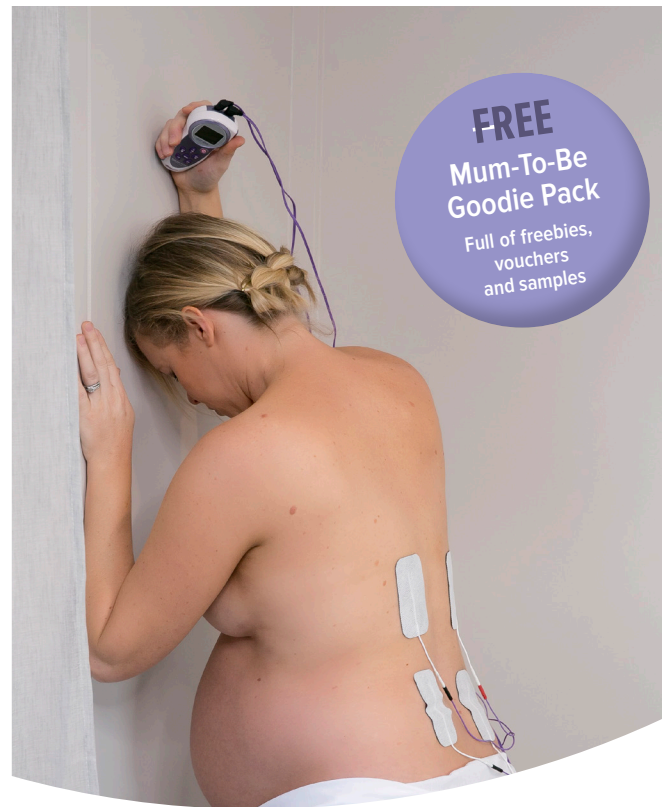
Regular TENS machines do not have this 'two-setting' feature. An Obstetric or Labour TENS has a BOOST button. When you feel a contraction coming on, you push the BOOST button to the higher setting, when your contraction subsides, you press the BOOST button again for the lower setting. During contractions the last thing you want to be doing is pushing up and down settings, which is why the BOOST button on an Obstetric TENS is so important.

We recommend you only use a good quality, reputable OBSTETRIC or LABOUR TENS for your labour. Pain relief during labour is not the time to cut costs and opt for cheaper options.



TENS was fantastic during early labour, which for me lasted 8 hours!

*Courtney*



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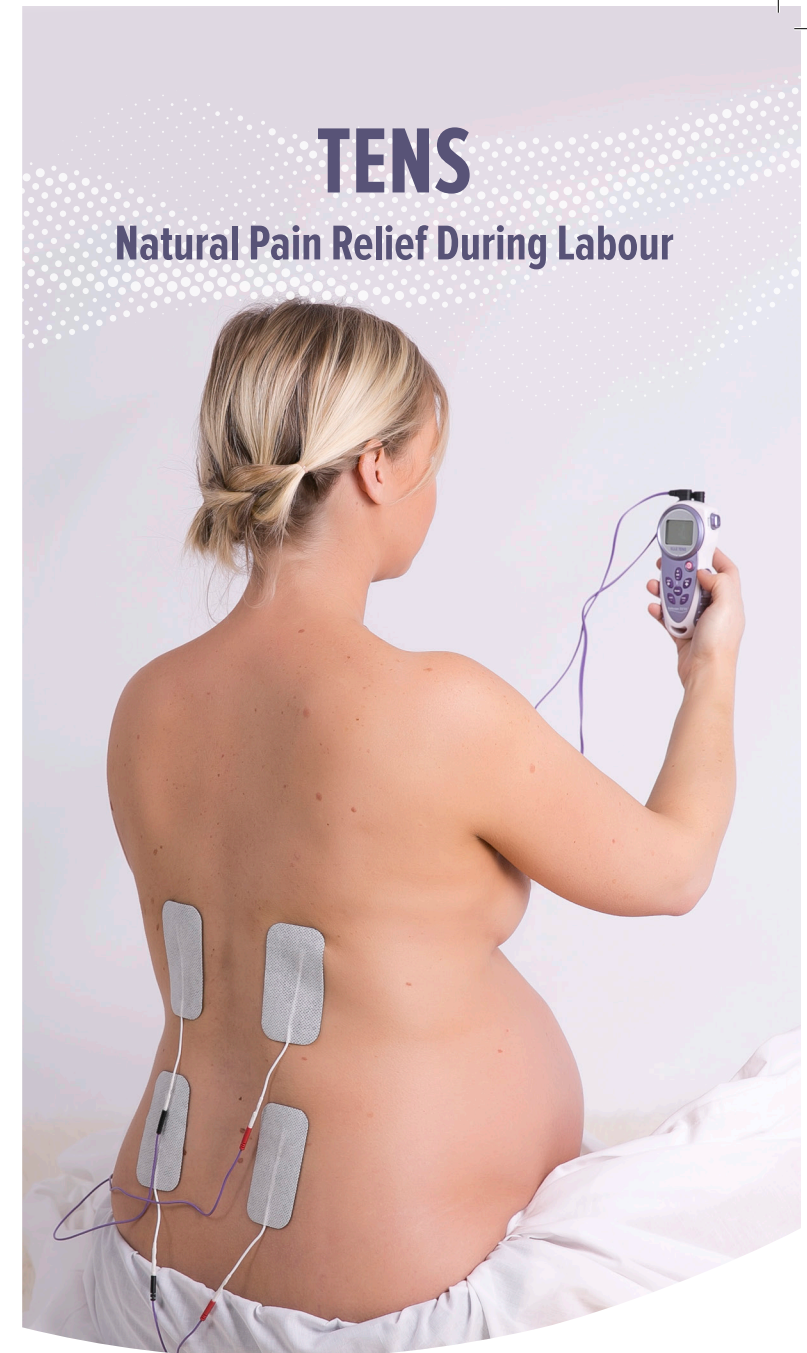
## TENS MACHINE HIRE \$69.99

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- FREE Mum-To-Be Goodie Pack of samples
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## TENS Natural Pain Relief During Labour

"During my unexpected and quick home-birth, TENS was my only source of pain relief. I'm not sure what I'd have done without it!"

*Melissa*

## WHAT IS TENS?

### TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION

A TENS unit is a small battery-operated machine that works by delivering small impulses to your body through four sticky electrode pads. The electrode pads are attached to your lower back during labour.

These small impulses flood the nervous system, reducing its ability to transmit pain signals to the spinal cord and brain.

TENS is one of the safest, most effective forms of modern pain control available to women during childbirth.

The treatment is widely approved and recommended by medical professionals and it allows you to experience a mobile, drug-free labour, with personal control over your pain relief.



“The TENS machine was a game-changer for me and helped significantly during my 56 hour labour!”

*Gabrielle*

## HOW DOES TENS WORK?

### TENS WORKS BY CHANGING HOW YOUR BODY PERCEIVES PAIN.

Essentially, it’s playing a ‘trick’ on your brain.

When you use TENS at a low-intensity level, it is working through the Gate Control Theory, which suggests there’s only a certain number of stimuli that can get through to your brain. In other words, there is a ‘gate’ that only lets so much sensory information through. So, with TENS, you’re flooding your brain with the sensory buzzing feeling so that the brain can’t perceive the pain from contractions as strongly.

When you ‘crank’ up the TENS (with the intensity on a higher setting), you are stimulating the body with another source of pain, which triggers your body to release its own natural pain-relieving hormones called endorphins, which act like your own natural morphine supply.

“TENS was the best suggestion ever for natural pain relief. I used it right through. A life-saver!”

*Dana*

## WHY TENS WORKS

### THE PAIN GATE THEORY

Melzack and Wall proposed the ‘Gate Theory’ in 1965, and it remains the most respected theory on pain perception. They showed that pain impulses could be overridden and the perception of pain could be altered.

Basically, the brain can only cope with a certain amount of information at once. For unknown reasons, probably linked to survival, sensation impulses from the nerves have priority over pain signals.

When TENS is used you feel this stimulation strongly and the sense of pain gets put to the ‘back of your mind’. You perceive the pain as less intense.

Also, endorphins are the body’s natural painkillers – TENS stimulates endorphin release helping reduce pain.

“I was in a slow-progressing labour for two days. TENS was my only pain relief”

*Jade*