

non-invasive  
pain management



**FreeMOM TENS  
PURCHASE ORDER**

Tens 'R' Us Pty Ltd ABN 64 130 096 949

**PLEASE USE BLOCK LETTERS**

**1. PERSONAL INFORMATION**

Please input the FreeMOM TENS Barcode

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20180419

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Suburb \_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_  
 Telephone No \_\_\_\_\_ Mobile No \_\_\_\_\_  
 Pre-natal Educator \_\_\_\_\_ Maternity Hospital \_\_\_\_\_  
 E-mail \_\_\_\_\_

**2. IMPORTANT DATES**

Warning: Women who have a heart condition or use a pace-maker, should consult their physician.

Application date	Your due date	Required date																		
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IMPORTANT - The FreeMOM TENS stimulator kit is usually supplied at week 37 to 38 of your pregnancy.

**3. PRODUCTS AND SERVICES**

FreeMOM TENS Purchase (Incl. GST) for the term of your	\$260.00
Labour Electrodes (No GST applicable).....	\$35.00
<b>Sub Total</b>	<b>\$295.00</b> <input checked="" type="checkbox"/>
Postage – When we SEND you the FreeMOM kit - Australia Post delivery services .....	\$15.00 <input type="checkbox"/>
<b>Sub Total</b>	<b>\$</b>

**4. OPTIONS** (refundable if returned not opened, used or damaged)

Please refer to additional options information on the reverse page

Back Pain or Pelvic Instability Butterfly Electrodes includes Clean-cote Skin Wipes and 9 volt battery.....	\$20.00 <input type="checkbox"/>
Neck and Shoulder Pain Electrodes includes Clean-cote Skin Wipes and 9 volt battery.....	\$20.00 <input type="checkbox"/>
<b>Total amount due</b>	<b>_____</b>

**5. TERMS AND CONDITIONS**

Please complete the application form including your credit card details or where applicable, attach your Money order (made out to TENS R US Pty Ltd) and mail, e-mail or fax the completed form to our office. Your FreeMOM TENS Kit including a user manual, educational DVD, FreeMOM TENS stimulator, Labour electrodes, After-birth electrodes, Alkaline batteries and Clean Cote Skin wipes, can either be sent to your nominated address or the kit may be collected directly from our office. Pre-natal advice should be sought prior to using any TENS Stimulators. The above prices may change without notice, please check our website for current prices.

**6. CREDIT CARD PAYMENT**

Card Number 

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 Expiry Date 

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Mastercard  Visa  Money Order  CVV / CVC 

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Please Debit my account for the sum of the selected items outlined above \$ \_\_\_\_\_

Card holders name (as shown on card) \_\_\_\_\_

Cardholder's signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

 TELEPHONE 1300 913 129	 FACSIMILE 1300 913 149	 MAIL 7 / 2 CENTRAL AVE MOORABBIN VIC 3189	 ONLINE www.tensaustralia.com	 e-MAIL info@tensaustralia.com
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# FreeMOM TENS PAIN MANAGEMENT SYSTEM

FreeMOM TENS Labour Pain Management System is endorsed by the Childbirth and Parenting Educators of Australia Inc (CAPEA)



## Back Pain in the lead up to labour?



Butterfly Electrodes (Refer to Section 4 - Options)

During your pregnancy you may experience back pain or discomfort requiring you to seek relief.

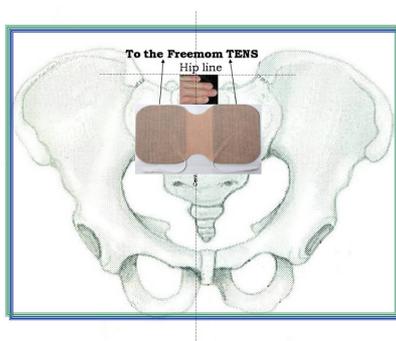
The FreeMOM TENS is used to relieve this pain. The Electrodes (shown above) are placed over the site of the pain (on the back) and connected to the FreeMOM TENS and switched on for a period of 1 hour. The TENS is then switched OFF with the electrodes left on the skin. The relief that you will experience may last from 1 to 4 hours. You are able to repeat the procedure as required throughout the day.

At the end of the day, the electrode must be removed and the location washed with water. It is advisable to apply some moisturising cream after removing the electrode. This protocol may be repeated on a daily basis. The Butterfly electrode is applied from 37 weeks onwards. The electrodes can be used from an earlier date (if required) but it is recommended that you discuss their use with your health professional adviser prior to 37 weeks gestation.

The electrodes are supplied with a separate 9V Alkaline Battery and protective skin wipes to keep the FreeMOM Kit complete for use during Labour.

## Do you have Pelvic instability ?

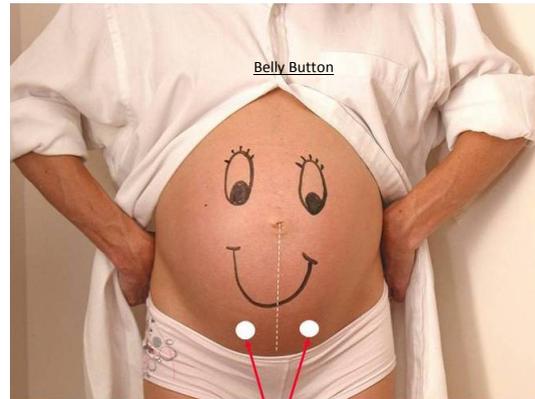
The Butterfly electrodes are used for Pelvic Instability pains and are placed on each side of the spine approx. 8 to 10 cm. below the waist line. Additional information is available on the website.



## 'Afterbirth' Pains following delivery?

(Afterbirth Electrodes supplied within the FreeMOM Kit)

After delivery, breastfeeding stimulates the release of hormones that promote the contraction of the uterus. The contraction of the uterus may cause discomfort (in the form of cramping pain). If the pain is excessive, the feeding mother will become tense thus reducing the flow of milk to the baby. The use of the FreeMOM TENS for pain relief after delivery may therefore improve breast feeding.



### Placement of the After-birth Electrodes

Applying the FreeMOM TENS Pain Management System.

## Shoulder or Neck tension during 'Breast-feeding' ?



Oval Electrodes (Refer to Section 4 - Options)

Mothers have reported that they experienced tension in their shoulders or neck during breastfeeding or while carrying the baby for extended periods. They used the FreeMOM TENS connected to the Oval electrodes (shown above).

By placing the electrodes across the shoulders on each side of the neck, your shoulder and neck stress may be reduced and provide comfort.

**For all of the above applications DO NOT press the boost button but simply turn up the Amplitude control to a strong but comfortable sensation level.**