



What is TENS & EMS?

TENS is an acronym for Transcutaneous Electrical Nerve Stimulation and is a method of therapy whereby electrical pulses are sent through your skin to activate nerve endings, effectively blocking the pain pathways to your brain. The concept is similar to taking a pain-killer, except that where drugs block pain chemically, TENS can block it mechanically. This is highly significant as it means you can now reduce pain and the need for some medication. Often pain medications come at a significant price, both financially and with side-effects to your health.

EMS is an acronym for Electrical Muscle Stimulation, and is effective against the weakening or atrophy of muscles, usually caused by trauma, surgery or long periods of inactivity. This is more common than we would normally think. Our modern lifestyles and over-sitting cause many of our muscles to go completely unused, or misused, causing muscles to weaken, stiffen or inflame, which can all lead to significant atrophy and pain. With EMS, these weakened muscles can be stimulated, increasing their strength, and improving your health and endurance. Our Unimed massage device come equipped with both TENS and EMS technology. TENS and EMS work together effectively to reduce pain, stimulate healthy muscle function and tone. Both therapy techniques, alongside their qualities of stimulating muscles and blocking pain, also stimulate your brain to release endorphins. Endorphins are the “feel-good” chemical of the brain, which can aid in relaxation and boosting emotional state and mood.



TENS & Alternative Therapies

Alternative therapies like massage, acupuncture and acupressure have all shown great results in the area of pain management, particularly when related to muscles. Essentially, all three practices involve the application of pressure to the muscles, thus relieving aches and pains. In massage, human or mechanical forces are used to rub and knead muscles to relieve built up tension. In acupuncture, thin needles are used to prick muscles in certain points, again with the aim to relieve built up tension. Acupressure is based on the same principles as acupuncture, but instead of using needles, pressure is applied with the human hand.

Apart from just feel good relaxation and pain relief, all three modalities also come with long lists of other health benefits. One common benefit found across these therapies is the improving of circulation. This one benefit in itself results in a range of many other health benefits, like increasing energy levels, easing digestion, improving skin tone and elasticity, and boosting overall organ health, just to name a few. Another common benefit of these modalities is that they are all said to boost mood. Massage, acupuncture and acupressure are all completely natural ways to decreasing stress, anxiety and depression, while improving emotional stability and mood. In fact, being completely natural, they are forms of therapy that are side effect free.