



The book was found

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

File Size: 2003 KB

Print Length: 58 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 11, 2013

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B00DWJZ2P4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #374,029 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #54

in Â Â Kindle Store > Kindle eBooks > Medical eBooks > Pharmacology > Pain Medicine #213

inÃ Â Books > Medical Books > Pharmacology > Pain Medicine #249 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

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.

[Download to continue reading...](#)

Pain Relief for Joint, Muscle and Nerve Pain, Drug Free Using TENS Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) The Permanent Pain Cure: The Breakthrough Way to Heal Your Muscle and Joint Pain for Good (PB) (NTC Self-Help) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Relief from Carpal Tunnel Pain and Other Nerve Entrapment Syndromes Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Beginner's Guide to Sciatica Pain Relief: A Concise Guide to Pain Relief & Spinal Cord Anatomy Muscle building box set: Ectomorph:How to Pack on as Much Muscle as Possible in the Shortest Time,The 10 Best Ever Muscle Building Technique,30+ Bulking Recipes,3x books in one , The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain Deadly Medicine: Why Tens of Thousands of Heart Patients Died in America's Worst Drug Disaster It's Not Just Growing Pains: A Guide to Childhood Muscle, Bone and Joint Pain, Rheumatic Diseases, and the Latest Treatments Tennis Ball Self Massage: Stop Your Muscle and Joint Pain Trigger Point Therapy: Stop Muscle & Joint Pain Naturally with Easy to Use Trigger Point Therapy(Myofascial Massage, Deep Tissue Massage, Foam Rolling, ... Massage) (Natural Health Solutions Book 3) Harvard Medical School The Joint Pain Relief Workout: Healing exercises for your shoulders, hips, knees, and ankles (Harvard Medical School Special Health Reports)

Contact Us

DMCA

Privacy

FAQ & Help