



BROSTROM PHYSICAL THERAPY

~MONTHLY NEWSLETTER~

November 2019

T.E.N.S. Units

From the desk of: Amy Waltz, PT, MPT, CLT

Transcutaneous Electrical Nerve Stimulation, otherwise known as TENS units, are one of many types of electrical stimulation techniques that are used to control pain. TENS units use pulsed electrical current that travels through surface-stimulating electrodes on the skin to depolarize, or stimulate, nerve fibers in order to provide relief of pain.

There are various theories as to how exactly TENS units control pain. One theory is called the Gate Theory. This theory hypothesizes that there is a neural mechanism in our spinal cord that can act as a gate. This gate either opens or closes to allow signals from outside the spinal cord to get to the brain. TENS unit frequencies interfere with these pain signals being sent to the brain via the spinal cord, and this helps to block pain signals from getting to the brain by closing the gate.

A second theory as to how a TENS unit works is called the Endorphin Release Theory. This theory suggests that the TENS unit impulses help to stimulate the production of natural morphine-like substances from the brain called endorphins. This in turn blocks the pain signals from reaching the brain.

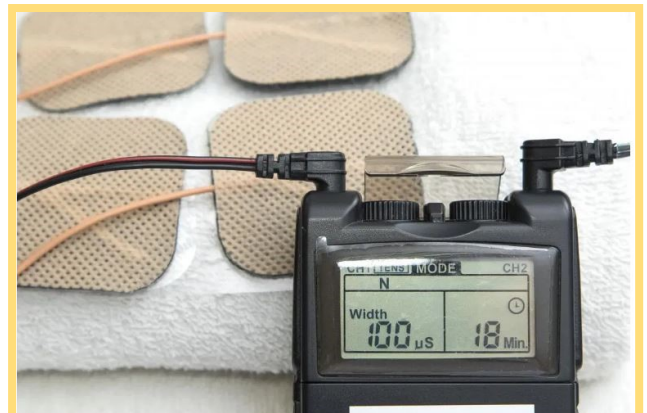
Transcutaneous Electrical Nerve Stimulation was first patented in 1974 and has evolved to become portable, battery operated units with two or more electrodes. The benefits of TENS units are that they are a noninvasive way to control pain and they can be used by individuals at home without side effects and for a relatively low cost. These units allow an individual to change the pulse width, or duration, frequency, and intensity of the signals sent by the TENS unit to appropriately treat different types of pain.

TENS units are safe for most individuals but are not recommended for use by those persons with cardiac pacemakers or pregnant women. It is advised that you seek professional advice, such as from a physical therapist, to learn proper settings, placement of electrodes, and frequency of use in order to optimize the pain relief gained through its use. Some insurance plans do cover the cost of a TENS unit with a valid prescription from a physician.

Quote of the Month:

"I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder."

- G. K. Chesterton



Recipe of the Month: Creamy Chicken Fajita Pasta

Yield: 6 **Cooking time:** 30 minutes
Preparation time: 10 minutes

Ingredients:

- 12 oz. rotini pasta
- 3 boneless skinless chicken breasts (about 1 & 1/4 lb.)
- Kosher salt
- 2 Tbsp. extra-virgin olive oil
- 3 medium bell peppers stemmed, seeded, and cut into 1/2" strips
- 2 (1.12-oz.) McCormick fajita seasoning mix
- 1 & 1/2 cup half and half
- 1/4 cup freshly chopped cilantro

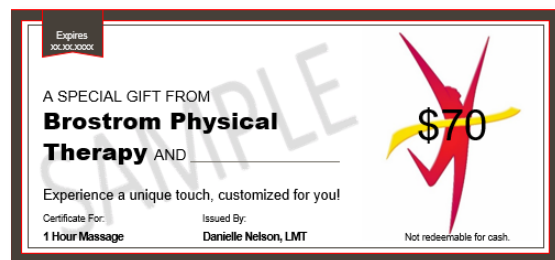
Directions:

1. In a large pot of boiling salted water, cook pasta according to package directions. Drain and set aside.
2. On a plate, season chicken with salt. In a large skillet over medium heat, heat oil. Add chicken and cook until golden and cooked through (5-6 minutes per side). Transfer to a work surface and let rest while you cook the vegetables.
3. Add bell pepper and red onion to skillet and cook, tossing occasionally, until tender, about 5 minutes. Turn off heat.
4. Slice chicken into strips and return to skillet with vegetables. Sprinkle in fajita seasoning mix and toss to coat.
5. Return skillet to medium-high and add pasta and half and half. Cook, stirring, until mixture is combined and heated through, about 2 minutes. Remove from heat and stir in cilantro.

Recipe credit to: <https://www.delish.com/cooking/recipe-ideas/a29371364/creamy-chicken-fajita-pasta-recipe/>

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Give your friend or loved one the **gift of a therapeutic massage** from our very own licensed Massage Therapist, Danielle Nelson!

Gift certificates are available at the following time lengths and price ranges:
30 minutes = \$40 • 60 minutes = \$70 • 90 minutes = \$100

See Danielle or a member of the front desk team for additional details!

Brostrom Physical Therapy

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