

**ELECTRO-MEDICAL (EM) THERAPY SERIES**

*Part one of four*

**ELECTRIC CURRENT (EC) THERAPY**

**INTRODUCTION**

To maximize relief and recovery from IPS, it is advisable to employ one or more electro-medical (EM) therapies. All persons with IPS are highly encouraged to try a variety of EM therapies. These are to be used as an adjunct, or add-on to your medical treatment.

There are two basic types of EM therapies:

**ADMINISTRATION OF CURRENTS OR ENERGY**

Electric current  
Electromagnetic energy

**EXTRACTION AND MOBILIZATION OF BODY ELECTRICITY**

Water/Mineral soaks  
Acupuncture  
Magnets/Copper

**ELECTRIC CURRENT DEVICES**

Electric current therapy is probably the best known of the EM therapies as the general public is aware of transcutaneous electrical nerve stimulators (TENS UNITS). Electric currents (EC) are comprised of electrons and protons. Electromagnetic energy is different. It consists of sub-atomic particles. The implanted intraspinal canal stimulator is a relatively new device. Electric currents used for medical therapy vary, like light bulbs, in power and frequency. One advance is called "micro current." This is a low power frequency in which the current can be transmitted through the earlobe or scalp to hopefully treat headaches or central pain. Multiple currents of various powers and frequencies are now combined in products and devices such as "Calmare®." These new innovative devices with multiple currents usually bring a superior result compared to a single current device.

**HOW ELECTRIC CURRENTS WORK**

Electric currents act primarily by an "anesthetic effect," much like a local anesthetic such as lidocaine. They anesthetize nerves or spinal cord nerve roots and provide temporary pain relief. Electric current therapy in some cases, however, may bring about long-term pain relief because electric currents sometimes reset electrical conduction of nerves.

**THERAPEUTIC TRIALS**

Electric current therapies can be very helpful when combined with a 3-component medical protocol. Unfortunately, only a therapeutic trial will tell you which electric current therapy will help you. Many self-help TENS UNITS are available for at-home use, and they should be tried. All persons who have IPS from a stroke or traumatic brain injury should consider a trial with micro-current therapy.

**TREATMENT FREQUENCY**

If you find an EC device that gives you relief, don't use it every day. As with drugs, you may become tolerant, and the device will become ineffective. Give at least a day between treatments.

*Published as a public service by the  
Intractable Pain Syndrome Research & Education Project of the **Tennant Foundation**  
4931 W. Central, Wichita, KS, 67212 Phone: 626-919-7476 Fax: 316-260-4077*

*E-mail: [tennantfoundation92@gmail.com](mailto:tennantfoundation92@gmail.com) [www.arachnoiditishope.com](http://www.arachnoiditishope.com) [www.intractablepainsyndrome.com](http://www.intractablepainsyndrome.com)*

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