














Condition	Description	Electrode Sites
Achilles Bursitis	A musculoskeletal pain around the achilles tendon. If it is persistent and there is no on-going inflammation, a great deal of comfort can be provided by Acticare TSE	On the back (T1/T12).
Acute Pain	 Acute pain is a pain that has only just started. If it is undiagnosed, the patient should see a doctor before trying Acticare TSE. This term is sometimes used by patients to describe severity of long standing pains. There is no need to advise patient to see a doctor in this instance.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Angina	 Pain arising from the heart when there is insufficient circulation to the heart. It is unlikely pain from this condition can be relieved by Acticare TSE but it may be worth a try.	N/A
Ankle Pain	If the pain is persistent it should do well with Acticare TSE. Both ankles can be treated simultaneously.	On the back (T1/T12).
Ankylosing Spondylitis (AS)	A painful chronic inflammatory condition of the spine. Acticare TSE may be able to treat these pains when the condition has settled.	On the back (T1/T12).
Arachnoiditis	Arachnoiditis occurs when the membranes around the spinal cord are inflamed. It is unlikely pain from this difficult condition can be relieved by Acticare TSE but it may be worth a try.	On the back (T1/T12).
Arm Ache or Pain	If persistent, should do well with Acticare TSE.	On the neck.
Arthritis	Arthritis is a condition where there are changes that can be seen on X-ray. There are two major types: wear-and-tear (e.g. osteoarthritis) and inflammatory arthritis (e.g. rheumatoid arthritis). The pains of wear-and tear usually responds well to Acticare TSE ; but the pains of inflammatory arthritis respond less so – but it may be worth a try in addition to all the medication and other forms of treatment the patient may be receiving.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Atypical Facial Pain	A difficult pain in the face to treat but Acticare TSE is worth a try.	On the neck.
Back Pain	Well worth while treating this with Acticare TSE.	On the back (T1/T12).
Baker's Cyst	Cyst behind the knee usually associated with rheumatoid arthritis - a difficult pain to treat but Acticare TSE is worth a try.	On the back (T1/T12).
Bicipital Tendonitis	A musculoskeletal pain in the origin of the biceps muscle in the shoulder region – well worth treating with Acticare TSE.	On the neck.
Brachial Plexus	 There are number of severe pains associated with nerves as they enter the arm, particularly after radiotherapy, chemotherapy and road traffic accidents – it is unlikely Acticare TSE will help but it may be worth a try.	On the neck.
Brain Tumour	 A cancer in the head. Provided the specialist has been consulted and all other forms of medication and relief are maintained Acticare TSE may bring additional benefit in terms of pain relief. But should be used only under advice of the doctor.	On the neck.
Bunion	Bunion pain affects the big toe. The pain is usually reduced by Acticare TSE so the patient can walk better.	On the back (T1/T12).
Bursitis	Bursitis is a condition where there is thought to be inflammation in various regions around a joint that often respond to Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Buttock Pain	Buttock pain is usually a referred pain from the upper lumbar region – it is well worth while treating this with Acticare TSE.	On the back (T1/T12).

Condition	Description	Electrode Sites
Cancer	 Cancer occurs when cells of the body become malignant and start producing tumours which press on nerves or other structures to cause pain and may spread by forming metastases in other parts of the body particularly lung, liver and spine. Provided the specialist has been consulted and all other forms of medication and relief are maintained Acticare TSE may bring additional benefit in terms of pain relief. This should however only be used under the guidance of a doctor.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Cardiac Pacemaker	 A Pacemaker is an implanted electronic device intended to stabilise the patients heart rhythms, Acticare TSE may interfere with this device and therefore should not be used.	N/A
Carpal Tunnel Syndrome	Carpal tunnel syndrome - a nerve trapped in the hand usually released by an orthopaedic or hand surgeon – Acticare TSE may relieve some of the distress, but will not restore function to the hand.	On the neck.
Causalgia	 Causalgia is a severe burning nerve pain, unlikely to do well with Acticare TSE but worth a try after consulting doctor.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Central Pain	 Central pain is pain arising from within the spinal cord or brain – unlikely to do well with Acticare TSE as an intact central nervous system is required for its beneficial effects.	N/A
Cervical Hyperextension Injury (Whiplash)	Cervical (neck) hyperextension injury (whiplash) are neck pains that follow Road Traffic Accidents on the whole they should respond to Acticare TSE.	On the neck.
Cervical Sprain	Cervical sprain or sprained neck is well worth while treating with Acticare TSE.	On the neck.
Cervix Pain	Cervix (gynaecological) pain is usually associated with inflammation and unlikely to respond to Acticare TSE but may be worth a try, provided the cause has been investigated.	On the back (T1/T12).
Chest Wall Pain	A pain in the upper chest that feels like a heart attack but is actually coming from the muscles in the chest wall whose nerve supply comes from the neck. It usually does well with Acticare TSE provided a doctor has excluded a heart condition.	On the neck.
Cholecystectomy Pain	Pains that persists after removal of the gallbladder may well respond to Acticare TSE.	On the back (T1/T12).
Chondromalacia Patella	Pain associated with worn out cartilage under the knee cap. Acticare TSE is unlikely to treat this pain but is worth a try.	On the back (T1/T12).
Chronic Fatigue Syndrome (M.E.) (Myalgic Encephalomyelitis)	 The patient has widespread aches and pains and is sometimes so ill they have to spend a good deal of the day in bed: the pains do sometimes respond to Acticare TSE but not usually the fatigue.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Chronic Pain	Chronic pain is one that has persisted for a long time. If it started with an injury it can continue to persist even though the injured tissues have healed and the pain they originally caused would have been expected to have subsided. In the absence of any on-going disease chronic pain is maintained by activities of the nervous system particularly in the spinal cord. This common condition afflicting 40% of the population is treatable with Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.

Condition	Description	Electrode Sites
Circulation Problems	Circulation problems occur when there is an insufficient blood supply – there is a possibility that some of these pains might respond to Acticare TSE: it would be advisable to make sure your doctor knows that you are going to try Acticare TSE so he/she can monitor your progress.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Cluster Headache	Cluster headache is normally a one-sided headache that comes on suddenly, sometimes associated with a drooping eyelid or red watery eye. It is extremely painful and normally affects men. It is unlikely to respond to Acticare TSE but might be worth a try.	On the neck.
Collapsed Vertebra	Vertebrae in the spine collapse usually associated with osteoporosis. At first this pain is very severe but after three months it begins to subside to a lower level. At this stage Acticare TSE can help reduce the pain still further, but it may be worthwhile trying it earlier on.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Compartment Syndrome (Shin Splints)	Sports injury - whilst running muscles can swell up inside a 'compartment' in the leg. A difficult pain to treat but may be worth a try using Acticare TSE.	On the back (T1/T12).
Constipation	Not relieved by Acticare TSE.	N/A
Crohn's Disease	This is an inflammatory bowel disease and the pains are not helped by Acticare TSE.	N/A
Curvature of the Spine (Scoliosis)	Musculoskeletal pain associated with a curved spine. The pain from this condition can be relieved by Acticare TSE.	On the back (T1/T12).
Deep Vein Thrombosis DVT 	Thrombosis of the veins in the leg. Acticare TSE does not treat this pain. A doctor should be called as a matter of urgency.	N/A
Degenerative Arthritis	Degenerative changes occur in the joints when there is wear-and-tear – the pain may be treated by Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Disc Conditions	Disc conditions in the spine may be called bulging discs, degenerated discs, herniated discs, narrowed discs, prolapsed discs, slipped disc: the pain from all of these can be treated by Acticare TSE in addition to any other beneficial treatment.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Discectomy	Discectomy is an operation when disc(s) are removed. Even though the operation was successful, pain may remain and this may respond to Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Dysphagia	Difficulty in swallowing does not respond to Acticare TSE. A doctor should be consulted.	N/A
Ear Ache	Consult your doctor to ensure the pain is not caused by an infection. If the pain is persistent then pains associated with earache should be treatable with Acticare TSE. A great deal of comfort can be provided in addition to any other beneficial treatment. Both ears can be treated simultaneously.	On the neck.
Elbow Pains	Elbow ache or pain is usually a musculoskeletal pain that should respond to Acticare TSE.	On the neck.
Embolism 	Embolism is a blocked artery and the pain from this is not relieved by Acticare TSE. A doctor should be consulted as a matter of urgency.	N/A

Condition	Description	Electrode Sites
Epilepsy 	Epilepsy is a contraindicated condition and Acticare TSE should not be used.	N/A
Erythromelalgia	Erythromelalgia is a circulation problem causing burning pains in feet and hands which can be relieved by Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Eye Pains	Eye pains require an Eye Specialist opinion as these may be associated with glaucoma or infection and would be unlikely to respond to Acticare TSE. Pains associated with headaches or migraine do respond well to Acticare TSE.	On the neck.
Facet Joint	Facet joint (arthropathy) indicates the joints in the spine are affected by wear-and-tear – the pain can be relieved by Acticare TSE.	On the back (T1/T12).
Fibroids	Fibroids are benign swellings in the uterus which are usually relieved by surgery but further relief may be provided by Acticare TSE.	On the back (T1/T12).
Fibromyalgia	Fibromyalgia is a condition where pain comes from muscles, their linings (fascia) and structures around joints such as ligaments. Usually responds well to Acticare TSE if it is confined to one or two regions of the body – but if it is much more widespread (pain here, there and everywhere) less relief from Acticare TSE is to be expected, but still worth a try.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Fibrositis	Fibrositis or tenderness in muscles is usually relieved by Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Foot or Feet pain	Foot or feet pain should do well with Acticare TSE. Both feet can be treated simultaneously.	On the back (T1/T12).
Fracture	Fracture pain that persists long after a fracture is usually relieved by Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Fractured Vertebra	Fractured vertebra is usually caused by osteoporosis. At first, the pain is very severe but after three months it begins to subside to a lower level. At this stage Acticare TSE can help reduce the pain still further but it may be worthwhile trying earlier on.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Frozen shoulder (Adhesive Capsulitis)	The linings around the shoulder joint thicken and limit the movement of the shoulder. If the pain is in the persistent phase it should gradually be relieved with Acticare TSE. A great deal of comfort can be provided in addition to any other beneficial treatment, and the shoulder movements should gradually improve over time.	On the neck.
Gallstone	Gallstone pain should be relieved by surgery but whilst waiting it could be eased to some extent by Acticare TSE. If chronic pain persists after surgery, then Acticare TSE should be helpful.	On the back (T1/T12).
Gluteal Pain	Buttock pain - usually a referred pain from the upper lumbar region - is well worth while treating with Acticare TSE.	On the back (T1/T12).
Golfer elbow (Medial Epicondylitis)	A musculoskeletal condition on the inside of the elbow which is usually relieved by Acticare TSE.	On the neck.


Condition	Description	Electrode Sites
Gout	Gout is a severe inflammation of the joints that does not respond to Acticare TSE in the acute stage but pains that persist afterwards may be partially relieved by Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Groin Injury	If it is persistent the pain is treatable with Acticare TSE. A great deal of comfort can be provided in addition to any other beneficial treatment	On the back (T1/T12).
Haemophilic Arthropathy	Bleeding into a joint or muscle causes severe pain. In the acute stages, the severe pain is beyond the reach of Acticare TSE but the pain that persists may be partially relieved.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Hand Pain including Thumb and Fingers	Hand pain including thumb and fingers usually does well with Acticare TSE.	On the neck.
Head Injury	During recovery from a head injury Acticare TSE may well provide relief of pain.	On the neck.
Headache	Usually headaches do well with Acticare TSE especially if there are tender neck or jaw muscles.	On the neck.
Heart Attack	 Acticare TSE does not treat the pain of this condition. A doctor should be consulted as a matter of urgency.	N/A
Heartburn	Pain associated with acid in the oesophagus which is felt in the chest. It is best treated with medication but sometimes persistent heartburn may respond to Acticare TSE.	On the back (T1/T12).
Heel Pain	Heel pain (sometimes associated with a calcaneal or heel spur) is well worth while treating with Acticare TSE. Both heels can be treated simultaneously.	On the back (T1/T12).
Hernia - Hiatus Hernia Inguinal Hernia Scrotal Hernia Umbilical Hernia	Protrusions of the bowel through muscles surrounding the abdomen. Provided no further surgery is required, persistent pains associated with hernia repair may respond to Acticare TSE.	On the back (T1/T12).
Herniated Discs	Disc conditions in the spine may be called bulging discs, degenerated discs, herniated discs, narrowed discs, prolapsed discs, slipped disc. The pain associated with changes in the discs should be treatable with Acticare TSE. A great deal of comfort can be provided in addition to any other beneficial treatment.	On the back (T1/T12).
Herpes Zoster (Shingles)	A nerve pain or neuralgia which can usually be relieved by Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Hiatus Hernia	The stomach is pressed upwards into the chest and causes considerable discomfort usually in the back of the chest when lying down at night. Although the condition itself is not altered by Acticare TSE the distress and discomfort it causes can be relieved.	On the back (T1/T12).
Hip Pain	Depending on how severe the underlying wear-and-tear. In the early stages it is well worth while treating this with Acticare TSE – both hips can be treated simultaneously; but if surgery is indicated Acticare TSE is less likely to do well as the condition has become more severe.	On the back (T1/T12).





DO NOT USE - CONTRAINDICATED



ONLY USE ON DOCTOR'S ADVICE

Condition	Description	Electrode Sites
Infection	Infection – pains caused by infection such as abscesses and cellulitis are not easily relieved by Acticare TSE.	N/A
Injury or Trauma	Injury (or trauma) pain that persists after an injury is usually relieved by Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Insomnia	Medically proven to improve mood and aid relaxation.	On the back (T1/T12).
Intercostal Pain or Neuralgia	Intercostal pain or neuralgia is a pain associated with the rib cage - well worth while treating with Acticare TSE.	On the back (T1/T12).
Intermittent Claudication	 Intermittent claudication is a lack of circulation in the legs and is normally treated by vascular surgery. It is very unlikely Acticare TSE will bring relief.	N/A
Irritable Bowl Disease	Distressing visceral pains often associated with diarrhoea and other abnormal bowel movements. These pains are not easily relieved by Acticare TSE, but may be worth a try.	On the back (T1/T12).
Ischial Bursitis	Ischial bursitis is a pain in the buttock that makes it difficult to sit on a chair - well worth while treating with Acticare TSE.	On the back (T1/T12).
Jaw Ache	Jaw ache may do well with Acticare TSE.	On the neck.
Knee Pain - Cartilages (meniscus) Cruciate Ligaments Medial and Lateral Collateral Ligaments Patellofemoral Quadriceps	Knee pain, in the early stages, particularly if orthopaedic surgeons do not want to operate, is well worth while treating with Acticare TSE. Both knees can be treated simultaneously.	On the back (T1/T12).
Labour Pain	At present there is insufficient evidence to recommend Acticare TSE as a relief for labour pain, but if pains persist after giving birth it could well provide relief. We do not recommend for use during pregnancy since safety for the unborn baby has not been established.	On the back (T1/T12).
Laminectomy	Laminectomy is an operation on the spine to remove anything that is putting pressure on the nerve roots. This relieves problems caused by the compressed nerve. Pain that persists after surgery may well respond to Acticare TSE.	On the back (T1/T12).
Lateral Epicondylitis (Tennis Elbow)	A musculoskeletal pain in the elbow which usually does well with Acticare TSE.	On the neck.
Leg Pain	Chronic leg pain is well worth while treating with Acticare TSE.	On the back (T1/T12).
Leg Shortening	Leg shortening or lengthening is usually due to tenderness in muscles in the back and hip region. It usually relieved by Acticare TSE, so the legs become equal in length.	On the back (T1/T12).
Legs Restless	Legs cannot get comfortable and are always on the move - usually musculoskeletal. This condition can be relieved by Acticare TSE.	On the back (T1/T12).



Condition	Description	Electrode Sites
Ligamentous Pain	When a ligament has been injured it can remain persistently tender. If it is persistent the distress should be treatable by with Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Loin Pain	Loin pain provided it is musculoskeletal and not of kidney origin may well respond to Acticare TSE.	On the back (T1/T12).
Low Back Pain	Low back pain can be caused by a great number of conditions. The pain is usually relieved by Acticare TSE.	On the back (T1/T12).
Lumbago	Lumbago is another word for low back pain and usually does well with Acticare TSE.	On the back (T1/T12).
Lumbar Prolapse	Lumbar prolapse means a disc has prolapsed – may do well with Acticare TSE.	On the back (T1/T12).
Lumbar Spondylosis	Lumbar spondylosis means wear-and-tear changes in so many discs and joints of the spine that surgery is not usually practicable. Pain relief by Acticare TSE given at any time in addition to any other medication, acupuncture, physiotherapy, massage, chiropractic, osteopathy etc will lead to a more normal life.	On the back (T1/T12).
Lumbarisation	Lumbarisation is a rare condition where some of the lumbar vertebrae are fused together from birth – the resulting pain can be relieved by Acticare TSE.	On the back (T1/T12).
Mastectomy Pain	Pains that persists after surgery to the breast are sometimes very complex in origin but may respond to Acticare TSE.	On the back (T1/T12).
ME (Myalgic Encephalomyelitis) (Chronic Fatigue Syndrome)	 M.E. (myalgic encephalomyelitis) or chronic fatigue syndrome – this is a patient who has widespread aches and pains and is sometimes so ill they have to spend a good deal of the day in bed: the pains do sometimes respond to Acticare TSE but not usually the fatigue.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Mechanical Low Back Pain	Mechanical low back pain occurs when coughing and other movements cause severe pain in the back. This is not an easy condition to treat but may respond to Acticare TSE.	On the back (T1/T12).
Medial Epicondylitis (Golfer's Elbow)	A musculoskeletal condition on the inside of the elbow which is usually relieved by Acticare TSE.	On the neck.
Meningitis	The coverings of the brain are infected and such pain is not relieved by Acticare TSE; but during the months of recovery when persistently recurring headaches may be present Acticare TSE should be helpful.	On the neck.
Meralgia Paraesthetica	Meralgia Paraesthetica (lateral femoral nerve cutaneous neuropathy) is a severe nerve pain in the upper thigh, very difficult to treat, but may get some relief from Acticare TSE.	On the back (T1/T12).
Metastases	 Metastases (secondaries) refers to cancer that has spread and provided the doctor knows and all other forms of medication and relief are maintained Acticare TSE may bring additional benefit in terms of pain relief. Should only be used under supervision of a clinician.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Migraine	Migraine a debilitating headache that may be associated with photophobia, vomiting and visual changes – it is often relieved by Acticare TSE.	On the neck.
Migraine (Classical)	Classical migraine this is a migraine where the patient has a one-sided headache that causes vomiting, photophobia and visual changes – it should do well with Acticare TSE.	On the neck.
Migraine (Common)	Common migraine this is a migraine on both sides of the head, there may or may not be visual changes, photophobia or vomiting - it should do well with Acticare TSE.	On the neck.



DO NOT USE - CONTRAINDICATED



ONLY USE ON DOCTOR'S ADVICE


Condition	Description	Electrode Sites
Migrainous Neuralgia (Cluster Headache)	Migrainous neuralgia (or cluster headache) is a headache that comes on suddenly associated with a red watery eye and is very painful. Normally affects men. It is unlikely to respond to Acticare TSE but might be worth a try.	On the neck.
Mittleshmerz	Mittleshmerz is a severe gynaecological pain that happens in mid-cycle – unlikely to respond to Acticare TSE, but may be worth a try.	On the back (T1/T12).
Morton's Metatarsalgia	Morton's Metatarsalgia (interdigital neuralgia of the foot) is a pain in the ball of the foot. The pain should respond to Acticare TSE. Both feet can be treated simultaneously.	On the back (T1/T12).
MS (Multiple Sclerosis)	 This is a neurological condition affecting many parts of the central nervous system. As the nervous system itself is damaged it is unlikely that Acticare TSE will be helpful but may be worth trying under doctor's guidance.	Consult your doctor
Muscle Injury	A muscle may remain tender long after it has been injured, usually responds well to Acticare TSE	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Muscle Tension	Muscle tension usually does well with Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Musculoskeletal Pain	Musculoskeletal pain (myofascial pain) is a pain that comes from muscles, their linings (fascia), and structures around joints such as ligaments – usually respond well to Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Myofascial Pain	Myofascial pain is another term for musculoskeletal pain. Pain that comes from muscles, their linings (fascia), structures around joints such as ligaments usually respond well to Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Neck Pain	Neck pain usually does well with Acticare TSE.	On the neck.
Neoplasm	 Neoplasm is another word for cancer. This occurs when cells of the body become malignant and start producing tumours which press on nerves or other structures to cause pain and may spread by forming metastases in other parts of the body particularly lung, liver and spine – and provided the doctor knows and all other forms of medication and relief are maintained Acticare TSE may bring additional benefit in terms of pain relief.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Nerve Entrapment	Nerve entrapment takes place when a nerve is compressed. The pain can be relieved by Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Neuralgia	Neuralgia means a nerve pain but some patients use the term to indicate any type of pain. Can do well with Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.



DO NOT USE - CONTRAINDICATED



ONLY USE ON DOCTOR'S ADVICE



Condition	Description	Electrode Sites
Neuropathy	Neuropathy is a nerve pain often associated with diabetes, where you get a burning pain in your feet or elsewhere. The pain can respond to Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Night Cramps	Night cramps often respond to Acticare TSE.	On the back (T1/T12).
Obstetric Pain	Obstetric pain is the pain involved in giving birth. At present there is insufficient evidence to recommend Acticare TSE as a relief for labour pain, but if pains persist long after giving birth it could well provide relief. Not recommended during pregnancy.	On the back (T1/T12).
Occipital Neuralgia	Occipital neuralgia is a pain felt at the back of the head; should do well with Acticare TSE.	On the neck.
Oesophagitis	Inflammation of the oesophagus is unlikely to do well with Acticare TSE.	N/A
Osteoarthritis	Osteoarthritis (OA) is a musculoskeletal condition that has produced wear-and-tear (degenerative) changes in the joints that show up on X-ray. In weight bearing regions such as the knee and hip, the pain is difficult to relieve when the patient is getting up and walking – but at rest Acticare TSE helps relieve the pain. In the upper parts of the body, where there is less weight-bearing, particularly the neck and thoracic spine osteoarthritic pain is easier to relieve with Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Osteoporosis	Osteoporosis is a condition in which the skeleton contains a smaller total quantity of bone tissue than normal. It only causes pain when a vertebra or other bone fractures or collapses. At first this pain is very severe but after three months it begins to subside to a lower level. At this stage Acticare TSE can help reduce the pain still further, but it may be worthwhile trying it earlier on.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Ovarian Pain	Usually an inflammatory pain arising from the ovaries. Is unlikely to do well with Acticare TSE without specialist advice.	N/A
Painful Legs and Moving Toes	Painful legs and moving toes should respond to Acticare TSE.	On the back (T1/T12).
Pancreatic Pain	Recurring inflammation of the pancreas. In the acute pancreatitis phase Acticare TSE will not be of much help but there are reports by members of the Pancreatic Society that it is of considerable relief for the pain that persists in between attacks of pancreatitis.	On the back (T1/T12).
Paratendonitis	Inflammation around tendons (usually achilles) can do well with Acticare TSE	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Parkinsons Disease	 Parkinson's Disease – many of the pains associated with this disease may not be helped by Acticare TSE as the nervous system itself is affected; but musculoskeletal pains that can occur at the same time will be relieved.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Pelvic Pain	Pelvic pain or Pelvic Inflammatory Disease (PID) is usually a gynaecological condition due to adhesions (scar tissue) and endometriosis - the pain might respond to Acticare TSE but doctor or gynaecologist should be informed.	On the back (T1/T12).
Perineal Pain	Perineal pain refers to pains in the 'lower regions' the scrotum, base of the penis in men and the labia in women – very difficult to treat, often thought to be psychological, but worth a try with Acticare TSE.	On the back (T1/T12).





DO NOT USE - CONTRAINDICATED




ONLY USE ON DOCTOR'S ADVICE

Condition	Description	Electrode Sites
Period Pain	Although hormone treatment is usually the best way forward, additional relief can be provided by Acticare TSE .	On the back (T1/T12).
Peripheral Neuropathy	Peripheral neuropathy is a nerve pain often associated with diabetes where you get a burning pain in your feet or elsewhere – the pain can respond to Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Peritonitis	Pains associated with an infection or inflammation of the linings of the abdomen. The pains of an episode of peritonitis are not relieved by Acticare TSE and need urgent referral to a general surgeon. Any chronic pains that persist afterwards may be relieved.	N/A
Persistent Pain	Persistent (chronic) pain is a pain that has lasted a long time – usually responds to Acticare TSE. If it started with an injury it can continue to persist even though the injured tissues have healed and the pain they originally caused would have been expected to have subsided. In the absence of any on-going disease chronic pain is maintained by activities of the nervous system particularly in the spinal cord. This common condition afflicting 40% of the population is treatable with Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Phantom Limb Pain	Phantom pain is a pain following amputation and you feel your absent foot or hand is in a very odd position and hurting – very unlikely to respond to Acticare TSE but worth a try.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Plantar Fasciitis	Plantar fasciitis is a musculoskeletal pain in the sole of the foot – it should do well with Acticare TSE.	On the back (T1/T12).
Polymyalgia Rheumatica	Polymyalgia rheumatica is a condition where muscles are inflamed in many regions of the body that is relieved by steroids – it is unlikely that it will respond to Acticare TSE.	N/A
Post Operative Pain	Pains that persists after surgery may well respond to Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Post Viral Fatigue Syndrome (ME) 	Post-viral fatigue syndrome (M. E. - myalgic encephalomyelitis or chronic fatigue syndrome). This is a patient who has widespread aches and pains and are sometimes so ill they have to spend a good deal of the day in bed: the pains do sometimes respond to Acticare TSE but not usually the fatigue.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Post-Herpetic Neuralgia (Shingles)	Pain that persists after an attack of shingles may well respond to Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Pregnancy 	We do not recommend that Acticare TSE should be used during pregnancy since safety for the unborn baby has not been established.	N/A
Pre-Menstrual Pain (Period Pain)	Pre-menstrual pain in the breasts can be relieved by Acticare TSE. Pain in the pelvis may be associated with gynaecological conditions such as endometriosis and is unlikely to respond to Acticare TSE but may be worth a try.	On the back (T1/T12).

Condition	Description	Electrode Sites
Prolapsed Disc Injury	The disc is disrupted and may be pressing on nerve structures. The pain from all of this can be treated by Acticare TSE in addition to any other beneficial treatment.	On the back (T1/T12).
Pseudogout (Calcium Pyrophosphate Deposition Disease) CPPD	Calcium is laid down in the vicinity of joints (usually the shoulder) causing an intense inflammatory pain. Acticare TSE is unlikely to treat this pain but is worth a try.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Psoriatic Arthropathy	Psoriatic arthropathy is an inflammatory form of arthritis in patients suffering psoriasis. The pain is difficult to relieve by Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Pulmonary Embolism	 Pain in the chest from a pulmonary embolism needs urgent referral to a doctor, but if after the acute episode has been treated and chronic pains persist in the recovery phase provided that the doctor agrees then they may be relieved by Acticare TSE.	On the back (T1/T12).
Quadratus Lumborum	Quadratus lumborum pain is a musculoskeletal condition that causes referred pain to the loin, low back and buttock – usually does well with Acticare TSE.	On the back (T1/T12).
Radiculopathy	Radiculopathy is caused by compression of the nerve roots usually relieved by Surgery. Acticare TSE may help relieve the pain.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Ramsay Hunt Syndrome	Ramsay Hunt syndrome (shingles in the region of the ear) – the pain may be relieved by Acticare TSE.	On the neck.
Raynaud's Syndrome	Raynaud's disease is a condition affecting the circulation in the hands, and feet. There is a chance that the pain might be relieved by Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Rectal Pain	Pain in the rectum – if pains persist despite specialist referral, pains may be relieved by Acticare TSE.	On the back (T1/T12).
Reflex Sympathetic Dystrophy	Reflex sympathetic Dystrophy (RSD) following injury, the limb becomes painful. The skin becomes exquisitely sensitive to light touch, loses its hair and becomes blue with cold – the ligaments contract and the bones in the limb become osteoporotic. This condition would be very unlikely to respond to Acticare TSE but may be worth a try.	On the neck, if pain is in the upper limbs; but on the back (T1/T12) if pain is in the legs.
Repetitive Strain Injury	Repetitive Strain Injury (RSI), Cumulative Trauma Disorders (CTDs), Work-Related Upper Limb Disorders (WRULDs), and Occupational Overuse Injuries – upper limbs become painful following repetitive tasks. Acticare TSE should provide benefit.	On the neck.
Rest Pain (Legs)	A pain, usually in the legs, due to circulation problems and is unlikely to respond to Acticare TSE.	N/A
Rheumatoid Arthritis	Rheumatoid arthritis (RA) is an inflammatory form of arthritis in patients where the joints become swollen and distorted. The pain is difficult to relieve by Acticare TSE except in a quiescent phase when the joints are no longer hot.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.

Condition	Description	Electrode Sites
Rib Pain	The pains of bruised or fractured ribs usually takes six weeks to settle but they do usually respond to Acticare TSE.	On the back (T1/T12).
Road Traffic Accident (RTA)	Road Traffic Accident (RTA) produces pains of all kinds particularly musculoskeletal and in general should respond to Acticare TSE which has the advantage of treating several areas simultaneously.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Rotator Cuff	Pain associated with the muscles and linings of the shoulder joint which usually responds to Acticare TSE.	On the neck.
Sacralisation	Pain in the lower back can be associated with a condition where the fifth lumbar vertebra joins the sacrum - should do well with Acticare TSE.	On the back (T1/T12).
Sacro-iliac Joint Pain	Pain in the lower back associated with ligaments in the sacro-iliac region - can be treated by Acticare TSE.	On the back (T1/T12).
Sciatica	Sciatica is pain that begins in the hip and buttocks and continues all the way down the leg. This condition is often accompanied by low back pain. Acticare TSE usually reduces the pain whether or not the sciatic nerve is compressed.	On the back (T1/T12).
Scoliosis (Curvature of the Spine)	Scoliosis occurs when the spine develops a curvature - the pain from this conditions can be relieved by Acticare TSE.	On the back (T1/T12).
Shin Splints	Sports injury - whilst running muscles can swell up inside a 'compartment' in the leg. A difficult pain to treat but may be worth a try using Acticare TSE.	On the back (T1/T12).
Shingles (Herpes Zoster)	A nerve pain or neuralgia which can usually be relieved by Acticare TSE	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Shoulder Pain	Shoulder pain usually responds well to Acticare TSE.	On the neck.
Sinusitis	A pain that usually starts with infection that requires antibiotics or, if very severe, surgery but chronic pains can persist in the absence of infection when it may respond well to Acticare TSE. Consult your doctor to be sure that no infection persists.	On the neck.
Spinal Stenosis	 A neurological condition where the spinal canal is narrower than it should be to the extent it may be crushing the spinal cord – this makes it more difficult for Acticare TSE to produce relief as it requires a fully functioning spinal cord – but is worth a try.	On the back (T1/T12).
Spondylolisthesis	Spondylolisthesis and spondylolysis are conditions where one lumbar vertebra is not receiving the support it needs and slips forwards or backwards on the one below. Lumbar supports help this kind of pain. The pain gets worse towards the end of the day due to fatigued muscles trying to support the spine. Acticare TSE may well be helpful when the patient is trying to relax in the evening, and if given early morning before going out may help the patient walk further.	On the back (T1/T12).



Condition	Description	Electrode Sites
Spondylosis	Spondylosis means wear-and-tear changes in so many discs and joints of the spine that surgery is not usually practicable. It is cervical spondylosis in the neck, or lumbar spondylosis in the lumbar region. Pain relief by Acticare TSE given at any time in addition to any other medication, acupuncture, physiotherapy, massage, chiropractic, osteopathy etc will lead to a more normal life.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Sports Injury	Musculoskeletal pain associated with injury or overuse in athletes. It produces aches and pains in almost any part of the body and should respond well to Acticare TSE	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Stiffness	Stiffness is a form of pain and can be treated by Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Strain (Sprain)	Strain or sprain is musculoskeletal pain that should respond well to Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Stress	Medically proven to improve mood and aid relaxation.	On the back (T1/T12).
Stump Pain	This is the pain coming from the end of the limb that remains after amputation – a difficult pain to treat but well worth a try from Acticare TSE.	On the neck, if pain is in the upper limbs; but on the back (T1/T12) if pain is in the legs.
Subachromial Bursitis	Subachromial bursitis is a shoulder pain that usually responds well to Acticare TSE.	On the neck.
Subdeltoid Bursitis	Subdeltoid bursitis is a shoulder pain that usually responds well to Acticare TSE.	On the neck.
Supraspinatus tendonitis	Supraspinatus tendonitis is a shoulder pain that usually responds well to Acticare TSE.	On the neck.
Temporomandibular Joint Dysfunction (TMJ)	Temporomandibular Joint Dysfunction (TMJ) is a chronic jaw ache that may well respond to Acticare TSE provided it is not associated with Rheumatoid arthritis.	On the neck.
Tendonitis (Tenosynovitis)	Tendonitis is where the linings of the tendons become inflamed and swollen – unlikely that Acticare TSE will help but worth a try.	On the neck, if pain is in the upper limbs; but on the back (T1/T12) if pain is in the legs.
Tennis Elbow	A musculoskeletal pain on the outside of the elbow which usually does well with Acticare TSE.	On the neck.
Tenosynovitis (Tendonitis)	Tenosynovitis is where the linings of the tendons become inflamed and swollen – unlikely that Acticare TSE will help but worth a try.	On the neck, if pain is in the upper limbs; but on the back (T1/T12) if pain is in the legs.
Tension Headache	Tension headache should do well with acticare TSE, unless there is a psychological cause.	On the neck.
Testicular Pain	Testicular pain is usually due to inflammation but can be a musculoskeletal pain referred from the lower thoracic region and respond well to Acticare TSE. A doctor should be consulted particularly if it is a recent pain.	On the back (T1/T12).
Thalamic pain	 A neurological condition causing pain which does not respond to Acticare TSE as the pain is due to a condition in the brain itself.	N/A



DO NOT USE - CONTRAINDICATED



ONLY USE ON DOCTOR'S ADVICE

Condition	Description	Electrode Sites
Thoracic Outlet Syndrome	This is usually a musculoskeletal condition that may be causing compression of nerves entering the arm and may well respond to Acticare TSE.	On the neck.
Thoracotomy Pain	Pains that persists after surgery to the chest may well respond to Acticare TSE.	On the back (T1/T12).
Tic Doloureux (Trigeminal Neuralgia)	A nerve pain on one side of the face which is considered to be the most painful condition there is. Well worth trying Acticare TSE.	On the neck.
Toes Moving or Painful	Toes moving or painful – should respond well to Acticare TSE.	On the back (T1/T12).
Toothache	If there is nothing further a dentist can do, Acticare TSE may well provide relief for persistent toothache.	On the neck.
Transverse Myelitis	Transverse myelitis is a neurological condition that affects the spinal cord. Acticare TSE does not treat this condition.	N/A
Trapped Nerve	Trapped nerve pains may well be relieved to some extent by Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Trauma or Injury	Trauma or injury pain that persists after an injury is usually relieved by Acticare TSE.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Traumatic Avulsion of Nerve Roots	Nerve roots have been torn out of the spinal cord in the neck usually as a result of a motor cycle accident. Most unlikely to be helped by Acticare TSE.	N/A
Trigeminal Neuralgia (Tic Doloureux)	A nerve pain on one side of the face which is considered to be the most painful condition there is. Well worth trying Acticare TSE.	On the neck.
Trochanteric Bursitis	Trochanteric bursitis – pain in the hip – may well be relieved by Acticare TSE.	On the back (T1/T12).
Tumour	 Provided the specialist has been consulted and all other forms of medication and relief are maintained Acticare TSE may bring additional benefit in terms of pain relief but only use under doctor's guidance.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Twelfth Rib Syndrome	Pains in the abdomen referred from the rib cage – may well be relieved by Acticare TSE.	On the back (T1/T12).
Ulcerative Colitis	An inflammatory bowel condition which is not relieved by Acticare TSE.	N/A
Varicose Ulcer	 Breakdowns in the skin on the legs are caused by circulatory problems and pain may be helped by Acticare TSE.	On the back (T1/T12).
Wear-and-Tear (Osteoarthritis)	This expression refers to osteoarthritis and pains usually respond to Acticare TSE especially in non-weight bearing regions such as the neck.	On the neck, if pain is the head, neck upper limbs or upper chest; but on the back (T1/T12) if pain is in the lower chest, abdomen, back, pelvis, or legs.
Whiplash (Cervical Hyperextension Injury)	Neck pains usually following Road Traffic Accidents. On the whole whiplash injuries respond well to Acticare TSE.	On the neck.
Wrist Pain	Wrist pains usually do well with Acticare TSE.	On the neck.