

## ActiCare TENS and TSE unit for pain relief

**ActiCare** is a robust handheld TENS unit which has the added feature of TSE (Transcutaneous Spinal Electroanalgesia). TSE is claimed to act directly on the pain nerves in the spinal cord and produce longer lasting pain relief. The effects of TSE take longer to start but last much longer.

This compact unit (65 x 95 x 35 mm) has a very powerful output and, because this uses quite a lot of battery, it is supplied with four rechargeable batteries and a charging cradle - battery costs are negligible.

There are more than enough programmes to choose from in this unit and these are very easily selected using the front panel display.

The eight TENS modes are pre-set to the best pain-relief parameters established by clinicians over many years. Two High Frequency TENS

(HFT) modes are also included. Although these are not commonly provided in TENS units they can be very effective on stubborn pain. The three TSE modes are also well worth a trial. Of the eight users we interviewed only one person had found TENS better - the rest gave TSE glowing reports. And, if these 13 powerful modes were not enough, there is further potential for experimentation within the Advanced Therapy Mode. This mode is really only for doctors and therapists with electrotherapy experience and is unlikely to help any more with back pain than the TENS, TSE and HFT.

**ActiCare** comes packed in a smart carrying bag with everything required. The user instruction book is clearly and concisely written and very easy to follow. It does need to be followed though to learn how to use the unit to its fullest and get the results we experienced.

Although one of the more expensive TENS units, Acticare is considered by the BackCare Product Panel to be exceptional value for money given that it provides 13 well proven pain relief programmes and costs very little to run. Well worth the investment!

VAT exception applies to all TENS when purchased to treat a long term chronic condition. These products are available from [www.care4backs.com](http://www.care4backs.com) or by post, with your contact details and cheque, payable to BackCare North Yorkshire, from:

BackCare, North Yorkshire  
Regional Network  
Suite 6, Community House  
46/50 East Parade  
Harrogate  
North Yorkshire  
HG1 5RR.  
Tel: 01423 503700 ext 25  
Email: [backcarenorth@aol.com](mailto:backcarenorth@aol.com)