

## 1 TREATMENT, 3 WAYS

# TSE

Electrical stimulation of the spine has long been used to control pain. Now, a powerful new therapy, Transcutaneous Spinal Electroanalgesia (TSE), can help with more severe conditions

### SHOULDER TENSION

#### Caroline Harrison

40, business development director from Somerset

After a riding accident left her with a broken collarbone at the age of 18, Caroline suffered

pain and stiffness in her shoulder. She regularly took painkillers, but driving and playing sport still left her in agony.



Two years ago, my shoulder had become so stiff and painful that my doctor said I may need surgery to reset my collarbone. I didn't want this and I poured my heart out to a colleague. She offered to lend me her Acticare machine. This is a small box that has two wires coming out of it with pads connected to the ends. You put one pad on your neck and one lower down your spine, and short electrical pulses suppress pain signals in your spinal cord. Once I'd connected the pads, I felt a tingling sensation, and my muscles felt as though they were relaxing. After just four sessions the pain in my shoulder had gone. Now I only need to use it occasionally.

### OSTEOARTHRITIS

#### June Chaffey

60, hospital administrator from Gloucester

June thought her groin pain was caused by a skiing accident, but an X-ray in March 2004 revealed she had osteoarthritis and needed a hip replacement. Then a hospital consultant where she works suggested she try Acticare.



I was in agony during the time I was waiting for my hip operation. Luckily I work in a care team at my local hospital, and one of the consultants there offered to lend me an Acticare machine. She normally used it on cancer patients to help control their pain. When I tried it, I couldn't believe how much relief I felt. It sent a pulsing sensation down my back and made the pain bearable. It was like a TENS home nerve-stimulation unit but more powerful. Because it was so good, I bought my own, and by wearing it 24 hours a day I could even go on another skiing holiday before having my op. I had my hip replaced in May last year, and now I feel fine.

### LOWER BACK PAIN

#### Eva Soteriou

40, restaurant manager and mum-of-three from Bristol

Giving birth to three large babies left Eva with severe lower back pain. After years of taking painkillers and having chiropractic treatment, she met a physiotherapist who lent her an Acticare machine.



After I gave birth to my son, Michael, 18 years ago, my back was so painful I struggled to walk. But I returned to work in catering three months later, cooking and lifting heavy objects. The pain got worse, until last year I fell down the stairs and my back went completely. I saw a physiotherapist, who used an Acticare machine on me. My back immediately felt better, and I could walk easily. I borrowed the machine, and after several months of using it I'm pain free.

#### FURTHER INFORMATION

To find out more about TSE, visit [www.acticare.com/medical/learnmore.asp](http://www.acticare.com/medical/learnmore.asp).