

Can Tens Unit be used for Low Back Pain during Pregnancy?

Mir TH* and Awwad M

*Department of Medicine, UT Southwestern Medical center, Dallas, Texas

Received: 13 Oct 2019

Accepted: 01 Nov 2019

Published: 07 Nov 2019

***Corresponding to:**

Tasaduq Hussain Mir, Department of Medicine, UT Southwestern Medical center, Dallas, Texas, United States, E-mail: tasaduq.mir@utsouthwestern.edu

1. Bottom Line

TENS unit can be an effective and safe tool to use during pregnancy for low back pain [Level of evidence 2]

Based on a prospective study that included a total of 79 subjects (≥ 32 gestational weeks) with VAS score of ≥ 5 were randomly divided into a control group (n = 21) and three treatment groups [exercise (n = 19); acetaminophen (n = 19); TENS (n = 20)]. Prior to intervention participants were evaluated for pain using visual analog scale (VAS) pain scores. The VAS and the Roland-Morris disability questionnaire (RMDQ) were completed before and 3 weeks after treatment to assess the impact of pain on daily activities.

2. Study Design: Randomized controlled trial (non-blinded)

3. Funding: Not disclosed

4. Setting: Out-patient

5. Allocation: Concealed

6. Synopsis

TENS unit has been used as a great modality for back pain relief for some time now but whether it can be used for low back pain while pregnant is a clinical question that is still debated in literature. Based on this study, participants were divided into two major groups (intervention and non-intervention). The study found that pain increased in non-intervention group whereas there was significant pain relief in intervention group [1]. Pain intensity increased in 57% of participants in the control group (non-intervention), whereas pain decreased in 95% of participants in the exercise group and 100% participants in the acetaminophen and TENS groups. Post-treatment VAS and RMDQ values were significantly lower in the treatment groups ($p < 0.001$). VAS and RMDQ scores indicated a significantly greater degree of pain relief in the TENS group than in the exercise and acetaminophen groups ($p < 0.001$). No adverse effect of TENS application on pregnant women was observed during the study.

References

Keskin EA1, Onur O, Keskin HL, Gumus II, Kafali H, Turhan N et al. Transcutaneous electrical nerve stimulation improves low back pain during pregnancy. *Gynecol Obstet Invest.* 2012; 74: 76-83.

Citation: Mir TH, Can Tens Unit be used for Low Back Pain during Pregnancy?. *The New American Journal of Medicine.* 2019; 1(1): 1.

©2019 Mir TH. This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and build upon your work non-commercially