

5. Will Either EMS or TENS Help with Healing an Area?

Research shows that both TENS and EMS help increase circulation to an area. Increased circulation can help with healing.

In addition, if a TENS unit decreases your pain, it may enable you to perform exercises that can help with healing. For this reason, we decided to show you at least one exercise to perform when using a TENS unit on a specific pain problem.

For example, when using a TENS unit for controlling wrist pain, we will also demonstrate how to perform wrist flexion, extension, and circumduction.