



MADE IN
FRANCE



MY CONNECTED THERAPY

Therapeutic recommendations
for using actiTENS



SUBLIMED

This guide of therapeutic recommendations is designed to support patients in their therapeutic education. For the treatment to be as effective as possible, it is recommended that you consult a healthcare professional for advice on how to position the electrodes.

actiTENS is a transcutaneous electrical neurostimulation medical device designed for pain treatment in adults and is intended for people over the age of 18 who have intellectual capacity.

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PROGRAMMES

actiTENS is operated through a smartphone app that allows you to choose from a wide number of stimulation programmes and to save all the information recorded from the stimulation treatment sessions.

- P1 Gate Control 100Hz
- P2 Gate Control 80Hz
- P3 Endorphinic
- P4 Mixed
- P5 Sequential
- P6 HAN Stimulation
- P7 2Hz Burst
- P8 Frequency modulation
- P9 Muscle stimulation (non-medical)
- P10 Massage
- P11 Friction
- P12 Sensitive areas



The principle of TENS

Transcutaneous Electrical Nerve Stimulation (TENS), commonly known as **TENS**, is a drug-free method of pain relief. It consists in sending low intensity electrical pulses close to the area of pain through electrodes placed on the skin.

TENS is a medical approach commonly used to relieve acute and chronic pain. There are two modes of action:

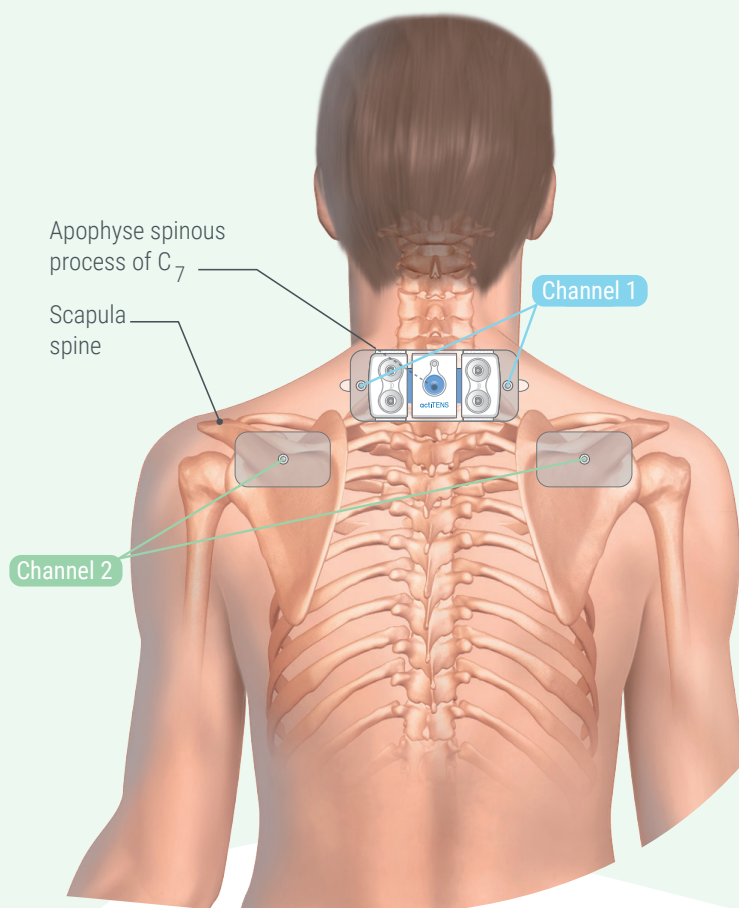
- **Gate Control** is based on the principle of inhibiting the pain signal. While using the TENS, this signal is replaced by a tingling sensation. This sensation short-circuits the pain signal at the spinal cord and prevents it reaching the brain.
- **Endorphin stimulation** promotes an increased production of endorphins. Endorphins are pain-killers that are naturally secreted in the body. This increase in endorphins causes a general analgesic effect. TENS in endorphinic mode produces a sensation of small beats.



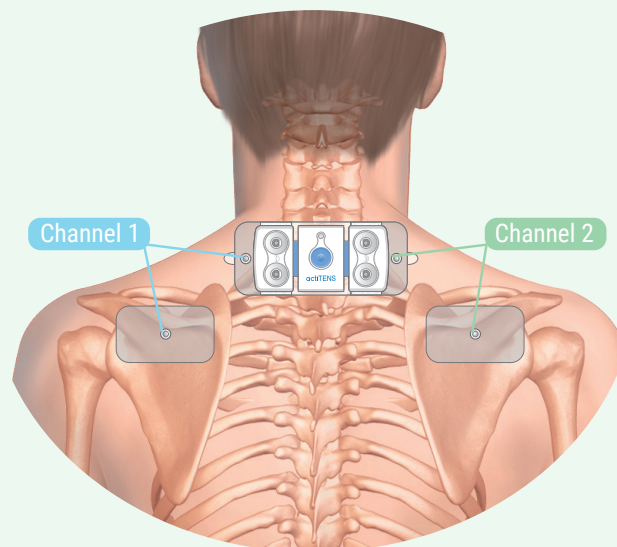
CERVICALGIA

Cervicalgia is a sharp pain in the neck that can radiate to the shoulder, arm and head.

2 possible connections: Connection 1



Connection 2



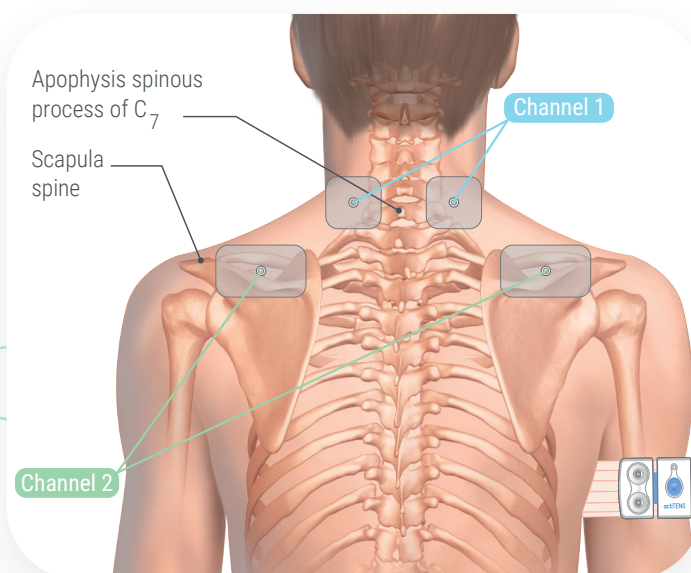
Prescription

- 1 **actiTENS** (neurostimulator)
- 1 multisite electrode
- 2 electrodes 50x50 mm or 2 electrodes 50x90 mm
- 2x14 cm cables
- 2x40 cm cables

Connected therapy

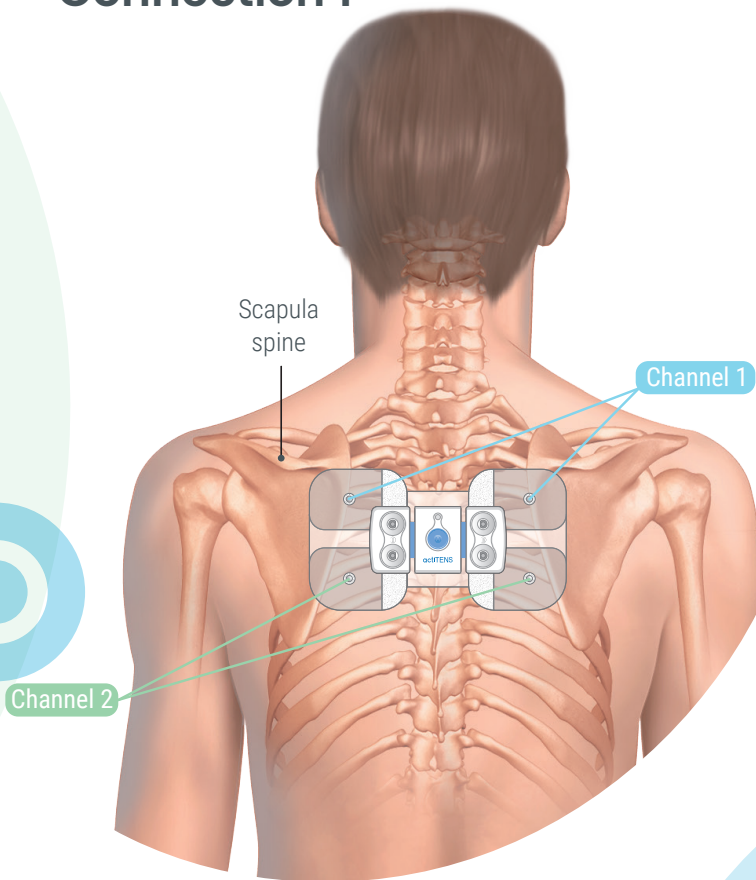
	Programme	Duration of stimulation	Number of sessions
Gate Control	P1 P2	More than 30 min	As much as necessary
Endorphinic	P3	From 30 min to 2 h	1 to 3 times a day
Massage	P10	More than 30 min	As much as necessary

Other positioning



DORSALGIA

2 possible connections: Connection 1



Prescription

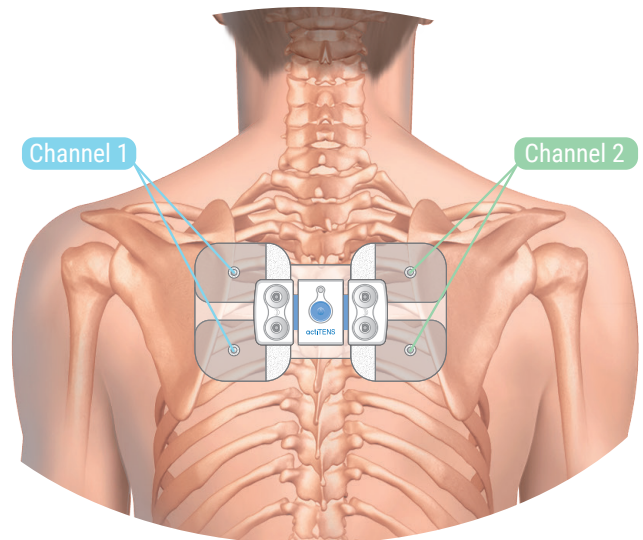
- 1 **actiTENS** (neurostimulator)
- 1 Low back electrode
- 4x14 cm cables

Connected therapy

	Programme	Duration of stimulation	Number of sessions
Gate Control	P1 P2	More than 30 min	As much as necessary
Endorphinic	P3	From 30 min to 2 h	1 to 3 times a day
Massage	P10	More than 30 min	As much as necessary

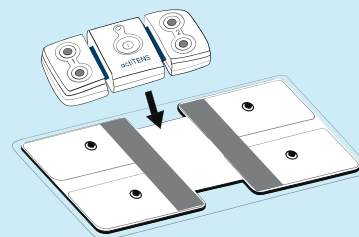
Dorsalgia is the pain of the dorsal spine, a region characterised by the twelve dorsal vertebrae on which the ribs articulate and which extend from the shoulders to the waist.

Connection 2

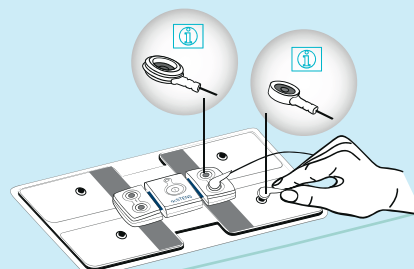


Installing the electrode

1. Attach **actiTENS** to the low back electrode



2. Clip the 4 cables onto the low back electrode and the **actiTENS**

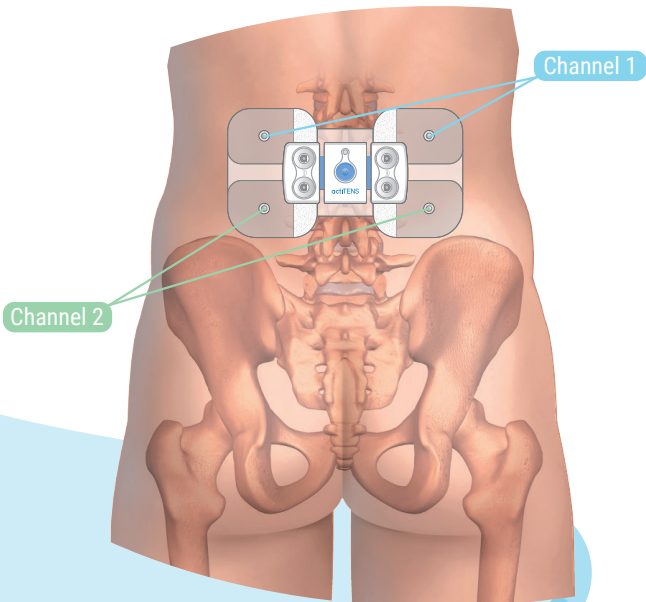


3. Stick the assembly to the area to be stimulated

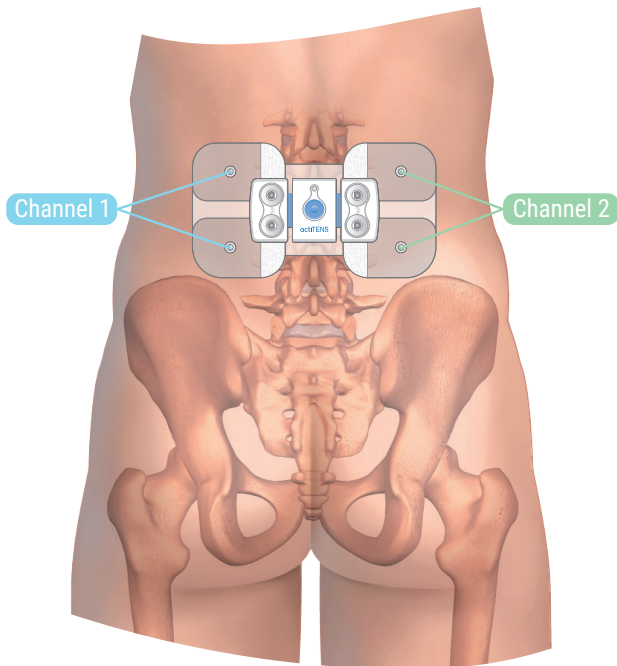
LOMBALGIA

Low back pain is defined as pain between the thoracolumbar hinge and the lower gluteal fold. It may be associated with radiculalgia, which is a pain in one or both lower limbs at the level of one or more dermatomes.

2 possible connections: Connection 1

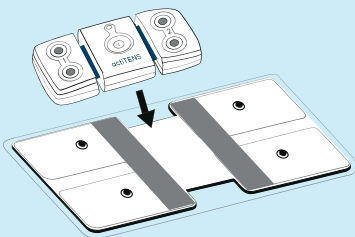


Connection 2

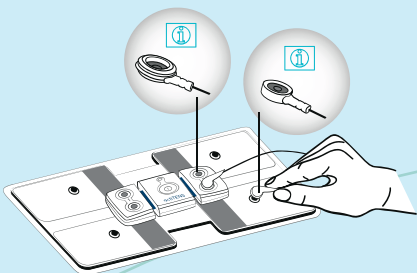


Installing the electrode

1. Attach **actiTENS** to the low back electrode.



2. Clip the 4 cables onto the low back electrode and the **actiTENS**.



3. Stick the assembly to the area to be stimulated.

Prescription

- 1 **actiTENS** (neurostimulator)
- 1 Low back electrode
- 4x14 cm cables

Connected therapy

	Programme	Duration of stimulation	Number of sessions
Gate Control	P1 P2	More than 30 min	As much as necessary
Endorphinic	P3	From 30 min to 2 h	1 to 3 times a day
Massage	P10	More than 30 min	As much as necessary

LUMBOSCIATICA

Sciatica is pain associated with sensitization of the sciatic nerve, originating from the L4, L5, S1 and S2 roots. Symptoms include pain radiating from the buttocks down the leg. Lumbosciatica defines the combination of low-back pain and sciatica.

Neuropathic pain in the path of the sciatica



Prescription

- 1 **actiTENS** (neurostimulator)
- 1 multisite electrode
- 2 electrodes 50x90 mm
- 2x14 cm cables
- 2x70 cm cables

Connected therapy

	Programme	Duration of stimulation	Number of sessions
Gate Control	P1 P2	More than 30 min	As much as necessary

Channel 1

Iliac crest

Posterior superior iliac spine

Sciatic nerve

Channel 2

S₂

S₁

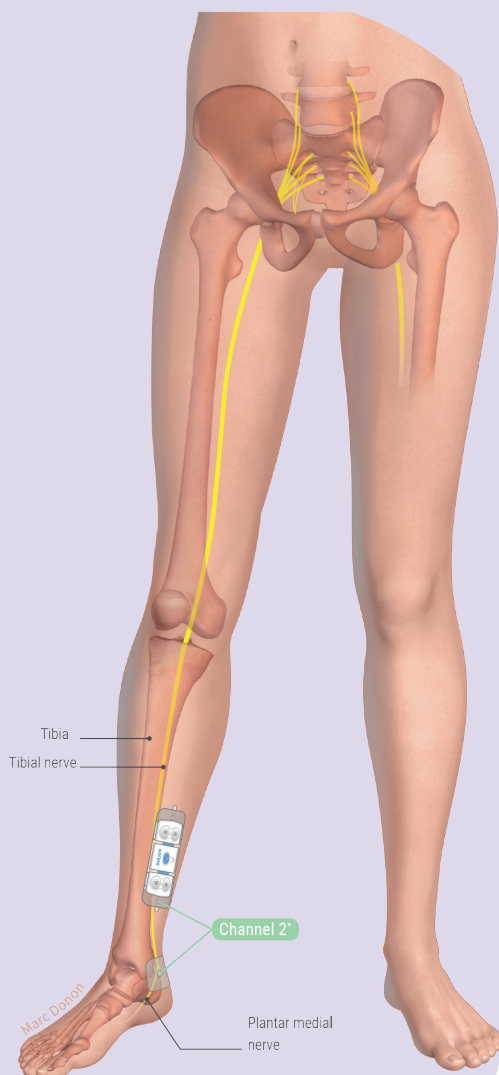
L₅

ENDOMETRIOSIS

Endometriosis is a common gynaecological disease affecting one in ten women. It is defined by the presence of tissue similar to the uterine mucosa outside the uterus. The endometrial cells (which make up the lining of the uterine mucosa) will implant themselves at a distance from the uterus and, under the effect of hormonal stimulation during each cycle, proliferate on neighbouring organs (peritoneum, ovary, fallopian tube, intestine, bladder, ureter, diaphragm, etc.).

Stimulation of the posterior tibial nerve*

Bladder, vaginal pain and pelvic pain



* A single channel is used for this stimulation, either channel 1 or 2, depending on the positioning of **actiTENS**.

Prescription

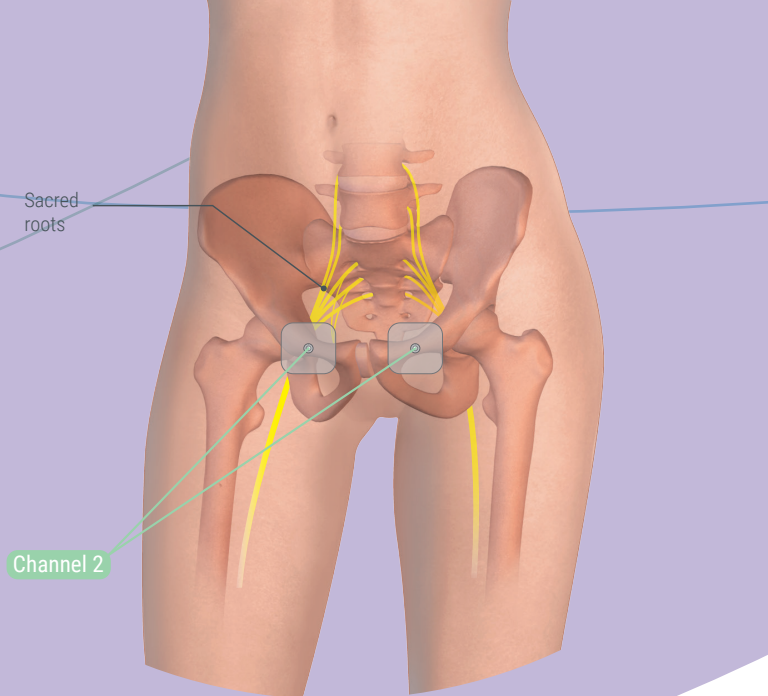
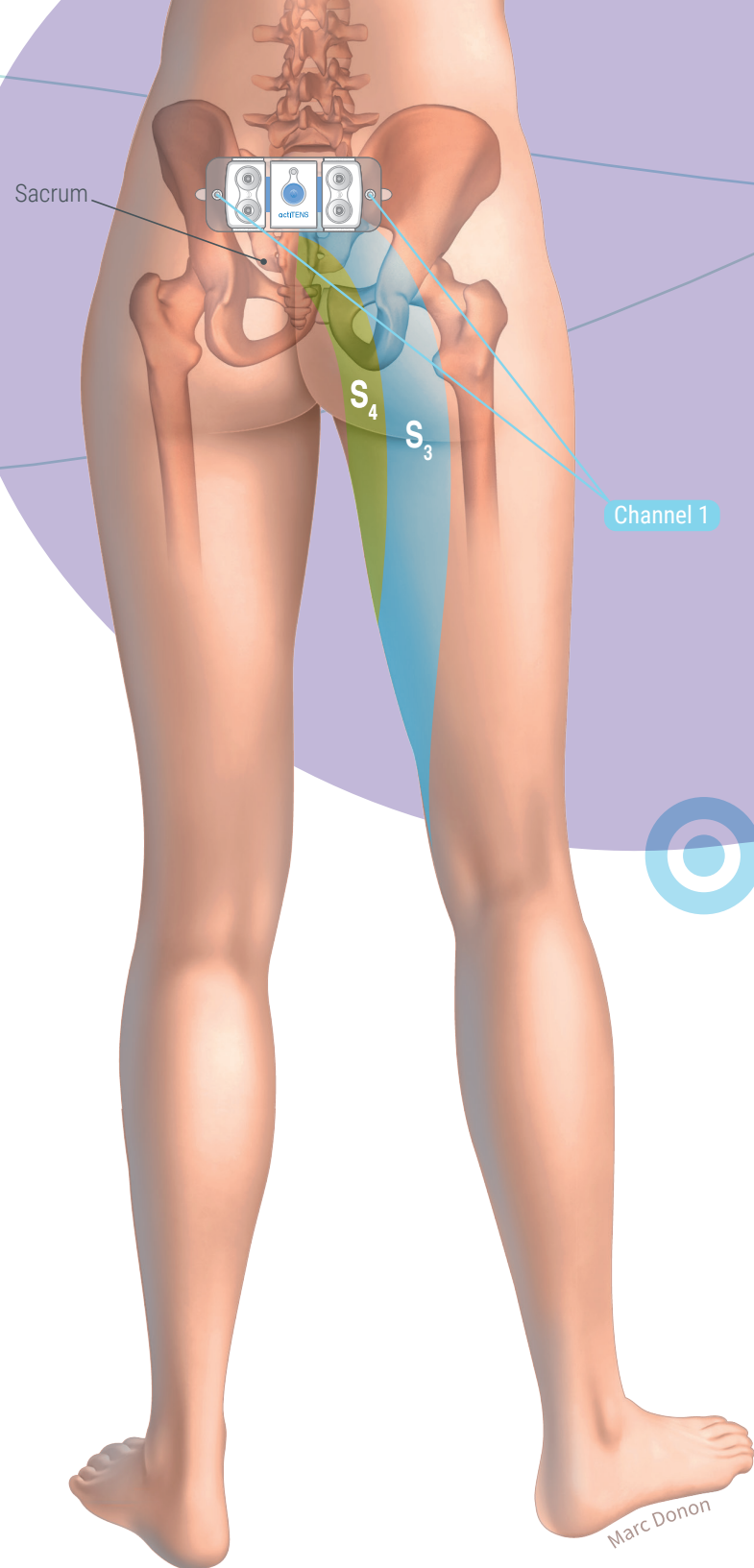
- 1 **actiTENS** (neurostimulator)
- 1 multisite electrode
- 1 electrodes 50x50 mm
- 2x14 cm cables

Connected therapy

	Programme	Duration of stimulation	Number of sessions
Gate control	P1 P2	More than 30 min	As much as necessary
Endorphinic	P3	From 30 min to 2 h	As much as necessary

Positioning the electrodes





Stimulation of sacred roots

Pelvic pain, bladder and dysmenorrhoea

Prescription

- 1 **actiTENS** (neurostimulator)
- 1 multisite electrode
- 2 electrodes 50x50 mm
- 2x14 cm cables
- 2x70 cm cables

Connected therapy

	Programme	Duration of stimulation	Number of sessions
Gate Control	P1 P2	More than 30 min	As much as necessary
Endorphinic	P3	From 30 min to 2 h	1 to 3 times a day
Other options	P10 P11 P12	More than 30 min	2 times a day

2 possible stimulation options:

- **Option 1:** Multisite electrode on the sacral roots in the lower back with 2 electrodes on the abdominal wall in the painful area.
- **Option 2:** multisite electrode alone on the sacral roots in the lower back.

ENDOMETRIOSIS

Stimulation of abdominal muscles

Abdominal pain

Mechanism of action

Endometriosis causes a number of digestive disorders, the most common of which are alternating diarrhoea and constipation, pain during defecation and obstruction (bloating).

To relieve these pains, 4 electrodes can be positioned to strengthen the abdominal belt (rectus abdominis and transverse abdominis) and stimulate the muscles of the digestive system.

Prescription

- 1 **actiTENS** (neurostimulator)
- 2x2 electrodes 50x50 mm
- 2x40 cm cables
- 2x70 cm cables
- 1 Standard size **actiTENS** armband

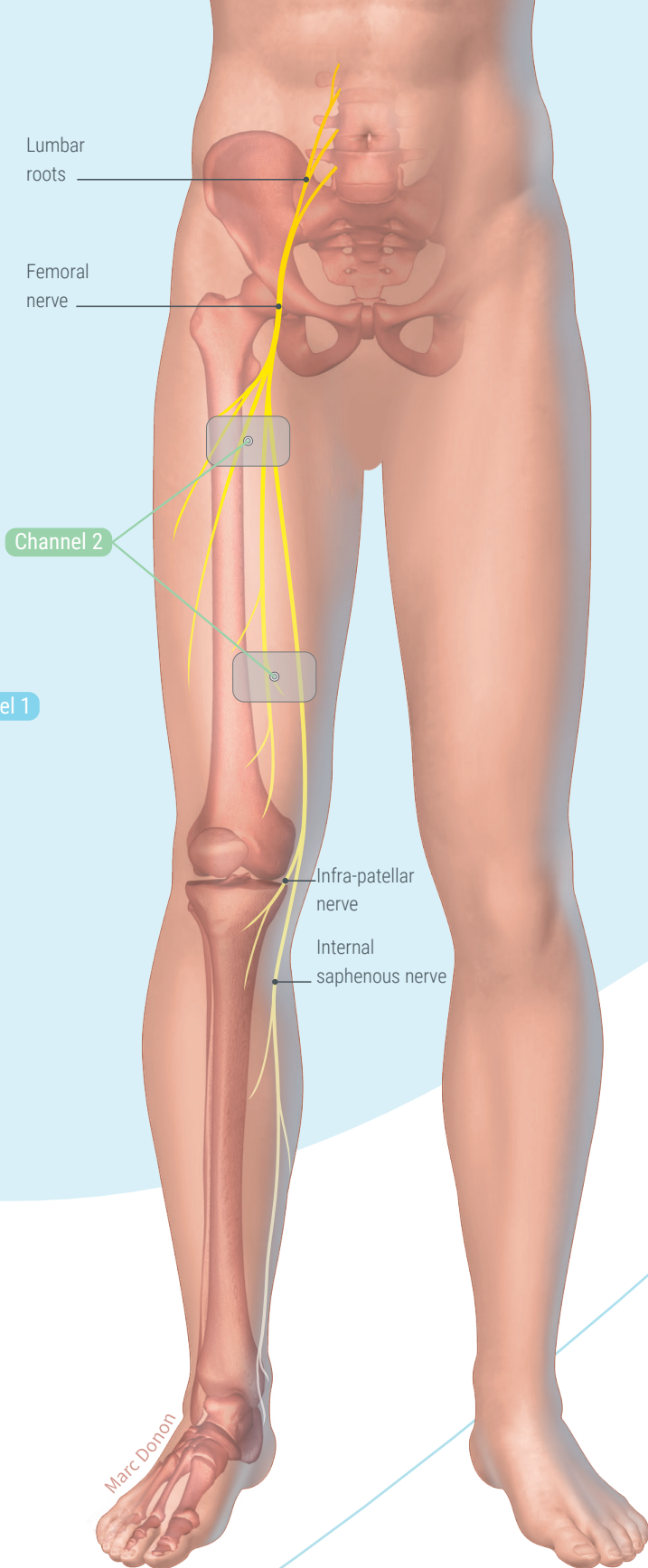
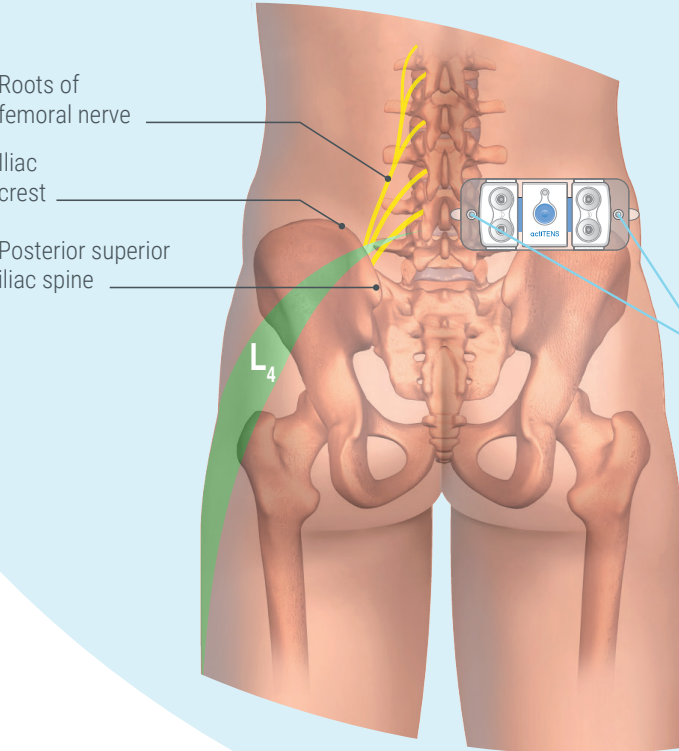
Connected therapy

	Programme	Duration of stimulation	Number of sessions
Gate Control	P1 P2	More than 30 min	As much as necessary
Other options	P10 P11 P12	More than 30 min	2 times a day



CRURALGIA

Cruralgia or crural neuralgia is pain of the anterior aspect of the lower limb, caused by irritation or compression of the crural nerve arising from the L2, L3 or L4 nerve roots.



Prescription

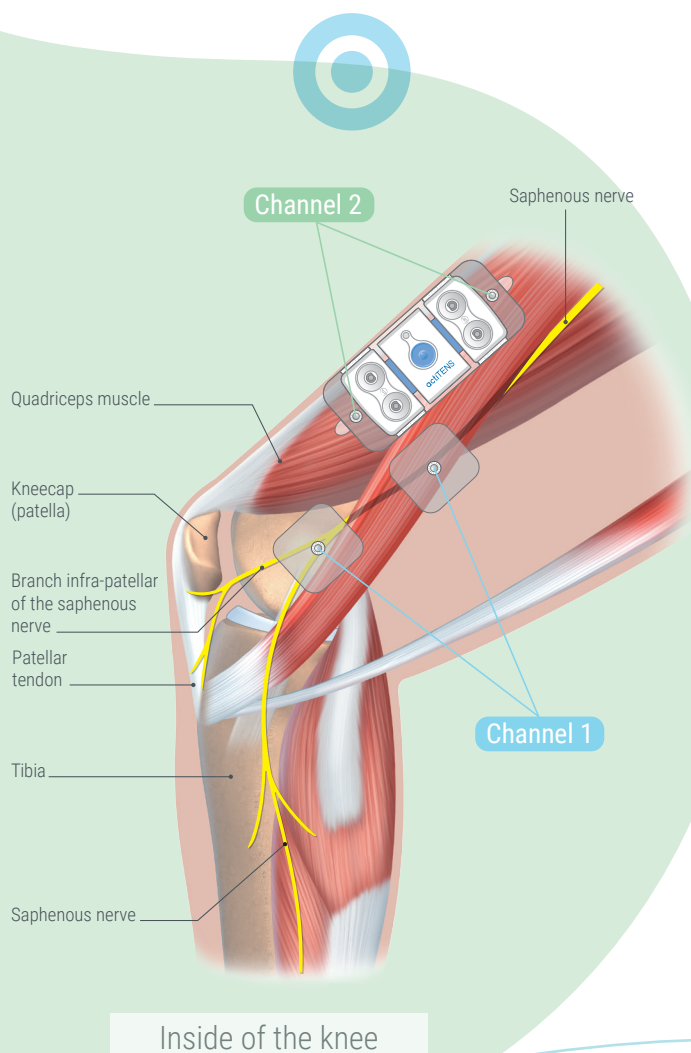
- 1 **actiTENS** (neurostimulator)
- 1 multisite electrode
- 2 electrodes 50x90 mm
- 2x14 cm cables
- 2x70 cm cables or 2x1 m cables

Connected therapy

	Programme	Duration of stimulation	Number of sessions
Gate Control	P1 P2	More than 30 min	As much as necessary

KNEE OSTEOARTHRITIS (KOA)

Osteoarthritis of the knee, or gonarthrosis, is the wearing away and destruction of articular cartilage in various areas of the knee joint. The ligaments become hyperlax and the joint less stable, with local pain in the ligaments and tendons.



Prescription

- 1 **actiTENS** (neurostimulator)
- 1 multisite electrode
- 2 electrodes 50x50 mm
- 2x14 cm cables
- 2x40 cm cables

Connected therapy

	Programme	Duration of stimulation	Number of sessions
Mixte	P4	From 30 min to 2 h	As much as necessary

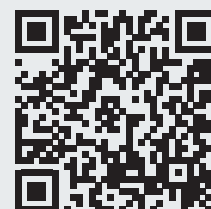
Our clinical Study:

Find out why **actiTENS** is a relevant alternative to weak opioids for the knee osteoarthritis.

In this study, **actiTENS** showed significant superiority in reducing pain and enhancing quality of life compared to weak opioids.

Furthermore, **actiTENS** was better tolerated than weak opioids.

E. Maheu et al. – **Therapeutic Advances in Musculoskeletal Disease**, volume 14 - 18th January 2022:
[doi.Org/10.1016/J.Joca.2021.02.544](https://doi.org/10.1016/J.Joca.2021.02.544)



POST-AMPUTATION NEUROPATHIC PAINS

More than 70% of amputees experience post-amputation pain in the residual limb, which can seriously limit function, impair quality of life and significantly interfere with rehabilitation. This neuropathic pain is the result of nerve damage due to injury or rupture of the nerves during amputation.

Median nerve

Channel 1

iliac crest

Posterior superior iliac spine

Sciatic nerve

Channel 1

S₂ S₁ L₅

Below-knee amputation

Channel 2

Prescription

- 1 **actiTENS** (neurostimulator)
- 2 electrodes 50x50 mm
- 2x40 cm cables or 2x70 cm cables
- 1 Standard size **actiTENS** armband

Connected therapy

	Programme	Duration of stimulation	Number of sessions
Gate control	P1 P2	More than 30 min	As much as necessary

Prescription

- 1 **actiTENS** (neurostimulator)
- 2x2 electrodes 50x90 mm
- 2x14 cm cables or 2x40 cm cables
- 2x70 cm cables or 2x100 cm cables
- 1 Standard size **actiTENS** armband

CARPAL TUNNEL AND NEUROPATHIC ELBOW PAIN

Carpal tunnel syndrome is the compression of the median nerve in the wrist.

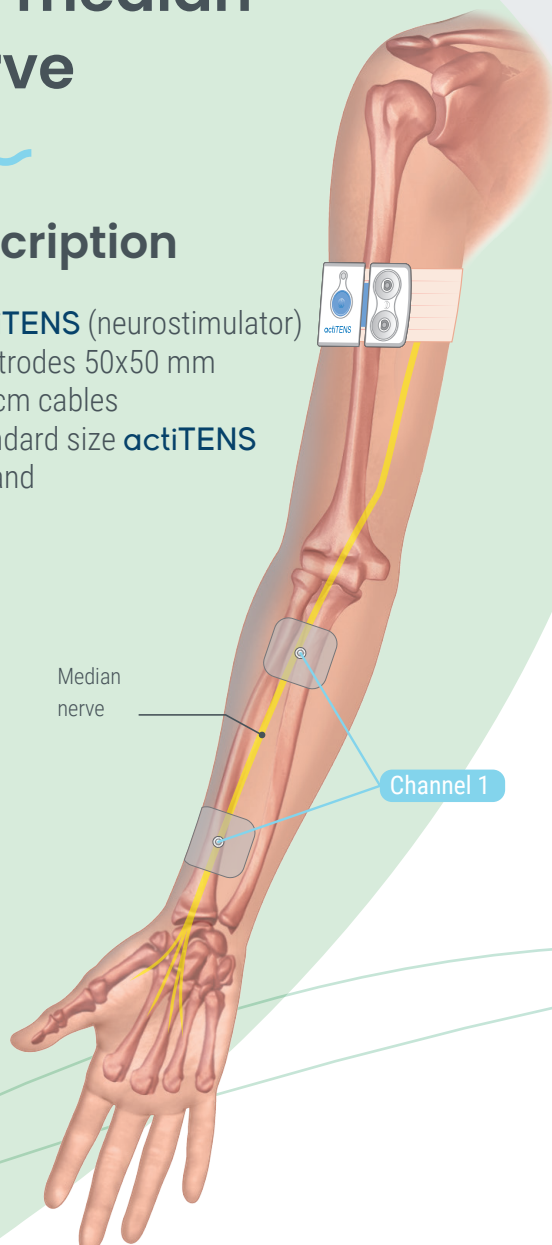
Ulnar neuropathy results from compression or traction of the ulnar nerve at the elbow.

Radial tunnel syndrome is a disorder caused by compression of a branch of the radial nerve in the forearm, posterior arm or elbow.

Stimulation of the median nerve

Prescription

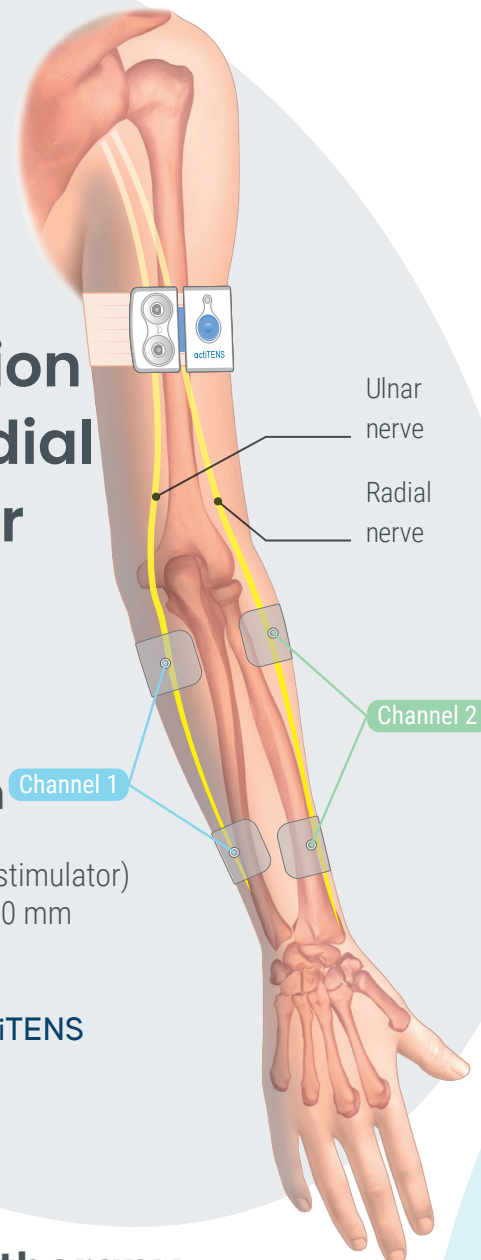
- 1 **actiTENS** (neurostimulator)
- 2 electrodes 50x50 mm
- 2x40 cm cables
- 1 Standard size **actiTENS** armband



Stimulation of the radial and ulnar nerves

Prescription

- 1 **actiTENS** (neurostimulator)
- 2x2 electrodes 50x50 mm
- 2x40 cm cables
- 2x14 cm cables
- 1 Standard size **actiTENS** armband



Connected therapy

	Programme	Duration of stimulation	Number of sessions
Gate control	P1 P2	More than 30 min	As much as necessary

ELBOW MUSCLE PAIN

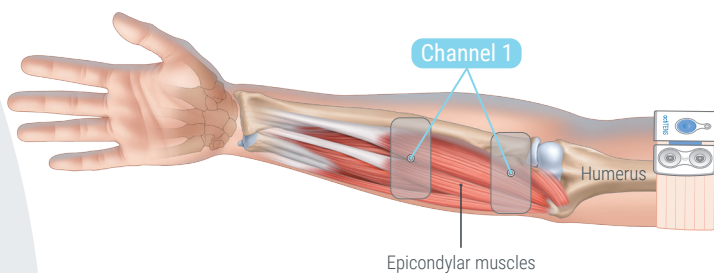
Prescription

- 1 **actiTENS** (neurostimulator)
- 2 electrodes 50x90 mm
- 2x14 cm cables ou 2x40 cm cables
- 1 Standard size **actiTENS** armband

Connected therapy

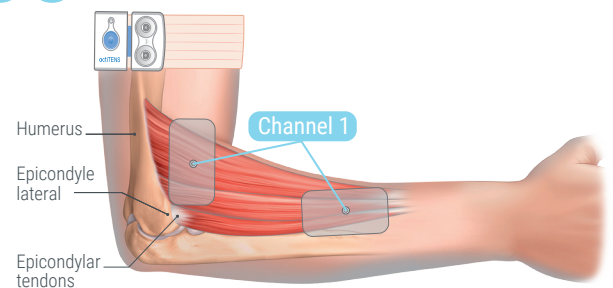
	Programme	Duration of stimulation	Number of sessions
Endorphinic	P3	From 30 min to 2 h	Maximum 3 times per day depending on patient's experience and the duration of the after-effect

Epitrochleitis



Epitrochleitis, also known as "Golfer's Elbow", is an inflammation of the flexor pronator muscles in the epicondyle of the elbow.

Epicondylitis



Epicondylitis, also known as "tennis elbow", results from inflammation and micro-tearing of the fibres of the extensor tendons of the forearm.

FIBROMYALGIA

Fibromyalgia is a common, poorly understood, non-articular condition characterised by constant (sometimes severe) pain generalized muscle pain in areas around tendon insertions and adjacent soft tissues; muscle stiffness; mental cloudiness; poor sleep; and various other somatic symptoms. The diagnosis is clinical. **The treatment is very variable according to the nature of the patient's pathology and it is recommended to adapt it in consultation.***

Connected therapy

	Programme	Duration of stimulation	Number of sessions	Positionnement des électrodes
Gate Control	P1 P2	More than 30 min	As much as necessary	On the nerve zone upstream the painful area
Endorphinic	P3	From 30 min to 2 h	1 to 3 times a day	On the most tense muscles or the largest in the area concerned



Download the actiTENS application



DO YOU NEED HELP?

Help videos are available on the subli-med.com website and on our social networks: @sublimed-actiTENS.

Our customer service is available Monday to Friday from 8.30am to 6pm.



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