

## Testimonials

After my positive experience, the use of the FreeMOM TENS unit comes highly recommended as a means of alleviating the discomforts of labour. For me, it was the only form of pain relief I needed, but it can also be an adjunct to whatever other pain relief you may request, such as pethidine or nitrous oxide. I wish all mums-to-be a trouble free journey on the path to motherhood, but more importantly a memorable celebration of the creation of a new life!"

*T.W. (Physiotherapist and pre-natal educator)*

"Just a note to thank you for the opportunity to use the FreeMOM TENS system. My baby was in the posterior position which meant my labour was 40 hours of 7 to 8 minute contractions. I don't think I would have lasted as long without other pain medications or interventions if it hadn't been for the FreeMOM TENS system. The midwives were shocked that I had dilated."

*J.A. (Practicing Osteopath)*

"Was amazing and allowed me to remain home longer and limit the pain relief"

*Ellese*

"The FreeMOM TENS was the only pain relief I used (and needed) until the transition phase. Could'nt have done it without this!"

*Maiko*

"I found the TENS to be an excellent tool at helping manage the intensity of labour"

*Marnie*

## FreeMOM TENS kit contains:

- FreeMOM TENS stimulator unit
- Lanyard
- Cable
- 2 x 9V Alkaline batteries
- 4 x Pre TENS skin wipes
- Labour Obstetric electrodes
- After birth electrodes
- Written instructions /user manual
- Protective carry case

Scan this QR code to view more information



*non-invasive pain management*

[www.tensaaustralia.com](http://www.tensaaustralia.com)

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TENS"R"US PTY LTD ACN 136 952 139 ABN 64 130 096 949

## FreeMOM TENS Labour Pain Management System

Non-invasive  
Drug free

## What is the FreeMOM TENS?

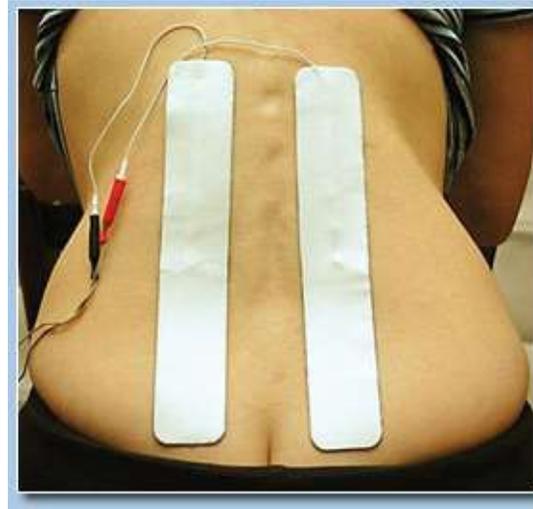
A Transcutaneous Electrical Nerve Stimulation (T.E.N.S.) device specifically designed for facilitating pain relief during labour, easing after birth pain and lower back pain, and assisting with sleeping following delivery.



FreeMOM TENS emits small electrical signals into the body via electrodes which are placed onto the skin. The stimulus aids the relief of pain by:

1. Blocking the pain messages from reaching the brain via the nerves.
2. Stimulating the release of the body's naturally occurring pain-relieving endorphins.
3. Providing a distraction while the pain is occurring.

## Obstetric labour electrodes



The skin is prepared and electrodes are applied to the lower back (see picture above) when labour first commences. The expectant mother sets the FreeMOM TENS to a comfortable sensation level while pressing on the 'boost' button. Once set, the expectant mother simply presses the 'boost button' during each contraction and holds it down until the contraction ceases. Written instructions are included with the FreeMOM TENS unit. Video instructions are available on our website.

We encourage you and your partner to attend a class on how to use the FreeMOM TENS with one of the following health care professionals:

- Childbirth and Parenting Educator (CAPEA)
- Midwife (ACM)
- Physiotherapist - Womens Health Specialist (APA)

## Features and benefits

- The unit is small and easy to handle.
- Non-invasive and drug free.
- Initiates the action of the body's own natural pain relieving mechanisms.
- Provides a background level of pain relief to which any other form of analgesia may be added if required.
- May be used at home, or upon arrival at the hospital.
- Can be interrupted easily or discontinued at any time during labour. (May need to be disconnected during foetal monitoring).
- Very simple to use and the lanyard may be placed around your neck for freedom of movement.
- Set-and-forget stimulation settings. No need to control the stimulation intensity during each contraction.
- Video instructions available on the [tensaustralia.com](http://tensaustralia.com) website.
- Used in hospitals throughout Australia and by mothers world-wide.

Is the FreeMOM TENS hire expensive?

The FreeMOM TENS is inexpensive to hire. If applicable, check with your private health insurance provider as many provide a rebate for the hire or purchase.