

THE ARTHRITIC FOOT and Related Connective Tissue Disorders

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CHAPTER 5

Pain in the Arthritic Foot

TENS

According to Bussey and Jackson (1980), transcutaneous electrical nerve stimulation (TENS) may readily compliment traditional pharmacological therapy or alone can provide adequate analgesia. TENS provides for lessened pain and coughing. It facilitates deep breathing and increases mobility. As a postoperative therapy, the use of transcutaneous electrical nerve stimulation limits the complications of drugs. It is reasonable to believe that the limitation of drugs and the application of TENS would serve the arthritic patient well.

The treatment of painful arthritis in the foot by conventional rehabilitative measures aimed at pain and disability have met with some measure of success. Joint

mobilization, traction, active movements, and heavy massage may be painful to the chronic painful arthritic joint. They should be used with discretion and good judgment as indicated.

An electrical nerve stimulator called Electro-Acuscope 80 provides the therapist with the conventional mode of TENS with an additional "computer-controlled circuitry with all forms of feedback." This circuitry monitors the Biomagnetic electrical energy from the affected part as it simultaneously stimulates. Reports indicate an effective therapeutic result in 80% of the patients due to cumulative results. This form of therapy "does not block pain but relieves or removes the need for the pain as the body naturally heals."