

External Neuromodulation (ENM)

This leaflet provides information to patients who may benefit from external neuromodulation (ENM). It includes information on what to expect, safety and side effects. If you have any questions once you have read this leaflet please feel free to ask.

What is ENM treatment?

Pain is complex and often difficult to treat. ENM targets the nerves responsible for your pain. It changes the behaviour of the nerves so that your pain is reduced. This is done with a battery operated device. It is not invasive nor harmful.

This treatment can be particularly effective for difficult to treat nerve pain, neuropathic pain, pain which is often described as burning, prickling or tingling.

You will be given an initial course of 2 or 4 appointments on consecutive weeks.

What happens during the treatment?

The treatment will be carried out in clinic by a trained nurse. A sticky electrode and metal probe will be placed on your skin and a very small electrical current is directed at the nerve/s responsible for the pain. It may feel uncomfortable to begin with but it is not painful and most people report a pleasant sensation such as tingling. The intensity of the impulses are slowly changed so the tingling sensation will vary. We can stop the treatment at any time.

The treatment lasts for about 5 minutes for each area being treated. Afterwards you should find that your pain is either reduced or gone completely for a period of time. The pain relief can last from a few hours to several days and in some cases it can last for weeks. The effect of the ENM grows, becoming longer lasting after several treatments.

Side effects

If you have ever had a skin reaction to metal, electrodes or gel please let us know.

There are no serious risks associated with this treatment. Some minor side effects, such as a burning sensation, temporary numbness and mild temporary weakness have been observed. It is also possible to have a temporary increase in pain, which will resolve after a short time.

Is ENM safe?

It is non-invasive and used by trained professionals and is totally safe for most patients. Please let us know if you have ever had epilepsy, a cardiac condition and / or pacemaker, metalwork or are pregnant.

Following your treatment

You can continue with your usual activities.

Continue taking your usual pain medication although you may be able to reduce this over time should this treatment be effective.

Once you have completed your course of treatment you will have an appointment with your consultant or the specialist nurse to discuss the effects and next steps.

If you cannot keep your appointment please inform us as soon as possible so we have enough time to allocate the appointment to another patient.

Contact information

Pain Clinic 01422 224085

If you have any comments about this leaflet or the service you have received you can contact :

Pain Clinic
Telephone: 01422 224085

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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