

Do you still have questions? Ask your doctor or therapist if tDCS might be an option for you.

Your tDCS provider:



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08/2023 | 30DCSM\_PainE

## Advantages of tDCS therapy

### Proven effectiveness

tDCS is a scientifically recognized treatment method. Over the past 15 years, research on this method has been conducted intensively worldwide. Clinical studies have provided evidence that tDCS is effective in the treatment of various pain conditions.

### Manageable therapy duration

It is recommended to undergo several sessions lasting 20 to 30 minutes each on a weekly basis. The number of sessions varies individually and depends on the nature and severity of the pain. Your therapist will establish a treatment plan with you.

### Little to no side-effects

tDCS is considered a promising method. Studies on safety and side effects show that treatment with tDCS is well tolerated and has few side effects. Mild fatigue occurs sporadically after stimulation. Very rarely, nausea or headaches are reported.

### Who can treat with tDCS?

Doctors, occupational therapists, and physical therapists administer this treatment method. Consult your doctor or therapist about it.



# tDCS

Effective treatment for pain



# Therapy with tDCS

## Transcranial direct current Stimulation of the brain can significantly improve pain

Chronic and recurring pain is distressing for every individual. The combination of various treatment methods in a multimodal therapy holds promise for relief. Transcranial Direct Current Stimulation (tDCS) is a novel and effective approach in pain management.

The experiences of many patients and therapists, along with clinical studies, show that tDCS can alleviate pain conditions such as fibromyalgia, migraines, neuropathic pain, or post-operative pain. After just a few sessions, many individuals can observe an improvement that continues even after the treatment sessions have concluded.



## How does tDCS work in the therapy of pain?

In tDCS, a very weak electric current gently stimulates your brain. This current increases or decreases the activity of specific brain areas that are functioning abnormally. In this manner, processes related to pain perception and processing can be regulated.

## What can tDCS achieve?

- reduced pain intensity
- fewer pain flare-ups
- improved sleep
- increased performance
- enhanced quality of life

## What does the stimulation feel like?

tDCS is a safe and well-tolerated method. You will probably not feel the current at all. Only occasionally do patients report a tingling or slight burning sensation on the scalp at the beginning of the treatment.

## How is tDCS treatment administered?

As part of the preparation, the therapist moistens two areas on the head with a saline solution and then attaches the electrodes using rubber bands or a cap. During the stimulation, a very weak current is applied to the surface of the scalp.

## Testimonials

"We treat patients with depressive disorders, chronic pain as well as patients with cognitive deficits after stroke with tDCS. It can be stated that an accompanying therapy with tDCS for depression and pain leads to a positive influence on the symptoms."

**Dr. med. Guenter Hetzel – Doctor for Psychiatry and Psychotherapy, Schwaebisch Gmuend, Germany**

"We regularly use tDCS for depressive disorders, anxiety disorders and in pain therapy. We have had particularly good experiences with fibromyalgia patients and chronic pain patients. The tDCS therapy is also a very good option for patients who do not wish to be treated with medication or for whom non-drug methods make sense from a medical point of view at first."

**Frank Schmidt-Staub – Doctor for Neurology, Psychiatry and Psychotherapy, Hannover, Germany**

## What those affected say\*

"I have the feeling that I am less exposed to the pain. That feels good."

"The pain attacks are not as frequent now. They also pass more quickly."

"After the stimulation, I need less medication."

"I feel more balanced now because I can sleep better."

\* collected at the neurocare clinics