

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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## 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 can effectively support the rehabilitation of motor skills, language, and cognitive performance.

### Duration of the Therapy

Several sessions of 20 - 30 min per week are recommended. The number of sessions varies individually. Your doctor or therapist will be able to determine an appropriate therapy plan tailored to your symptoms.

### Little to no side-effects

tDCS is regarded as a promising technique given the research demonstrates high tolerability with minimal side effects. Occasionally, mild fatigue may occur after stimulation. In rare cases individuals may report experiencing nausea or headaches.

### Who can treat with tDCS?

tDCS is offered in specialized clinics, outpatient rehabilitation centers, and by licensed medical doctors, occupational therapists, and physiotherapists. Speak to your doctor or therapist if tDCS could be an option for your treatment.

# tDCS

Effective combination therapy in rehabilitation

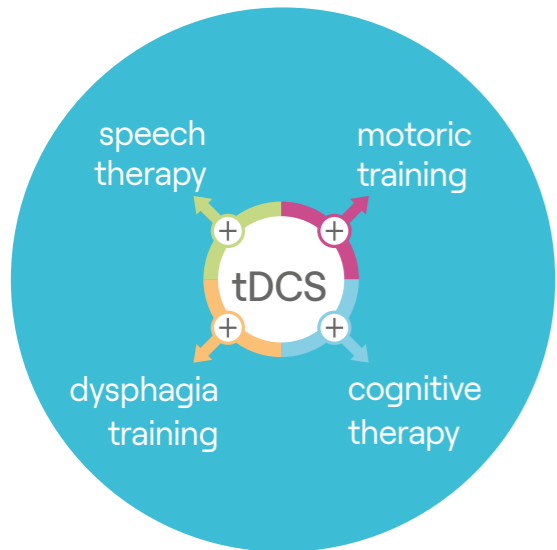


# Therapy with tDCS

supports patients in rehabilitation

A stroke represents a profound event in a person's life. Overnight, everything changes. Subsequently, those affected require the best possible support. Treatment with transcranial direct current stimulation (tDCS) can expedite the progress of rehabilitation and enhance the outcome.

Even a few stimulations can support your rehabilitation. Stimulation over an extended period can lead to sustainable improvements. Especially, the combination of tDCS with targeted therapy for affected physical or cognitive functions can yield significant advancements.



## How is the 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.

## 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.

## Testimonials

"We have been using tDCS in our specialized practice since 2014. We have had positive experiences in the treatment of hemiparesis following a stroke. Even in cases of strokes that occurred some time ago, we have observed improvements not only in spasticity but also in motor and cognitive functions. In the case of a left-sided stroke, we have also observed positive effects on word retrieval and speech fluency."

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

"We treat patients with depressive disorders, chronic pain, and post-stroke conditions with cognitive deficits using tDCS. We have not observed any side effects. It can be noted that adjunctive therapy with tDCS leads to a positive influence on the symptoms. Patients report an improvement in cognitive deficits."

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

