

Muñoz Sáenz, Nahia, 2023 Abstract

Effect Of TENS Therapy In Women With Primary Dysmenorrhea

Objective

The aim of the proposed study is to analyse the effect of the intervention of the therapeutic exercise and the application of **transcutaneous electrical nerve stimulation (TENS)** on pain in women who suffer from primary dysmenorrhea. Primary dysmenorrhea is a very common menstrual disorder among women of reproductive age.

Researcher

The researcher is Nahia Muñoz Saenz in a thesis for a Degree in Physiotherapy, Faculty of Health Sciences, Universidad Pública de Navarra, Pamplona, Spain.

Methods

In the study, it is proposed that participants undergo an aerobic exercise programme and exercise of strengthening combined with the **TENS** session that will hopefully show good results by preventing pain impulses from reaching the brain. For the transcutaneous electrical nerve stimulation (TENS) treatment a **NeuroTrac PelviTone** unit (Verity Medical) is planned to be utilised.

The full abstract can be found at

[https://academica-e.unavarra.es/bitstream/handle/2454/45507/Nahia%20Munoz%20Saenz%20TFG.pdf?sequence=1&jsuffer from primary dysmenorrhea. sAllowed=y](https://academica-e.unavarra.es/bitstream/handle/2454/45507/Nahia%20Munoz%20Saenz%20TFG.pdf?sequence=1&jsuffer%20from%20primary%20dysmenorrhea.%20Allowed=y) (in Spanish).