

TENS/EMS RESEARCH MATERIAL



No.	Research Paper/Source	Link
1	Filipovic, et al. Electromyostimulation--a systematic review of the effects of different electromyostimulation methods on selected strength parameters in trained and elite athletes. J Strength Cond Res. 2012 Sep;26(9):2600-14	https://pubmed.ncbi.nlm.nih.gov/22067247/
2	Sukhyanti, et al. Role of transcutaneous electrical nerve stimulation in post-operative analgesia. Indian J Anaesth. 2014 Jul-Aug; 58(4): 388–393.	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4155281/
3	Kerai,et al. Role of transcutaneous electrical nerve stimulation in post-operative analgesia. Indian J Anaesth. 58:388–393, 2014	http://www.ijaweb.org/article.asp?issn=0019-5049;year=2014;volume=58;issue=4;spage=388;epage=393;aulast=Kerai
4	Taylor, et al. The impact of neuromuscular electrical stimulation on recovery after intensive, muscle damaging, maximal speed training in professional team sports players. J Sci Med Sport. 2015 May;18(3):328-32	https://pubmed.ncbi.nlm.nih.gov/24785367/
5	Carraro, et al. Recovery from muscle weakness by exercise and FES: lessons from Masters, active or sedentary seniors and SCI patients. Aging Clin Exp Res. 2017 Aug;29(4):579-590.	https://pubmed.ncbi.nlm.nih.gov/27592133/
6	Gould, et al. Transcutaneous muscle stimulation as a method to retard disuse atrophy. Clin Orthop Relat Res. 1982 Apr;(164):215-20.	https://pubmed.ncbi.nlm.nih.gov/6603941/
7	Lai, et al. The effect of different electro-motor stimulation training intensities on strength improvement. Aust J Physiother. 1988;34(3):151-64.	https://www.sciencedirect.com/science/article/pii/S0004951414606073
8	Astokorki & Mauger. Transcutaneous electrical nerve stimulation reduces exercise-induced perceived pain and improves endurance exercise performance. Eur J Appl Physiol. 2017 Mar;117(3):483-492.	https://pubmed.ncbi.nlm.nih.gov/28160085/