

Transcutaneous Pulse Radiofrequency Treatment

What is Transcutaneous Pulse Radiofrequency Treatment?

The transcutaneous pulse radiofrequency treatment is a new technique that Dr Taverner has been investigating and shown to reduce knee pain by about 30% for periods of 1-3 months and shoulder pain by about 40% for 3-6 months for shoulders.

The attractive things about this treatment are that it is performed as an outpatient, it is painless and repeatable with no known side-effects other than it doesn't always work. This treatment is a simplification of existing radiofrequency treatment and although Dr Taverner has performed and published 2 double blind randomised controlled trials that show benefit, it is not yet accepted by Medicare, so there is no Medicare rebate and the treatment if undertaken has to be paid by patient.

Please note as the treatment is still considered investigational, we need to collect more data and we need you to fill in the Brief Pain Inventory and Pain Self-Efficacy before and after the treatment so that we can measure the effect of treatment.

PREPARATION

- Although no sedation or anaesthetic is administered it is best to have nothing to eat for 4 hours and nothing to drink for 2 hours before the treatment in case other treatment may be required.
- Please take your normal medications with a sip of water
- Please tell practice staff or your doctor about anything you think will affect your treatment
- Please note it can't be used over a pacemaker or neurostimulator, but it can be used elsewhere.

THE TREATMENT

- The treatment is **Painless**, NON invasive and **DOES NOT** involve the use of needle or sedation.
- The treatment is done by the nurse with the doctor's supervision, using electrodes put on your skin that are connected to a special machine called a radiofrequency lesion generator.
- You may be asked by nurse to adjust the position of or take off some of your clothes to access the area that needs to be treated.
- The TENS Electrodes are applied across the painful area and may be repositioned for a few times depending on how the doctor decides to do the treatment. The treatment may take 10 to 20 minutes per painful site depending on the doctor's instruction.
- If successful, pain relief should last for 1 to 3 months or longer.
- There are no known side-effects from the treatment other than it doesn't always work.

POST PROCEDURE:

Resume normal activity as soon as possible. Pain relief and functional improvement from this treatment appears over several hours and develops progressively over the next few days and is usually maximal within 1 week.

DISCHARGE INSTRUCTIONS:

1. Avoid strenuous exercise for 12 hours, gradually increase usual activities.
2. Please make a review appointment in 2 - 4 weeks.

NOTE: This treatment DOES NOT HELP EVERYONE.