



Comparison of *The eToims® Technique* to other surface muscle stimulators

	<i>The eToims® Technique</i>	Muscle stimulator	TENS
Usage	<ul style="list-style-type: none"> • Symptomatic relief and management of chronic, intractable pain • Adjunctive treatment for post-trauma acute pain • Relaxation of muscle spasms • Prevention or retardation of disuse atrophy • Increasing local blood circulation • Muscle re-education • Maintaining or increasing range of motion • Immediate post-surgical stimulation of calf muscles to prevent venous thrombosis • Improving quality of life 	<ul style="list-style-type: none"> • Relaxation of muscle spasms • Prevention or retardation of disuse atrophy • Increasing local blood circulation • Muscle re-education • Maintaining or increasing range of motion • Immediate post-surgical stimulation of calf muscles to prevent venous thrombosis 	<ul style="list-style-type: none"> • Symptomatic relief of chronic intractable pain • Post-traumatic pain • Post-surgical pain
Affected muscles	Localization of trigger points in superficial and deep muscles	Superficial muscle twitching with surface stimulation pads	Superficial muscle twitching with surface stimulation pads
Medium	Uses bipolar handgrip stimulation probe with biocompatible pads and water as conduction medium	Uses surface pads for stimulation, usually has conducting gels	Uses surface pads for stimulation, usually has conducting gels
Duration	Stimulation usually for 1-5 seconds/site to search for trigger point	Stimulation usually for 20-30 minutes/site	Stimulation usually for 20-30 minutes/site
Reaction	The trigger point <i>twitch</i> is visible and abrupt, with very specific characteristics that will be evident when found by the clinician	Nonspecific twitch movements	Nonspecific twitch movements
Trigger point stimulation	Deep trigger point stimulation can be used to diagnose and assess electrical activity in individuals with potentially involved peripheral nerve and skeletal muscle tissue associated with muscle pain and/or discomfort, muscle weakness, muscle spasm or aberrant sensation with simultaneous release of symptoms. Can diagnose presence of deep trigger points to simultaneously relieve neuromuscular conditions in individuals without complaints of pain but have complaints of stiffness, tightness, aching, and reduction of range of motion.	Unable to locate and stimulate deep trigger points	Unable to locate and stimulate deep trigger points