

### How does tDCS work in the therapy of pain?

In tDCS, a very weak electric current gently stimulates your brain. This current increases or decreases the activity of specific brain areas that are functioning abnormally. In this manner, processes related to pain perception and processing can be regulated.

Studies have shown that through tDCS the perception of pain can be reduced, which can significantly improve quality of life and performance.

### 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.

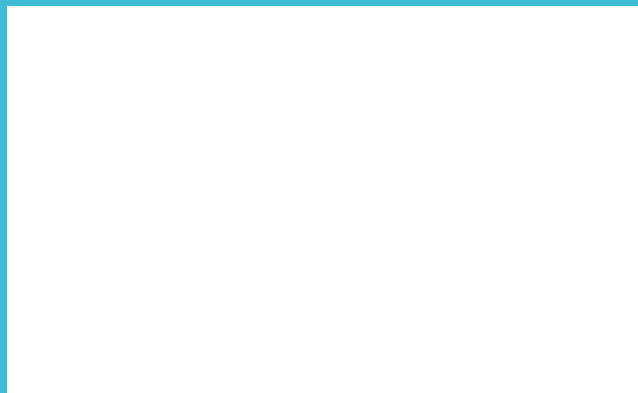
### How is tDCS treatment administered?

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



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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The portrayed procedures of tDCS are exemplary and do not represent a promise of a cure for tDCS devices.

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# tDCS

in the treatment of pain



# Therapy with tDCS

transcranial Direct Current Stimulation of the brain can improve pain

Chronic and recurring pain can significantly affect quality of life. The combination of various treatment methods in a multimodal therapy can contribute to pain relief. Transcranial direct current stimulation (tDCS) is being intensively studied in pain research and can be used as a complementary intervention.

Clinical studies, along with the experiences of many patients and therapists indicate that tDCS can potentially alleviate pain conditions such as fibromyalgia, migraines, neuropathic pain, or post-operative pain.



## Advantages of tDCS therapy

### Effectiveness in studies

tDCS is a scientifically recognized treatment method. Over the past 20 years, intensive research has been conducted worldwide. Several clinical studies\* suggest that tDCS can contribute to pain relief.

### Manageable therapy duration

Several sessions of 20 to 30 minutes each are held per week. The number of sessions varies individually and depends on the nature and severity of the pain. Your therapist will be able to determine an appropriate therapy plan tailored to your symptoms.



\* Learn more about the studies.

### Little to no side effects

tDCS is regarded as a promising technique. Studies on safety and side effects show that the treatment is well-tolerated and has few side effects (Antal, 2017\*). Occasionally, mild fatigue may occur after stimulation. In rare cases individuals may report experiencing nausea or headaches.

### Who can treat with tDCS?

Doctors, occupational therapists, and physical therapists administer this treatment method. Speak to your doctor or therapist if tDCS could be an option for you.