

TENS VS. INTERX: WHAT'S THE DIFFERENCE IN PAIN MANAGEMENT TECHNOLOGY?



Chronic pain sufferers and clinicians alike are always searching for solutions that go beyond temporary relief.

If you've used a TENS unit before, you may know it provides some relief by using mild electrical impulses. But if you're seeking a more targeted, intelligent approach to neurostimulation, InterX offers a game-changing difference.

In this article, we'll break down the differences between TENS and InterX, explore key benefits, and share stories from patients and providers who have experienced its results firsthand.

What is TENS Therapy?

TENS (Transcutaneous Electrical Nerve Stimulation) units deliver low-amplitude, low-density currents through electrodes placed on the skin. This current disperses broadly and is effective at interrupting pain signals traveling to the brain.

While widely used, TENS has limitations:

- Current disperses across tissue, reducing precision
- Muscle contractions can restrict intensity
- Primarily targets surface-level pain

What is InterX Therapy?

InterX® neurostimulation takes pain relief and healing to a new level.

Designed with precision and adaptability in mind, InterX delivers high-amplitude, high-density currents that automatically adjust based on tissue response. Unlike TENS, InterX interacts with the body dynamically, identifying and targeting problem areas in real-time.

How InterX Works: SCAN. TARGET. DYNAMIC.

The design and interactive waveform of InterX® allow for patient-specific treatments with flexibility unmatched by traditional TENS units.

SCAN

Locate the optimal treatment point — without gel — anywhere on the body, including sensitive areas like the spine and face. InterX identifies points of low impedance for precision targeting.

ARGET

Deliver high-amplitude, high-density current directly to pain sites:

- Amplitude: 35–60mA (TENS is typically 15–40mA)
- Current Density: 170–220mA per square inch (TENS averages 5–12mA)
- Frequencies from 15–480 pulses per second (TENS often tops out at 220Hz)

DYNAMIC

Encourage therapeutic movement during treatment. InterX's interactive, variable waveform helps avoid nerve accommodation and prevents the brain from becoming desensitized to stimulation. Movement during therapy changes the brain's perception of pain — helping eliminate the memory of pain.

Backed by Clinical Evidence: InterX and Post-Surgery Recovery

A randomized, controlled UK study looked at the effects of InterX® following total knee replacement surgery.

In this study of 61 patients:

- Male patients using InterX reduced medication intake by 34%
- Female patients reduced medication by 16%
- Patients treated with InterX were discharged 1.2 days earlier on average compared to the control group

These results highlight InterX's potential not only for reducing pain and medication use, but also for improving recovery timelines — a critical consideration as healthcare costs continue to rise.

Key Benefits of InterX Therapy

InterX goes beyond masking pain — it supports your body's natural healing and recovery processes.

✓ Relieve Acute and Chronic Pain

Quickly scan, target, and alleviate pain using non-invasive, dynamic neurostimulation.

✓ Reduce Inflammation

Calm inflammatory responses to promote systemic healing and balance.

✓ Reduce Stress

Restore nervous system balance, helping manage the chronic stress linked to many health issues.

✓ Reboot Nervous System

Regulate sympathetic and parasympathetic systems to promote energy conservation and recovery.

✓ Improve Gut Health

Stimulate the vagus nerve to support digestion and ease discomfort.

✓ Reduce Neural Fatigue

Soften overactive nerve signals to ease the mental and physical fatigue tied to chronic pain.

Patient Testimonial

"InterX changed everything for me. I struggled with chronic pain for years, and nothing gave me lasting relief — until now. After just a few sessions, I felt not only relief but renewed energy. InterX gave me my life back."

Provider Perspective

"I have been using InterX for over a year and have been very impressed with the results. I hope the device becomes more widely available and other doctors and therapists benefit from using InterX as an aid in the management of chronic musculoskeletal pain."

— Dr. Steve Matteo, Sports and Musculoskeletal Physician, London Bridge Hospital, London

Is InterX Right for You?

While TENS units serve a role in temporary pain relief, InterX offers a more sophisticated, dynamic, and effective approach to neurostimulation. Whether you are dealing with chronic conditions, recovering from surgery, or looking to support your body's natural healing processes, InterX may offer the relief and recovery you need.

Final Thoughts

Pain management continues to evolve. InterX stands out as a next-generation solution — offering deeper, smarter, and more effective neurostimulation than traditional TENS units.

If you are seeking a way to not only manage pain but to help your body heal, **InterX is ready to help you take the next step.**