

Benefits of FreeMOM

FreeMOM is safe, simple and drug-free.

- FreeMOM initiates the action of the body's own natural pain-relieving mechanisms.
- FreeMOM is used to provide a background level of pain relief to which any other form of analgesia may be added if required.
- FreeMOM may be used whilst still at home, or from the time you arrive at the hospital.
- FreeMOM may shorten the 1st and 2nd stages of labor, but otherwise does not alter the natural course of labor.
- FreeMOM allows the mother to be fully mobile and "in control" during her labor, unlike other methods of pain relief.
- FreeMOM can be easily interrupted or discontinued at any time during the labor. (It may need to be disconnected during foetal monitoring).
- Benefits of greater comfort during early stages of labor are carried right throughout the birth process.
- FreeMOM can also be used for after-birth pain, restless leg syndrome and other pain e.g. lower back pain.

Testimonials:

After my positive experience, the use of the FreeMOM TENS unit comes highly recommended as a means of alleviating the discomforts of labor. For me, it was the only form of pain relief I needed, but it can also be an adjunct to whatever other pain relief you may request, such as pethidine or nitrous oxide. I wish all mums-to-be a trouble free journey on the path to motherhood, but more importantly a memorable celebration of the creation of a new life!

(T.W. Physiotherapist, Pre-natal educator.)



'We owe it to ourselves to be educated and armed, so that we are more able to enjoy what is such a special day.'



Just a note to thank you for the opportunity to use the FreeMOM TENS system. My baby was in the posterior position which meant my labor was 40 hours of 7 to 8 minute contractions. I don't think I would have lasted as long without other pain medications or interventions if it hadn't been for the FreeMOM TENS system. The midwives were shocked that I had dilated to 8 cm. without showing the "classic" symptoms. Infact, I was still standing and joking with them (in between contractions) up until the last stages. I highly recommend the FreeMOM TENS system of pain management and would happily be a reference if required.

Jaclyn A. (*Practising Osteopath,*)

Perhaps my labor would have been easier than many anyway, but I believe even the most difficult labor can be improved upon by the use of the FreeMOM TENS unit. Being pro-active in arranging for strategies to help manage the pain of labor, enables mothers to have a more positive birth experience. Giving birth to a baby is the most precious of times in a woman's life. We owe it to ourselves to be educated and armed, so that we are more able to enjoy what is such a special day.

(Dr. Elizabeth .R. , Medical Practitioner.)

References:

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FreeMOM

Control your labor pains

**DRUG-FREE
Relief From
Labor Pain**

An Easy Way to a Natural Birth

The FreeMOM Labor Pain Management System

A wonderful start to life for mothers and babies

'I believe even the most difficult labor can be improved upon by the use of the FreeMOM TENS unit.'



What is FreeMOM?

FreeMOM is a Transcutaneous Electrical Nerve Stimulation (T.E.N.S) device which has been specifically designed to assist in the relief of pain during labor, after-birth pain, assistance with sleeping after the delivery and lower back pain.

How Does it Work?

FreeMOM sends a small, safe, electrical signal into the body via electrodes which are placed onto the skin. The stimulus aids the relief of pain in 3 ways:

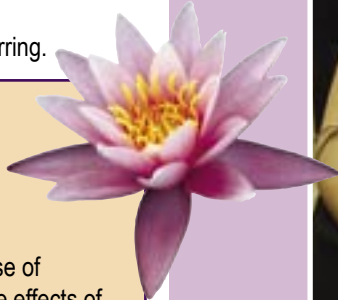
1. By "blocking" the pain messages from reaching the brain via the nerves;
2. By stimulating the release of the body's own naturally occurring pain-relieving substances (endorphins and encephalons); and
3. By providing a distraction whilst the pain is occurring.

The stimulation is felt as a mild to strong, comfortable "tingling" sensation.

Is FreeMOM safe?

There are no side-effects to mother or baby with the use of FreeMOM, if it is used as stated in the instructions. The effects of the FreeMOM are temporary. The mother is always in control whilst using the FreeMOM.

Warning: It is recommended that patients with heart and/or circulation problems, cardio-vascular problems or implanted cardiac pacemakers seek the advice of their practitioner prior to using the FreeMOM.



Is FreeMOM effective?

Australian women who received TENS Pre-natal education prior to the use of the FreeMOM TENS for their labor, rated it as 92% effective for pain relief with 38% of all users requiring nothing else but the FreeMOM TENS as their only source of pain relief during labor.

Is FreeMOM Easy to Use?

Very! The electrodes are applied to the lower back (see picture below), when labor first commences. The expectant mother sets the TENS to a comfortable sensation level while pressing on the 'Booster Button'. Once set, at every contraction the expectant mother simply presses the 'Booster Button' and holds it down until the contraction ceases. A full instructional DVD is included with the FreeMOM unit. We can also arrange an appointment with one of our qualified health professionals for a more detailed demonstration.



Is FreeMOM expensive?

FreeMOM rental is cheaper than the charge for using pethidine or epidural during birth. In addition, most health funds give a rebate for the hire and/or purchase of TENS units (depending on your health fund and level of cover).

FreeMOM offers the following superior features:

- FreeMOM is the smallest, easiest to handle unit. FreeMOM is very simple to use and may be hung around your neck for freedom of movement.
- "Set and Forget" stimulation settings. No need to control the stimulation intensity during each contraction.
- Two long electrodes cover the spinal nerves to the uterus and cervix resulting in greater area coverage and less wires to get in the way or tangled.
- High efficacy rate (effective in 92% of natural births*).
- Menu driven instructional DVD with each unit.
- Training on the use of FreeMOM by qualified health care professionals if required.
- Used by over 6,000 women in more than 20 hospitals in Australia and by many mothers world-wide.
- All FreeMOM units are less than one year old to reduce risk of failure.
- Certified by the TGA (Therapeutic Goods Administration) Department of Health, Canberra



'I don't think I would have lasted as long without other pain medications or interventions if it hadn't been for the FreeMOM TENS system.'