

Sympathetic Therapy (STS)

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Sympathetic therapy is an effective treatment option for possibly reducing or eliminating the symptoms experienced with chronic pain. Studies have indicated additional benefits have been seen with treatment including improved sleep, increased ability to perform daily activities, and a reduction in medication needed. It is a noninvasive and painless therapy option, and is appropriate for numerous chronic pain patients. This method of treatment is not advised for patients with blood clots, cardiac conditions, bacterial infections and malignancy.

Sympathetic therapy is a method of electrical stimulation administered along nerve pathways targeting the autonomic nervous system. Eight electrodes are used to deliver the treatment and are placed according to protocols determined by the individual's report of pain location and severity. The intensity of the electrical current is adjusted to a comfort level determined by the patient. Treatments last approximately one hour and it is recommended that 10 or more visits be completed on a daily basis to determine if treatments have been effective. Treatments may be adjusted daily based on the patient's response to previous treatments. If a significant improvement is demonstrated within the initial 10 visits, a patient may be able to continue with treatment on their own using a home STS device. If you have questions about STS please call your local physical therapist.