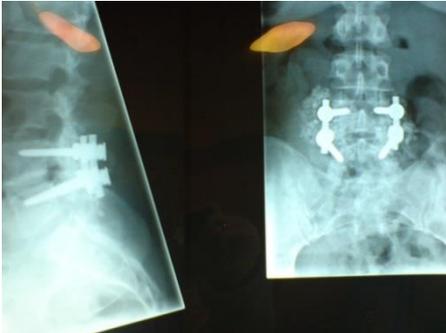


MY DIARY OF SENZA STIMULATOR TRIAL: TINA WORTH

(Background to requesting a Nevro Senza spinal cord stimulator)



Despite being a registered nurse by background, and as well as having a very good understanding of both chronic pain & how spinal cord stimulation (SCS) works I was still very anxious about going forward for a spinal cord stimulator for a variety of reasons. Spinal cord stimulation very much felt the 'end of the road' option to me but after 3 failed spinal fusions and various spinal injections, I had to face the fact that I was pretty much at the end of the road! Every day I take large amounts of opiates just to allow me to carry on working & having some normality in my life. But over the last 6 months they weren't working as well as they used to which meant that it had become a normal routine for me to be extremely uncomfortable every evening and then in floods of tears at 2am most mornings, pacing around the house because of the pain in my back and right leg as well as the nerves in my legs going into overdrive and being painfully restless and jumpy. It took me a long while to accept that I needed to consider the spinal cord stimulator as my next option. However when I finally did come to terms with needing a SCS, it soon became apparent that the SCS limits some activities – this included one of the only activities that made me feel normal.....Scuba Diving!



A year ago I discovered scuba diving by accident really. To cut a long story short, my husband wanted to learn to scuba during our holiday to the Red Sea, I agreed to accompany him, purely to keep him company – I certainly never had a real urge to learn to scuba dive as I didn't particularly even like snorkelling.

Because of my back problems, I had to get a letter from my spinal surgeon to give me medical clearance to dive. However, the day before our holiday my husband's blood pressure went through the roof and he was no longer allowed to dive. As I had no medical reason not to do the course, we would lose my course fee if I also cancelled – hence why I completed my PADI Open Water course during our holiday in March 2013.

Although with my back, I struggled with the weight of the scuba equipment, once I was actually in the water, it was fantastic. I actually felt normal & that I was no different to anybody else and the water seemed to loosen my back. With it being non-weight bearing, I felt a new person in the water and I despite finding it quite stressful by the amount I had to learn, I was hooked!

On returning to the UK, I joined my local dive club and before I knew it, I had various certifications under my belt, becoming an advanced diver and I have just recently started my Divemaster Training. The dive club are excellent in helping with my equipment knowing the back problems that I have.

Alongside this, I work for a pharmaceutical company, covering a huge territory which in turn means a huge amount of driving some days. On initial investigations into the option of having a spinal cord stimulator, the two things that all the traditional spinal cord stimulators seem to mention as restrictions are driving (need to turn it off) and diving (cannot dive lower than 10m, even with the device turned off). I had just spent over £2000 buying my own scuba equipment, not to mention the fact that I absolutely love diving and now it looked like I would have to give it all up.

Feeling so fed up about the situation, I explained to family and friends my reluctance in going forward for a spinal cord stimulator. It may well help the pain but I so desperately didn't want to give up my diving.

Looking at how many hours a day, I was behind a steering wheel, it seemed little point having one as I would only be able to have it on a couple hours a day! After seeing the pain consultant, Dr Kathryn Davies about having an SCS, she recommended that I contacted all the spinal stimulator companies to see whether there was any negotiation with regards to ability to scuba dive & drive with any of the devices. She stated that she would be flexible to a certain degree on which make of SCS she would use but also stressed that I may just have to give up diving. It was at this point, with the help of family & friends, I started researching each the manufacturers.

About a week later, my husband & I attended the national dive exhibition at Birmingham, where I met Frank from Scuba Trust (an organisation that helps disabled people to scuba dive). Initially, I cautiously spoke to his wife Jacqueline at first, saying that I had a slight disability & asking whether she had ever heard a spinal cord stimulator? She smiled & called over her husband, Frank. It turned out that Frank who was the course director of Scuba Trust, had a spinal cord stimulator and was waiting for his 3rd one as had had a SCS in situ for over 20 years! He had a Medtronic in situ and had dived to 40+m as well as drive all the time with it on. Yes, this was going against manufacturer recommendations but at least I now knew it could actually be done. I don't mind telling you that I went away from that dive show, grinning like a Cheshire cat as it looked like I would be able to continue with my scuba diving after all!

As if that wasn't brilliant news, on the way home, my brother sent me a SMS with an internet link to a diver website in USA where a new type of stimulator had been used on a scuba diver which had a manufacturer license allowing to dive to depths of 35m.....hence my discovery of the Nevro Senza.

Strangely enough about a month later, I was exhibiting at a medical pain conference in Bristol, where 3 of the main SCS manufacturers were also exhibiting (Medtronic, Boston Scientific & Nevro Senza) so I took this opportunity to go and talk to each of the representatives on their exhibition stands. I explained to each rep that I was also a clinician but was potentially considering for me personally and explained about my reservations around driving & scuba diving with a SCS. I wanted to know from Medtronic & Boston Scientific whether their manufacturer advice about not diving deeper than 10m was licensing advice because it hadn't been tested at lower depths or recommended because they had been tested and there had been an actual problem lower than 10m? Neither seemed to be able to give me an answer but took my personal details and said they would contact their head office & then get back to me. To this day, I have not heard back from either company! Finally I went and spoke to Sophie, the Nevro rep, who was really helpful - she even tried to ring her head office then & there. She clarified that I could definitely drive with the

device turned on and said that she was pretty sure that you could scuba dive deeper than 10m but wasn't sure of the exact depth. She took my details and said she would get her head office to confirm the depth as soon as possible. I actually received an email from Nevro within 3 working days stating that I would be able to dive to a depth of 35m with the machine turned off. Sophie also confirmed that RD&E Hospital had previously used a Senza stimulator, so I wouldn't be asking my consultant to use a make that had never been used in the hospital before. This was music to my ears and promptly wrote to Dr Davies at Exeter, with the info that I had found out, asking her to consider allowing me to have the Senza as a trial.

Stimulator Trial Insertion Day (24 Feb. 2014):

Well D-day has finally arrived & I'm feeling very nervous. I have to be at Heavitree Hospital Day Theatre for 12.30pm. A couple weeks previously I received a phone call from the pain department to confirm that I would definitely be having a Nevro Senza trial following my written request to Dr Davies.

I had researched each of the makes and wanted the Senza for the following reasons:

1. I drive extensively for my job and the Senza can be switched on whilst driving.
2. I scuba dive & had received confirmation from the company that it was safe to dive to a depth of 35m (as long as it was turned off).
3. I hate the feeling of a TENS machine – due to the high frequency of the Senza, there is no paresthesia.

The day of the trial had finally arrived and I really didn't know what to expect; it seemed so long ago when we attended the SCS group meeting back in September. The hospital day case paperwork said not to eat or drink so many hours before but that was about it. So Pete (my husband) and I arrived at Heavitree Hospital not really sure what to expect but it would be fair to say that I was very nervous by this point.

However, we were soon met by a friendly nurse who explained what was going to happen. Then we saw the pain consultant Dr Davies, who was going to be implanting the device. She's a lovely Dr but a lady of few words.....soon consent forms were signed and she disappeared again. Finally we met James, the Nevro Senza representative who would also be in theatre and would then go through how the device works afterwards. James was friendly and full of smiles and reassurance Which I certainly needed as I had just been informed that I wouldn't be sedated at all.

Before I knew it, it was time to walk into theatre. I sat on the theatre table in my hospital gown whilst the consultant put a venflon in my hand – guess that's as a precaution, as she'd already told me that I wasn't being sedated. Then it was time to lay on the table on your tummy, which is such an uncomfortable position when you have a back problem. The pillow under your hips helps but not much! The consultant apologised for her taste in music that was playing in the operating theatre but it was quite quiet and I couldn't really make it out. I was aware of everyone chatting. The radiologist talked to me for a while and I could see James in the corner with a laptop and what I presume was Senza equipment. The clock was showing 2pm.

Then I felt the drapes being placed over my back and heard the consultant say, "this will feel cold." Well that was an understatement; it felt like an ice block was being wiped over my back. The consultants next words were, "this will hurt and sting, it's as the local anaesthetic going in, sharp scratch." I let out a yelp – why do they say 'sharp scratch' - when it's clearly so much more than a sharp scratch?

After letting out a second yelp of pain a friendly male nurse came and sat near my head and offered me a hand to squeeze on.... I (correctly) guessed that more pain was about to come!

I can't really explain the pain – people who have had a spinal injection will know the feeling but it just wasn't where I expected to feel the pain – it was so much higher. Then the nurse, who's hand I was still gripping like a vice, told me that the wire was about to go in and may feel strange and uncomfortable. With that, I felt the oddest pain, almost like the sharpest stitch/wind type pain go up through the middle of the right side of my rib cage. For a split second I thought something had gone dramatically wrong as it truly caught my breath. I muttered an explanation of what I felt and the nurse firstly reassured me that was a

normal sensation and promptly said that I would probably feel it again in a minute.....He was right! A few gentle pants and it wore off but I really didn't like that part.



Then I could hear that various pictures were being taken via x-Ray & a few adjustments being made with the wire until I heard James saying, "perfect position." With that, I heard the consultant say, "this may hurt and you may feel some tugging as I put a stitch into keep it in place." Oh here we go again.....but in all fairness I just felt a tugging sensation, no sharp pain this time. With that, it felt like loads of wadding and dressings were being stuck to my back. The consultant then came closer until she was within my eye level and said that it was all done, to make sure I don't get the dressing wet at all and be very careful of the wire that was now sticking out of my side. She said that she would come and see me in a bit in recovery, after James (Senza rep) had gone through the equipment and my instructions. I glanced at the clock in theatre and it said 2.40pm – goodness that was quick work....although I don't want to repeat those 40mins again in a hurry! With that Dr Davies was gone and I was being helped to transfer onto a trolley to leave the theatre. A quick but very efficient, professional and friendly team in theatre.

I was greeted in recovery by the nurse from earlier and Trudy a second nurse who had looked after me previously when I had my last spinal injection at Exeter Hospital. My B/P, pulse & O2 sats were taken and I was offered a cup of tea and toast straight away. The nurse also went to find my husband Pete, so that he could be present when James went through the instructions for the Senza stimulator.

James went through the equipment and the various settings, making sure that we both understood as he went along. His communication style relaxed us both and soon we were even having the odd joke about things. When he plugged me into the external battery pack and turned the equipment on. I couldn't believe the size of the battery pack but James quickly reassured us that the permanent batteries were a lot smaller and got one out of his bag to show us



My external battery pack strapped around my waist
←



Phew, I was worried for a bit as the trial battery pack is huge as you can see in the picture above. When James turned the machine on, the light started flashing on the battery pack & I felt a quick strange feeling higher up my back. I can only describe it as a sharp but quick needle-like bee sting....basically an odd feeling that went as quick as it came! James wanted to do a test and asked if I minded if I had the 'sting' feeling again. I didn't mind so then I experienced my 2nd 'bee sting' sensation!

Then James reassured me that I was over the worst of it and proceeded to go through the equipment, making sure that both Pete and I were happy with it all and felt confident. The remote control was a little temperamental but James once again, put us at ease by reassuring us that if we had any problems to ring him straight away and he would get a replacement to us in the post.

Working in the pharmaceutical industry myself, I was very impressed with James' manner at putting us both at ease and professionalism in explaining everything as well as reassuring us both that we could contact him at any time and that he would give me a ring tomorrow afternoon. So now with our Nevro bag of instructions, spare batteries etc. we said our goodbyes & James was on his way to his next hospital down in Cornwall.

The nurse popped in to say that I could get dressed and as long as my obs were ok, she would remove the venflon & I could go home. I was curious as to how my back was looking, so asked Pete to take a photo before I got dressed.



Well, it didn't look as bulky as I was expecting and the elastic acted belt meant that I didn't need to worry about having pockets to put the battery in. Within 15mins another set of obs were completed, venflon removed, instructions given of who to phone if we had any problems and then we were on our way home. The journey took about 40mins and other than the actual surgical incision site in my back now feeling very sore (guess the local anaesthetic was starting to wear off) I just felt extremely tired. By the time we got home, I was absolutely shattered and went straight to bed, basically waking for an hour to have some tea and then falling back asleep.....insertion day was finally over!

Day One:

Well it was 6am before I woke up with bad right leg pain! For me, that's brilliant as my usual routine is to be pacing around the house, literally sobbing in pain between 2am – 2.30am every single morning and not being able to settle again before 4.30am each morning having taken a load of Oramorph! Even though I was in pain at 6am, it wasn't bad enough to make me cry and I resisted taking any Oramorph. Don't get me wrong, it was bad but just not quite as bad as usual..... Let's say the pain in my left leg was a score of 7 on the pain scale rather than the usual 10+++.... But this is certainly a positive start to the trial.

I basically had a very quiet restful day today - on bed rest most of the day. I felt really good around lunch time with pain scores of 5/10 for both my left leg and my back. To be honest the soreness of the surgical incision in my back was causing me the main discomfort in my back. James from Nevro telephoned at

lunchtime to see how I was doing and was delighted when I informed him of my low pain scores. He explained about 'wash in' times and the 'wind up' process, saying that I may not even be at therapeutic level yet and this was a brilliant start. James said he'd ring again on Friday but reiterated that I could contact him beforehand if I needed to. I continued to have a restful afternoon, enjoying a surprise visit by my friend Tara and the arrival of a lovely bouquet from my friend Sarah, which certainly cheered me. I don't know if I tempted fate by being so optimistic because by mid afternoon my leg and back pain was worsening! By the evening my right leg pain was back up to 7-8/10 although it wasn't as 'jumpy' as it usually is. I decided that I needed to take my 1st rescue analgesia of the day and took 20mg of OxyNorm at about 8pm.

I was told not to adjust any of my usual analgesic medication during the trial. I am currently on Tapentadol SR 250mg BD, Tapentadol 75mg BD, Amitriptyline 0.5ml (25mg/5ml) nocte. I then also have OxyNorm 10mg tablets & Oramorph 10mg/5ml as rescue medication to take PRN (in crisis).

Let's hope it's just a blip tonight and things will continue to improve tomorrow. We can but hope!

Day Two:

Woke at 4am with back pain rather than the usual leg pain. Got up and made a cup of tea & decided to take 2 paracetamol rather than the usual opiate rescue medication that I would take normally. Took a while to settle again but I did manage to fall back to sleep. Woke again at 7.30am & took my usual morning analgesia. Legs are aching rather than feeling really painful but they are certainly not as jumpy as usual and my back seems to have settled down again at the moment. Am aware that I'm not allowed my hot bath which usually helps settle the aches and pain in my legs. This is the horrible part of the trial - not being able to have a shower or bath. A wash is just not quite the same. Surgical incision area in my back doesn't feel quite as sore this morning - so far! So looking slightly more positive than last night at the moment. Got dressed and pottered around this morning, until my Mum came to visit late morning for a few hours. I would say pain scores this morning were 6/10 in right leg, 4/10 in back (not counting incision site which is a bit sore - especially when I lean against it) and 0/10 in left leg. The main issue today was that I was absolutely shattered.

James from Nevro sent an SMS at lunchtime to see how I was getting on? I said that my pain worsened last night but seems to have settled again this morning. He reassured me that I should hopefully get some improvement when I change the setting this afternoon to '1B' - I certainly hope so!

Programme setting adjusted from '1A' to '1B' after lunch. Fell asleep for a while on the settee this afternoon but otherwise just had a quiet afternoon watching some TV. Pain levels improved by 3pm with pain score ratings of: 4/10 in right leg, 2/10 in back and 0/10 in left leg - feeling chuffed about this. As always, by the time it got to 6.30pm my right leg and back start to throb a bit - a gnawing type of pain. 😊 This coincides with when my BD medication is due each evening. So although I'm conscious of my pain levels increasing a bit, I'm not overly concerned at the moment. Even though the pain is still there, it certainly isn't as bad as usual. One aspect that has significantly improved is the 'jumpy' restless legs that I always get in the evening - so far I haven't had that at all since starting the trial, but I don't want to tempt fate quite this early on!

Gnawing pain in my back and in my right leg, particularly on my thigh and then around the back of my calf started kicking in again around 7.15pm as per its usual pattern. Decided to get a hot water bottle as the heat will usually relieve it to a certain degree & have taken two soluble paracetamol to see if that helps before thinking about taking anything stronger. The pain is uncomfortable and drags me down in mood but it isn't quite bad enough to have me in tears yet. However, I needed to take some Oramorph by the time it got to 10pm - let's hope I have a good night.

Day Three:

Had to get up at 4.30am as in pain but only took 2 paracetamol with a cup of tea (as stated earlier I would usually take Oramorph / Oxycodone) and managed to settle again til 7.30am. Again, no jumpy legs at all - just the gnawing pain in leg. Pain scores this morning: Rt. Leg = 3, Back = 2 & Left. Leg = 0. Sat at desk for an hour doing some typing this morning - not flare up or anything so feeling good. Snoozed watching TV this afternoon as feeling really shattered still. Pain scores remained the same throughout the day (Rt. Leg = 3, Back = 2 & Left. Leg = 0). Had my daily text from James from Senza - we agreed that programme 1B was definitely working well for me. ☺

Although I obviously still have some pain, I was never expecting for it to go completely during the trial. However it is really nice to not have the jumpy legs aspect of the pain, as that's the bit that I find quite unbearable. Being able to take paracetamol instead of Oramorph as rescue medication is significantly better, not to mention the amount of times when I need to actually take rescue medication has dropped significantly.

The only negative aspect today, is that I'm starting to really miss my hot baths & showers but otherwise the best day of the trial so far.

Day Four:

Woke up at 7am! First night in the last 12 months that I haven't woken at 2-4am for painkillers. I am so chuffed. ☺

I admit that I am uncomfortable now - my painkillers are due, but even with that, my pain scores aren't much: Rt. Leg = 3, Back = 2 & Left. Leg = 0 and more importantly still no jumpy, restless leg feeling which usually drives me mad! So pleased about sleeping through, that I text James Carmichael (Neuro rep) to tell him. We have a quick 'text chat' as programme plan is to up level to 2A this morning. I questioned about what to do if 2A wasn't as good as 1B & James went through my options. He really is a very helpful chap and it certainly helps me having such positive support available.

I decided to try and do some work admin today as I need to see what my pain levels are when I'm doing more than just chilling out. Rang into work team telecom - it was nice to hear from work colleagues. I then spent a good 3hrs sitting, going various pieces of admin - yes, I know, I over did it too soon! Needed to rest late afternoon because I was both absolutely shattered & in some pain. Took myself to bed and slept for a few hours before getting up again, around 7pm. Took my usual evening analgesia but as per usual pattern, the pain was starting to kick in again. Pain scores were: Rt. Leg = 4, back = 3 & Left. Leg = 0. Couldn't decide whether it was because I had overdone it this morning or whether programme setting 2A isn't working as well for me.

By 8.30pm the pain was quite significant and as I had run out of Oramorph, opted to take 20mg OxyNorm. Felt disappointed that pain had increased again, decided to send James a text asking if it was ok to go up to 2B tonight rather than wait til tomorrow afternoon. As always, James was really helpful, despite me texting him at 9pm on a Friday evening. Agreed that I would go up to programme level 2B now and see how things go. James also reassured me that at any time I could just go back to level 1B as we know that programme level helps. Decided that I will try and stick with 2B overnight & review in the morning. At about 10pm the pain seem to settle somewhat and pain scores were: Rt. leg = 2, Back = 2 & Left. Leg = 0, but again, no jumpy legs driving me to distraction. However, the dressing over my spinal wound site were starting to itch and aggravate me. Have to say that I have been so impressed in the support that I have received from the Neuro, the manufacturer of Senza. I have asked James for his line-managers email address as I think it's important to write about excellence as it is to write a letter of complaint. James has provided me with outstanding support to date.

Day Five:

Woke up at 8am - slept through another night! Hardly any pain this morning - pain scores of 1& 0!! Still no jumpy legs which is wonderful.

We went out for brunch late morning, just to get me out of house for a couple hours which was lovely. This sleeping through, seems to have made me even more tired. We were only out a couple hours and I felt absolutely shattered. Went to bed when we got back and I slept for another 3hrs which is completely unheard of for me. Decided to go and do some admin in the office this evening as needed to prep for work trip tomorrow and wanted to see how I got on. Managed to sit and do more admin than expected - did about 3hrs of work at the desk with no increase in pain scores - which again is unheard of for me. A really good day today and the stimulator has made such a significant positive difference to both my pain levels and overall quality of life and have taken no extra rescue analgesia today (just my normal medication).

Day Six:

Woke up at 6.30am had some right leg pain but not much. Took some paracetamol but decided to stay up anyway as needed to finish my work admin before having to catch a train at lunchtime. Still delighted that my legs aren't all jumpy and my pain levels are the best they have been in well over a year. Really need to be at a two day meeting with work on Monday & Tuesday, so have agreed to attend but was going to catch the train rather than drive up to Tamworth. Have a 1st class train ticket on the hope that the seats would be more comfortable and that the carriage would be quieter for me. Pete took me over to Taunton - journey over was bumpy so had to grit my teeth. To be honest, the dressings on my back were also starting to really itch which probably made me a little irritable.

Received a text from James at Nevro on the way, asking how I was doing? Gave him an update and told him I was absolutely delighted with programme 2B. I said that I seemed to react better to the 'B' programmed and was a little nervous to try '3A' programme in case the pain came back. James reassured me that I could just stay on 2B if I wanted to or skip 3A and go straight to 3B.

When we got to the train station, was informed that there was a replacement bus instead of train for the first leg of the journey to Bristol. Not the news I wanted and it was literally a bus rather than a coach which was really bumpy and quite uncomfortable. The total journey up to Tamworth took over 6hrs instead of the planned 3hrs due to various engineering works. My journey end up consisting over 2 bus trips, 3 train changes and a taxi instead of train journey with one change at Birmingham! I was absolutely shattered when I arrived at my destination but my pain scores remained very low and unchanged. This was amazing as usually the vibration of a train journey used to have me in agony so tried hard to avoid the trains when I could.

Day Seven:

Having had such an excellent response on programme 2B, I was quite reluctant to change but decided to give programme 3B a try (leaving 3A out completely). Within a couple hours, my pain was creeping up again from pain scores of 1 and 0 to 3 and 2 so changed the programme back to 2B after a couple hours. What was fascinating was that some of my work colleagues noticed a change in me straight away. They said that I was moving and twisting easier and that it was nice to see me smiling and chirpy. My line manager said that my eyes didn't look so black and tired and he couldn't believe the spring in my step! So many colleagues throughout the day said 'wow Tina, what a change.'

It was so lovely to be able to say that I felt good when asked how I was doing. I managed to sit in an all-day meeting without getting really fidgety and uncomfortable. I'm used to having to get up and walk about and

my colleagues are used to seeing me laid on the floor during a meeting or conference! None of that this time - it was great to feel normal and no different than anyone else in the room. Went out for meal with the team in the evening and for once managed to stay up later than 11pm without the need of rescue opiate analgesia and still no jumpy legs!

Day Eight:

Woke at 5am as bed wasn't very comfortable. Took some paracetamol and went back to sleep until 7.15am. It feels like I have had more sleep in the last week than I have had in the last month. Today was going to be a testing day as I has an all-day meeting and then had to travel back to Somerset. Checked the train times this morning and my planned train this evening was disrupted and looked like it was going to be another horrendous trip! My employer was very concerned about the traveling so decided to pay for me to have a taxi from Tamworth all the way home to Somerset, which was very kind of them. Got through the day, a lot easier than usual and once again there was no need for me to be laying on the floor or anything. Quite a few colleagues were intrigued by the stimulator and there was some friendly banter about the size of the external battery pack and whether people could plug their mobile phones in for charging and other similar jokes. Again, so many people noticed a difference in my mood and how much easier I was moving etc. I definitely feel that the trial has been a huge success and am starting to get nervous at the thought if it being removed tomorrow and my original pain scores returning.

At the end of the conference, I had a 3hr taxi journey home and even that didn't cause me too much discomfort until about the last 5 miles, and I needed to take some rescue analgesia once I arrived home. I really hope that Dr Davies will be in agreement that this trial has been a huge success for me.

Day Nine:

Had a restless night but not because I was in any pain. Slightly concerned as to how my back and legs are going to feel once the stimulator is taken out again tomorrow as I am really not looking forward to the pain returning. Pain scores this morning remain just 1= Rt. Leg and 0= Back and left leg. I have been absolutely delighted with the difference the trial has made. My pain scores have dropped dramatically, the jumpy restless legs has completely disappeared, I have slept better than I have slept in months. I feel so much better in myself and my mood is brighter. Everything no longer feels an effort to do and so many people have commented how much brighter and happier I look.

The only negative part of the trial is that fact that the dressings are driving me mad and so itchy. Can't wait to have a long soak in the bath and also looking forward to being able to get back in to scuba dive. Have to be at Exeter Hospital for 12pm today for my end of trial review – let's hope Dr Davies thinks it's been as successful as I do. 😊

PAIN SCORE DIARY DURING STIMULATOR TRIAL PERIOD

Day	Programme	Right Leg pain score	Back pain score	Left Leg pain score
Prior (23/2/14)	N/A	9-10	8	4
Insertion Day (24/02/2014) pm (Mon)	↑1A	7	6	3
Day 1 am (Tues)	1A	5	5	2
Day 1 pm (Tues)	1A	7	4	2
Day 2 am (Weds)	1A	6	4	0
Day 2 pm (Weds)	↑1B	4	2	0
Day 3 am (Thurs)	1B	3	2	0
Day 3 pm (Thurs)	1B	3	2	0
Day 4 am (Fri)	↑2A	2	2	0
Day 4 pm (Fri)	2A	4	3	0
Day 4 late pm (Fri)	↑2B	2	2	0
Day 5 am (Sat)	2B	1	1	0
Day 5 pm (Sat)	2B	1	1	0
Day 6 am (Sun)	2B	1	0	0
Day 6 pm (Sun)	2B	1	0	0
Day 7 am (Mon)	↑3B	3	2	0
Day 7 pm (Mon)	↓2B	1	1	1
Day 8 am (Tues)	2B	1	0	0
Day 8 pm (Tues)	2B	1	0	0
Day 9 am (Weds)	2B	1	0	0