

## What is Transcranial Magnetic Stimulation (TMS) ?

**Transcranial Magnetic Stimulation (TMS)** is a non-invasive, FDA-approved treatment that uses targeted magnetic pulses to stimulate underactive areas of the brain involved in mood regulation, cognitive function, and emotional processing.

TMS is commonly used to treat depression, concussions, anxiety, and post-traumatic stress disorder (PTSD)—especially when traditional treatments haven't worked.

TMS is not electroconvulsive therapy and does not require anesthesia, medications, or recovery time. It offers a safe, drug-free alternative with minimal side effects.

## Mechanism of Action

TMS uses a magnetic coil placed against the head to gently stimulate brain cells in a specific area. Over many sessions, this repeated tapping helps “reset” how those cells communicate, so mood-related brain circuits can work more normally and depression symptoms may improve.

## When should I call for help?

Please contact us if you experience any of the following:

- » New or worsening headache
- » Increased anxiety
- » Agitation
- » Irritability
- » Feelings of hopelessness
- » Worsening depression
- » Seizure-like activity
- » Involuntary muscle movements
- » Hearing changes or ringing in the ears

Contact Quantum Pain & Spine right away at: **(469) 913-6136**. If you experience a medical emergency, call 911 immediately.

## CONTACT US

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# TRANSCRANIAL MAGNETIC STIMULATION

Exceptional Care.  
Exceptional Results.

**1**

## Procedure

The procedure takes approximately 20 minutes.

### Step 1

You will sit upright in a reclining chair with your head supported.

### Step 2

A small device is positioned near your scalp.

### Step 3

Magnetic pulses are delivered to targeted areas of the brain.

### Step 4

You may feel a light tapping sensation on your head.

### Step 5

You remain awake and alert throughout the session.

### Step 6

You can return to normal activities immediately after treatment.

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## Results

For depression and anxiety, patients often report greater emotional stability, clearer thinking, better sleep, and improved overall quality of life.

For those recovering from concussions or suffering from PTSD, TMS may help restore focus, reduce brain fog, and ease intrusive thoughts.

Many patients achieve long-term relief without the need for ongoing medication.

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## Duration & Frequency

TMS therapy typically includes:

- 3 qEEG tests (before, mid-treatment, and after treatment)
- 10–30 total sessions
- 5 sessions per week for 2–6 weeks

Each session lasts approximately 20 minutes, depending on your treatment plan.

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## Recovery

Patients often experience:

- » Greater emotional stability
- » Clearer thinking
- » Improved sleep
- » Better overall quality of life

For concussion and PTSD recovery, TMS may help:

- » Restore focus
- » Reduce brain fog
- » Ease intrusive thoughts

Many patients experience long-term relief without ongoing medication.

**Depressed Brain**

**Brain After TMS**



# POST-CARE

## Discharge Instructions

After completing a full course of TMS, many patients report lasting symptom relief.

**Some patients may benefit from:**

- » Occasional maintenance sessions
- » Combining TMS with therapy, lifestyle changes, or medication

## At Home

**You may experience mild side effects, including:**

- » Light scalp discomfort
- » Mild headache

**If needed:**

- » Stay hydrated
- » Prioritize rest
- » Over-the-counter pain relief may be used if recommended by your provider

These effects are typically temporary and resolve quickly.

