

**An Easy Guide  
To TENS Pain Relief**

# LOW BACK PAIN

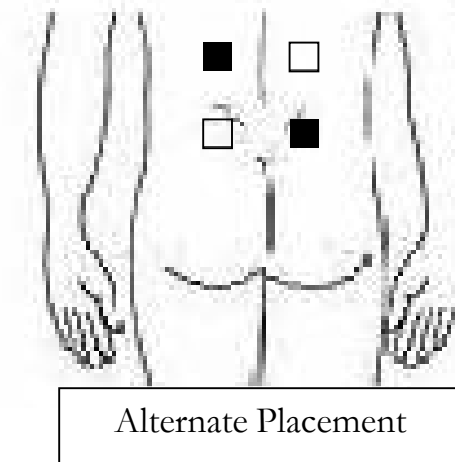
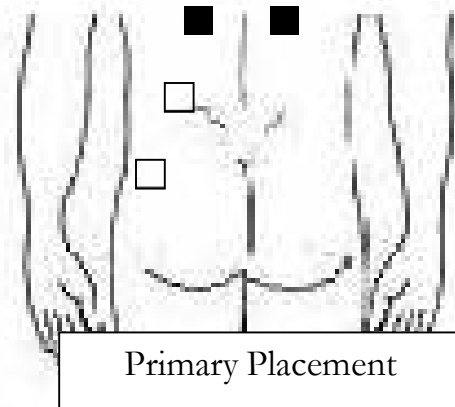
## $\frac{3}{4}$ Setting

**MODE:** C Mode

**PULSE WIDTH:** 260

**PULSE RATE:** 50-80Hz

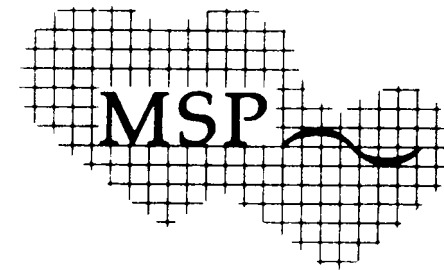
**OUTPUT:** Adjust to the most comfortable intensity that the muscles feel.



## $\frac{3}{4}$ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



# HIP NEURALGIA

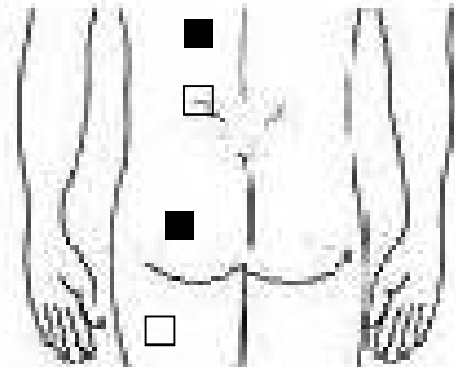
## $\frac{3}{4}$ Setting

**MODE:** M Mode

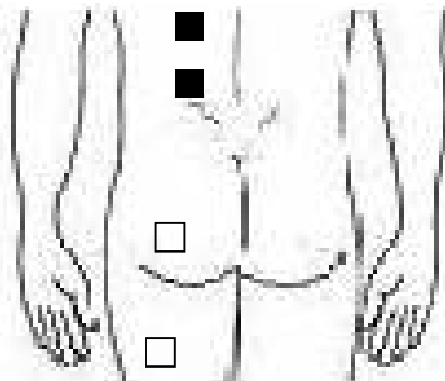
**PULSE WIDTH:** 150-260

**PULSE RATE:** 80-120Hz

**OUTPUT:** Adjust to the most comfortable intensity level.



Primary Placement

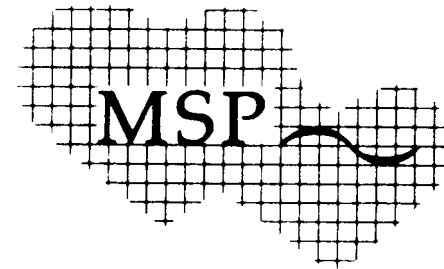


Alternate Placement

## $\frac{3}{4}$ Treatment Session

24 hours is available for the first 4 days.

4 hours per day thereafter.



# PHANTOM LIMB, LOWER EXTREMITY

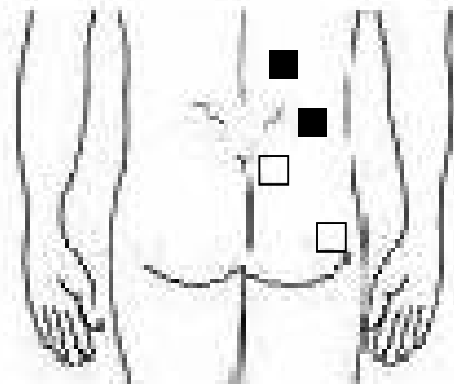
## $\frac{3}{4}$ Setting

**MODE:** C Mode or M Mode

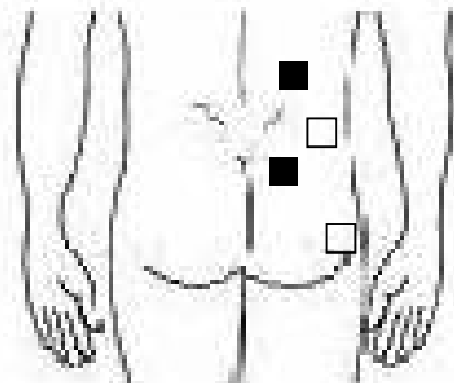
**PULSE WIDTH:** 160 - 200

**PULSE RATE:** 50 - 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.



Primary Placement

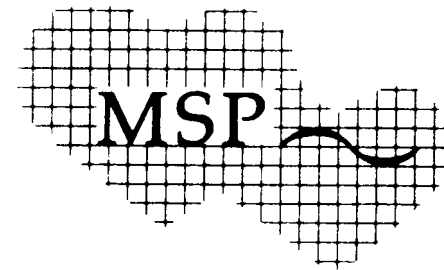


Alternate Placement

## $\frac{3}{4}$ Treatment Session

24 hours everyday for a week is available.

30 minutes, 3 times daily thereafter.



# SCIATICA

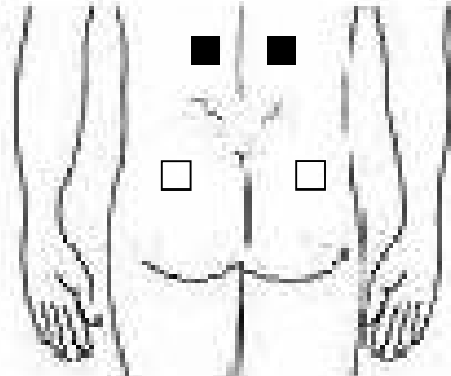
## <sup>3</sup>/<sub>4</sub> Setting

**MODE:** M Mode

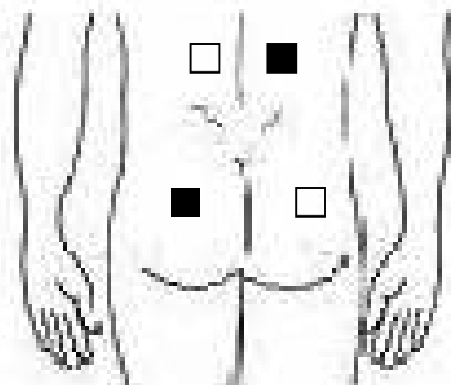
**PULSE WIDTH:** 260

**PULSE RATE:** 150Hz

**OUTPUT:** Adjust to the most comfortable intensity level.



Primary Placement

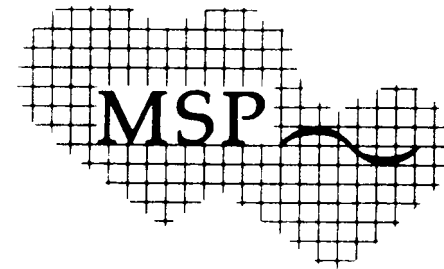


Alternate Placement

## <sup>3</sup>/<sub>4</sub> Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



# BICIPITAL TENDONITIS

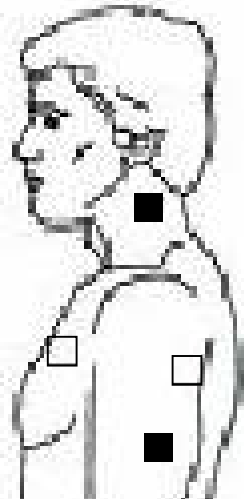
## <sup>3</sup>/<sub>4</sub> Setting

**MODE:** M Mode

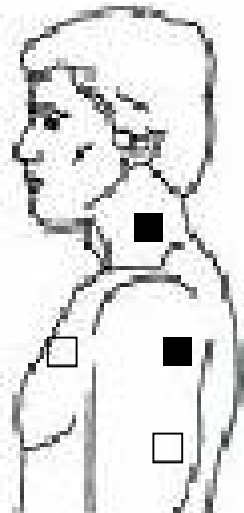
**PULSE WIDTH:** 150 - 160

**PULSE RATE:** 50Hz

**OUTPUT:** Adjust to the most comfortable intensity level.



Primary Placement

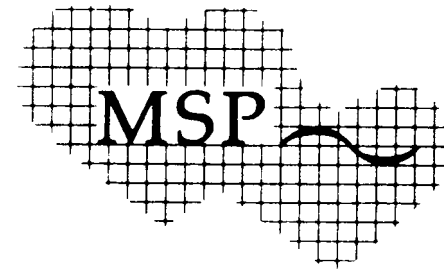


Alternate Placement

## <sup>3</sup>/<sub>4</sub> Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



# TEMPORAL MANDIBULAR JOINT PAIN (TMJ)

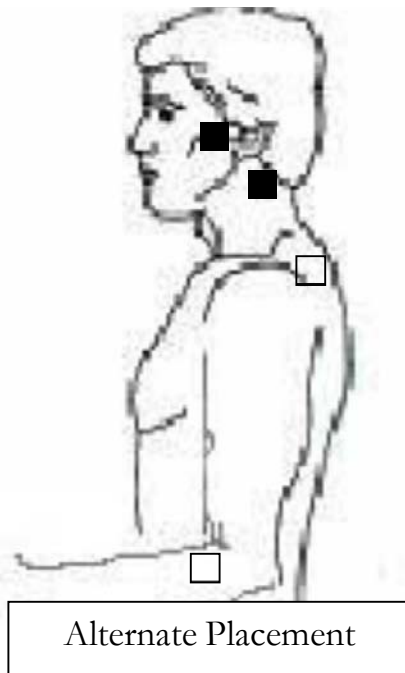
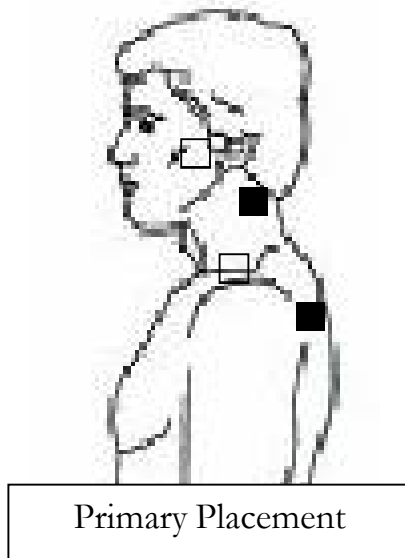
## $\frac{3}{4}$ Setting

**MODE:** M Mode

**PULSE WIDTH:** 220

**PULSE RATE:** 10Hz

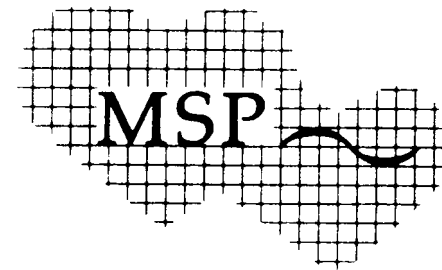
**OUTPUT:** Adjust to the most comfortable intensity level.



## $\frac{3}{4}$ Treatment Session

24 hours is available for the first 2 days.

6 hours daily thereafter.



# SHOULDER PAIN

## $\frac{3}{4}$ Setting

**MODE:** M Mode

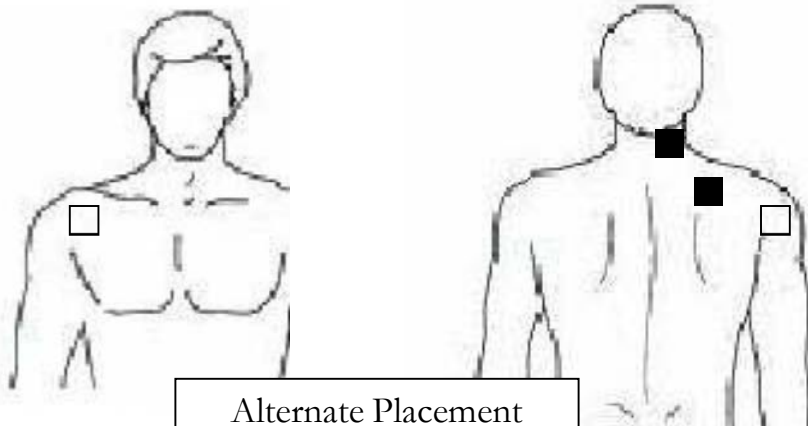
**PULSE WIDTH:** 260

**PULSE RATE:** 80 - 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.



Primary Placement

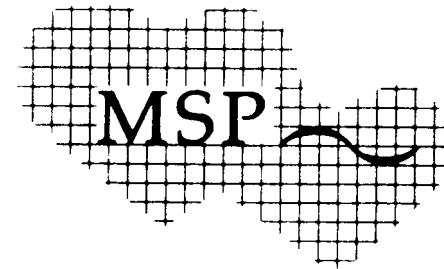


Alternate Placement

## Treatment Session

24 hours is available until initial relief.

20-30 minutes, 3 times daily thereafter.





# REFLEX SYMPATHETIC DYSTROPHY

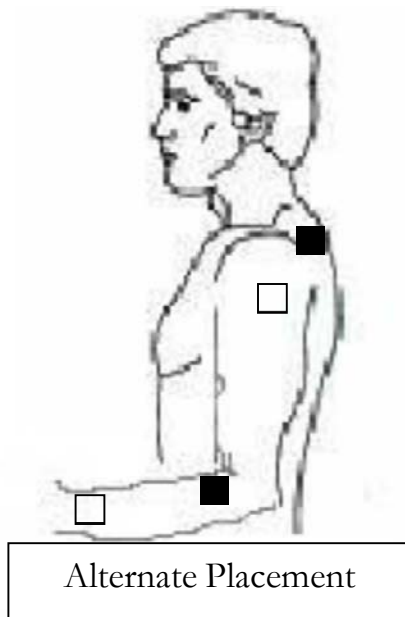
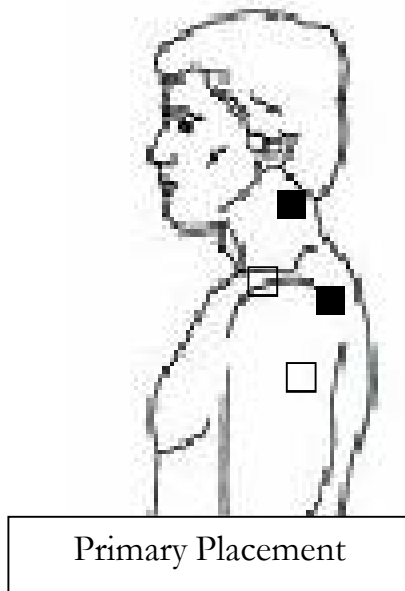
## $\frac{3}{4}$ Setting

**MODE:** M Mode

**PULSE WIDTH:** 100 - 150

**PULSE RATE:** 80 - 100Hz

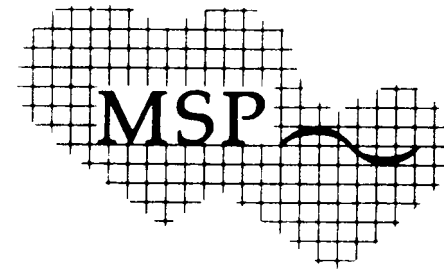
**OUTPUT:** Adjust to the most comfortable intensity level.



## $\frac{3}{4}$ Treatment Session

24 hours is available for the first 4 days.

4-6 hours daily thereafter.



# TRIGEMINAL NEURALGIA

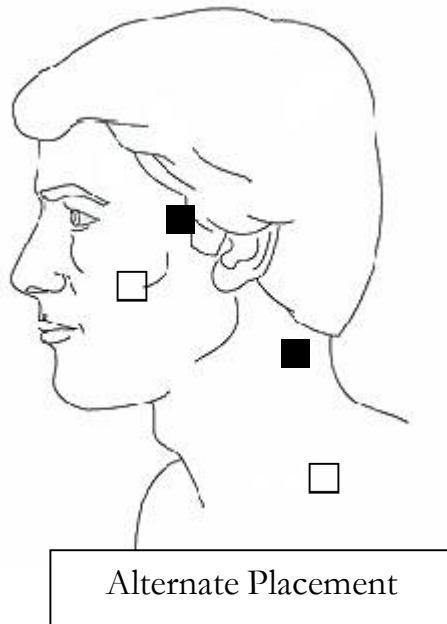
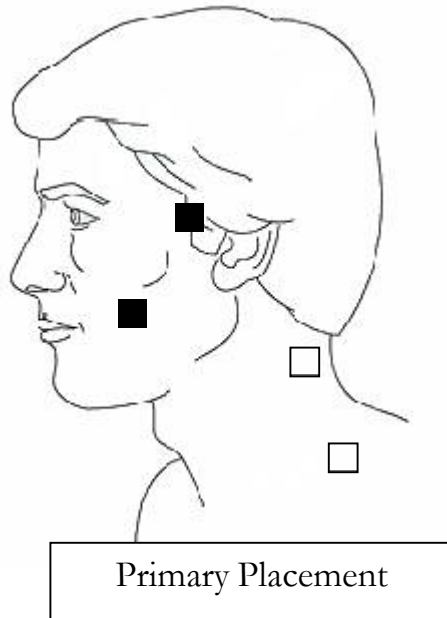
## $\frac{3}{4}$ Setting

**MODE:** M Mode

**PULSE WIDTH:** 70

**PULSE RATE:** 100Hz

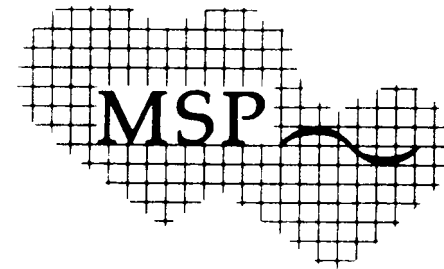
**OUTPUT:** Adjust to the most comfortable intensity level.



## $\frac{3}{4}$ Treatment Session

24 hours is available until initial relief.

20 minutes, 3 times daily thereafter.



# CERVICAL PAIN

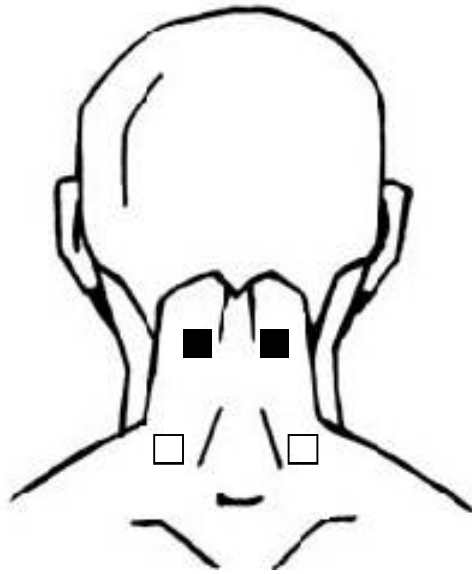
## <sup>3</sup>/<sub>4</sub> Setting

**MODE:** C Mode

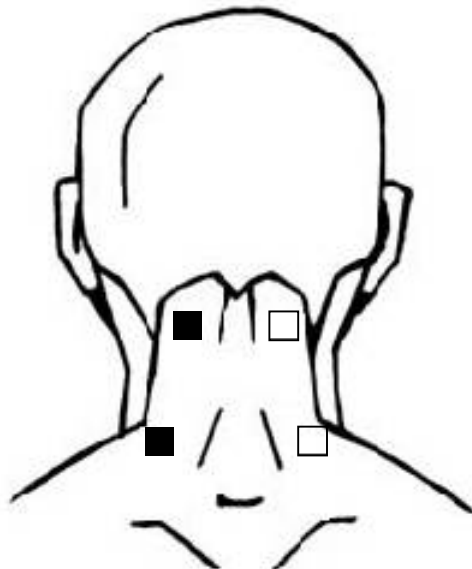
**PULSE WIDTH:** 100 - 150

**PULSE RATE:** 60 - 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.



Primary Placement

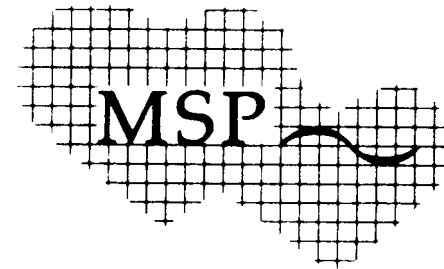


Alternate Placement

## <sup>3</sup>/<sub>4</sub> Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



# CHRONIC CERVICAL STRAIN

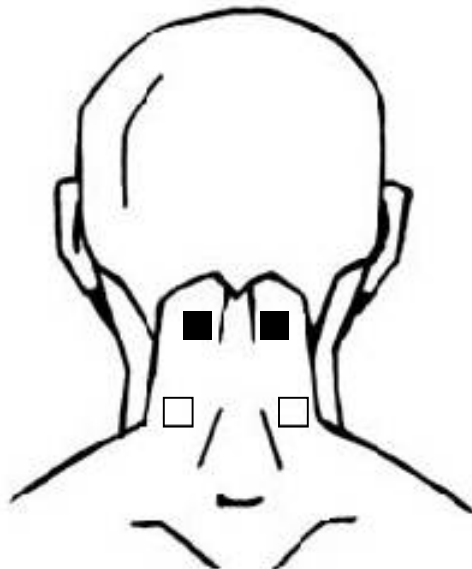
## <sup>3</sup>/<sub>4</sub> Setting

**MODE:** M Mode

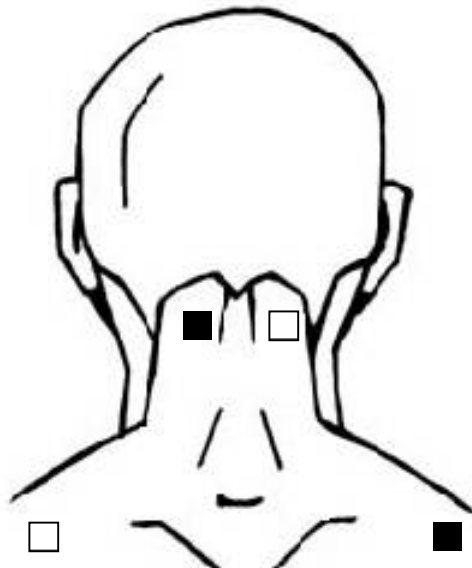
**PULSE WIDTH:** 160

**PULSE RATE:** 30Hz

**OUTPUT:** Adjust to the most comfortable intensity level.



Primary Placement

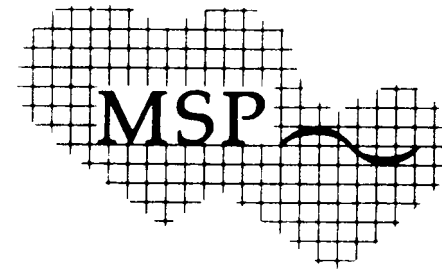


Alternate Placement

## <sup>3</sup>/<sub>4</sub> Treatment Session

24 hours is available for the first 4 days.

4-5 hours daily thereafter.



# CHRONIC CERVICAL SPINE PAIN (Postlaminectomy)

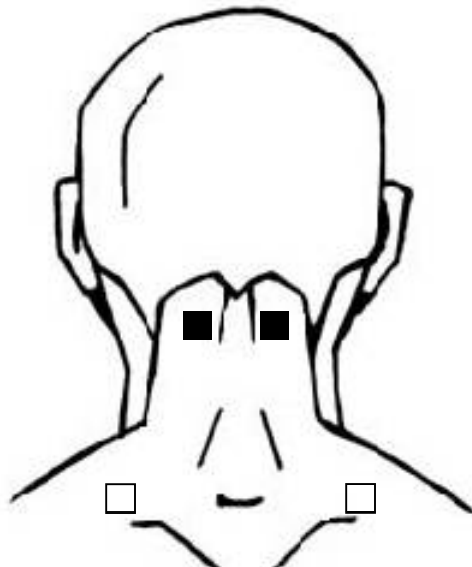
## $\frac{3}{4}$ Setting

**MODE:** M Mode

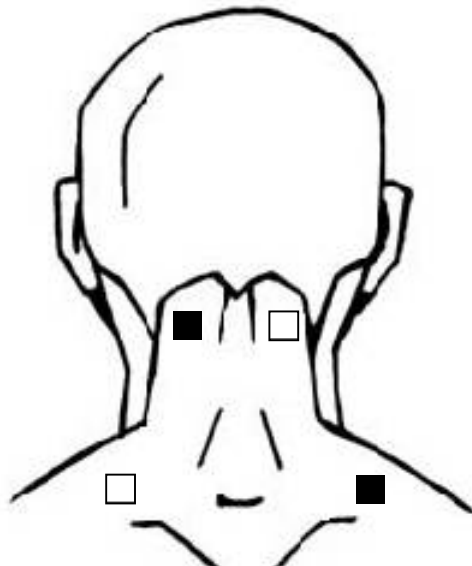
**PULSE WIDTH:** 200

**PULSE RATE:** 10Hz

**OUTPUT:** Adjust to the most comfortable intensity level.



Primary Placement

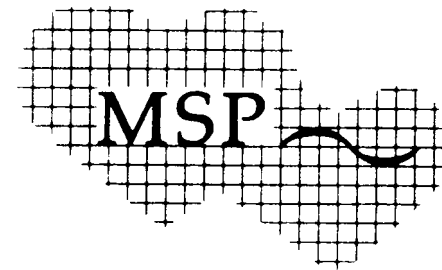


Alternate Placement

## $\frac{3}{4}$ Treatment Session

24 hours is available for the first 4 days.

4-5 hours daily thereafter.



# CERVICAL OSTEOARTHRITIS

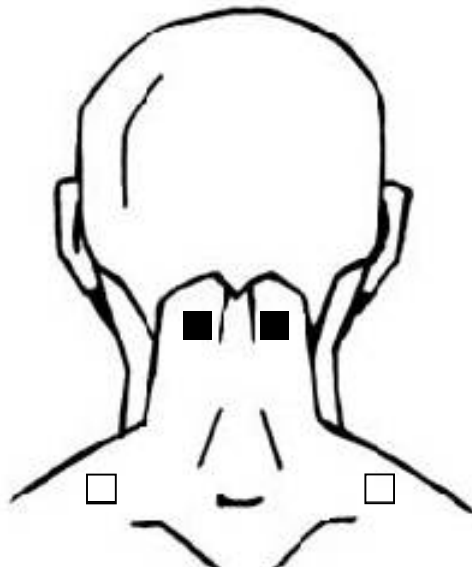
## $\frac{3}{4}$ Setting

**MODE:** C Mode

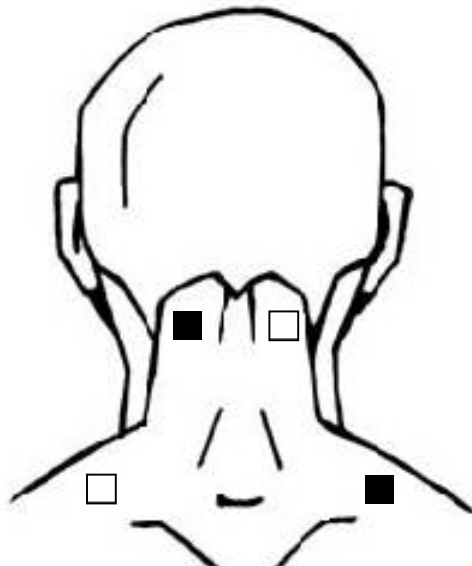
**PULSE WIDTH:** 100 - 150

**PULSE RATE:** 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.



Primary Placement

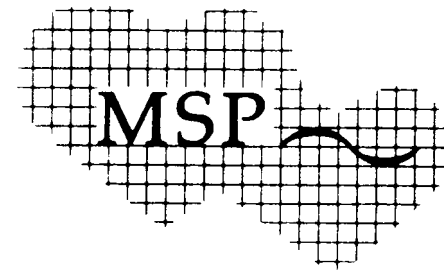


Alternate Placement

## $\frac{3}{4}$ Treatment Session

24 hours is available until initial relief.

20-30 minutes, 3 times daily thereafter.



# UNILATERAL CERVICAL SPINE PAIN

## $\frac{3}{4}$ Setting

**MODE:** M Mode

**PULSE WIDTH:** 100

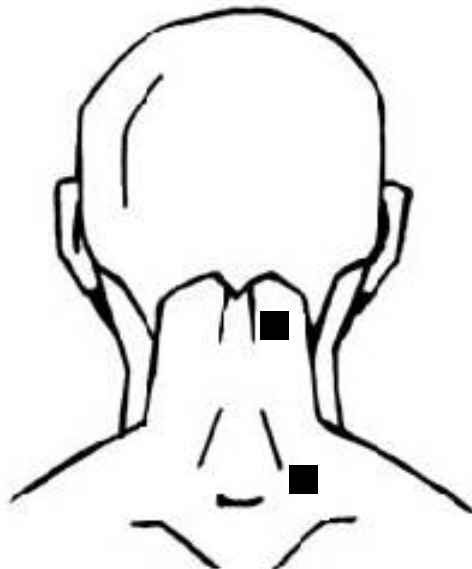
**PULSE RATE:** 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

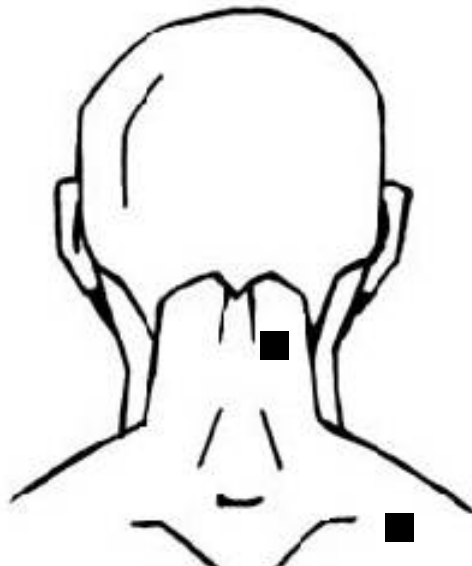
## $\frac{3}{4}$ Treatment Session

24 hours is available until initial relief.

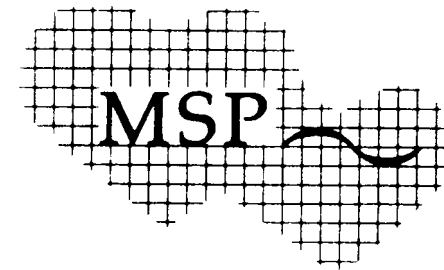
30 minutes, 3 times daily thereafter.



Primary Placement



Alternate Placement



# MASECTOMY – RIGHT SIDE

## $\frac{3}{4}$ Setting

**MODE:** M Mode

**PULSE WIDTH:** 260

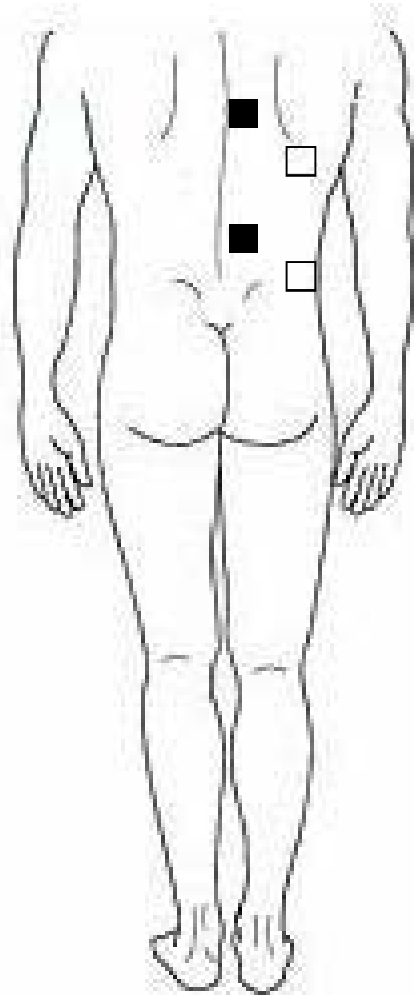
**PULSE RATE:** 120Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

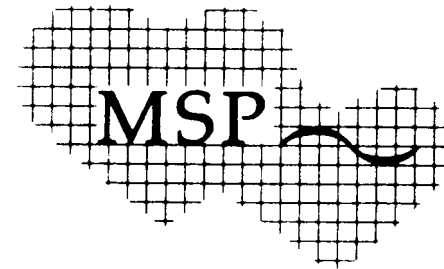
## $\frac{3}{4}$ Treatment Session

24 hours is available until initial relief.

15 minutes, 3 times daily thereafter.



Primary Placement





# DEGENERATIVE ARTHRITIS: CERVICAL AND LUMBAR

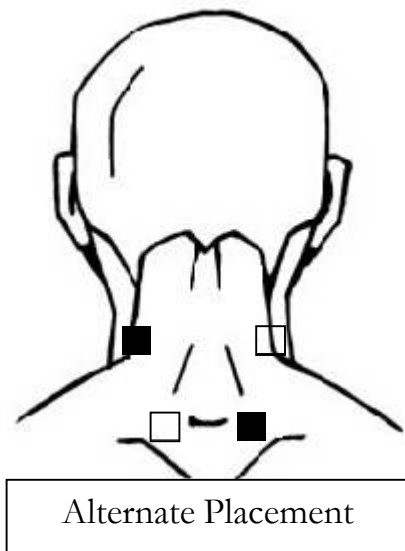
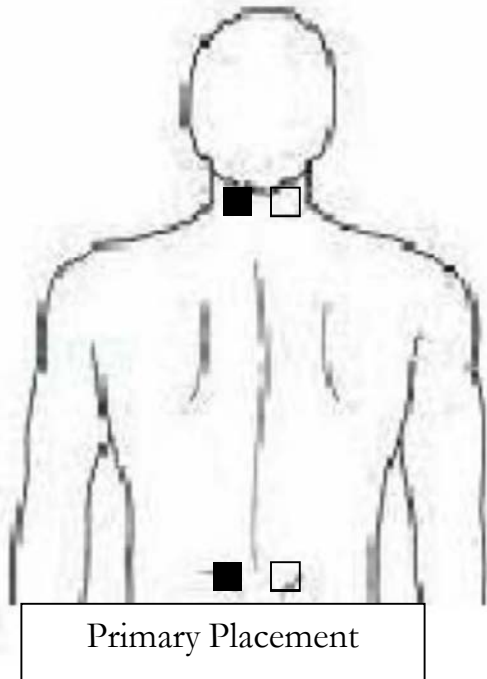
## <sup>3</sup>/<sub>4</sub> Setting

**MODE:** C Mode

**PULSE WIDTH:** 100

**PULSE RATE:** 100Hz

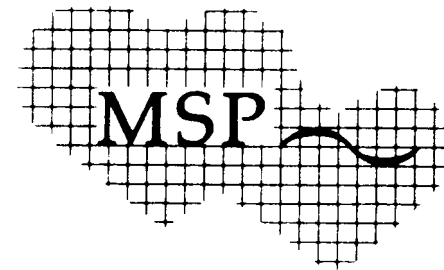
**OUTPUT:** Adjust to the most comfortable intensity level.



## <sup>3</sup>/<sub>4</sub> Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



# LATERAL RIB CAGE PAIN

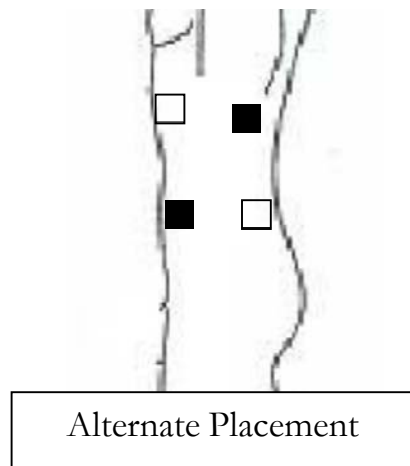
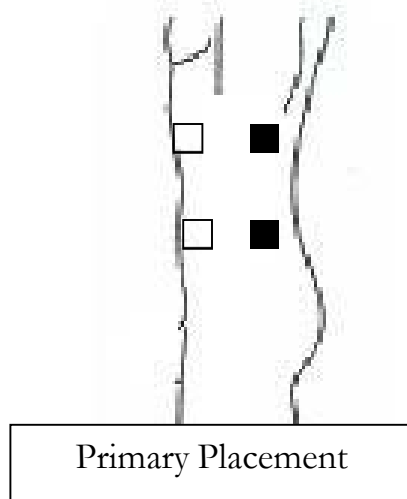
## <sup>3</sup>/<sub>4</sub> Setting

**MODE:** C Mode

**PULSE WIDTH:** 150

**PULSE RATE:** 100Hz

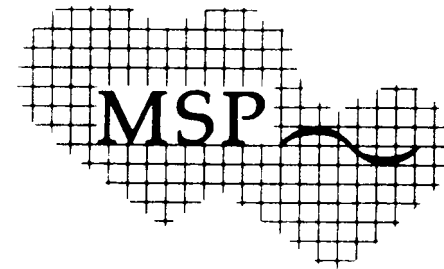
**OUTPUT:** Adjust to the most comfortable intensity level.



## <sup>3</sup>/<sub>4</sub> Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



# CHRONIC HIP PAIN

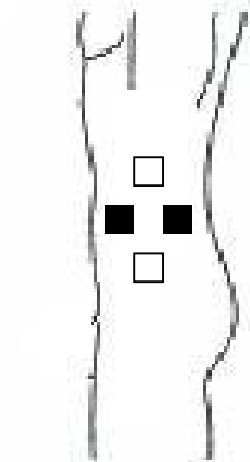
## <sup>3</sup>/<sub>4</sub> Setting

**MODE:** M Mode

**PULSE WIDTH:** 200

**PULSE RATE:** 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

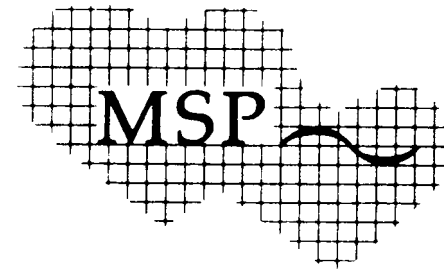


Primary Placement

## <sup>3</sup>/<sub>4</sub> Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



# HERPES ZOSTER NEURALGIA

## $\frac{3}{4}$ Setting

**MODE:** C Mode

**PULSE WIDTH:** 150

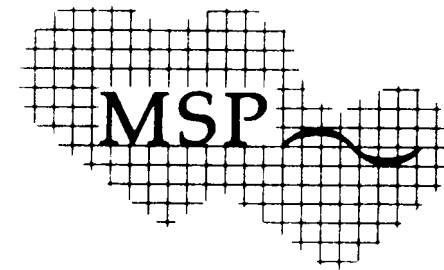
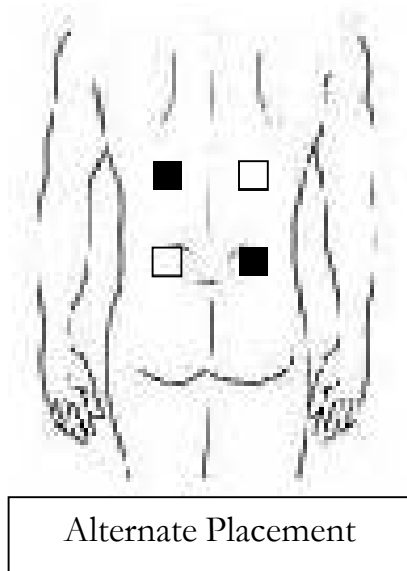
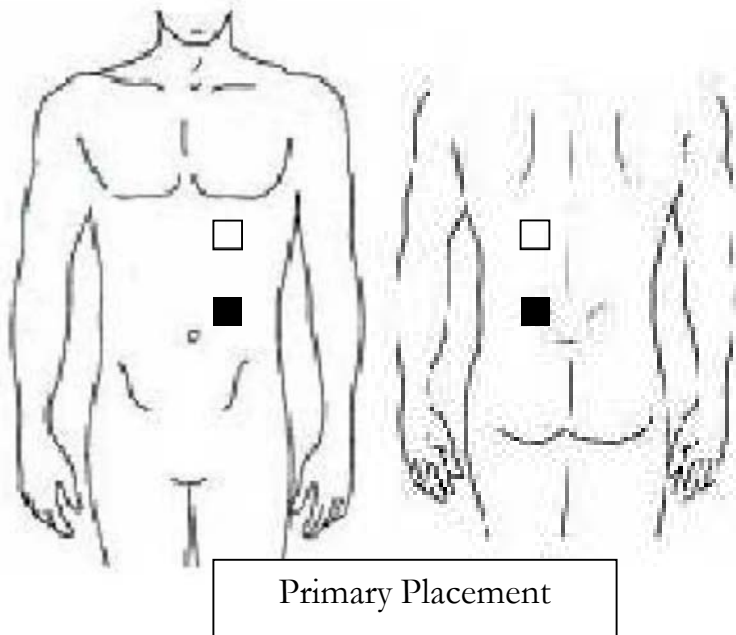
**PULSE RATE:** 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

## $\frac{3}{4}$ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



# ACUTE MUSCLE AND LIGAMENT TEAR - ANKLE

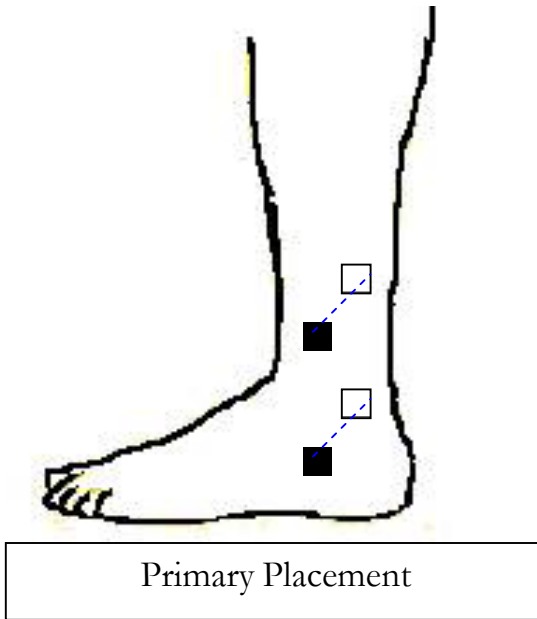
## $\frac{3}{4}$ Setting

**MODE:** C Mode

**PULSE WIDTH:** 100

**PULSE RATE:** 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

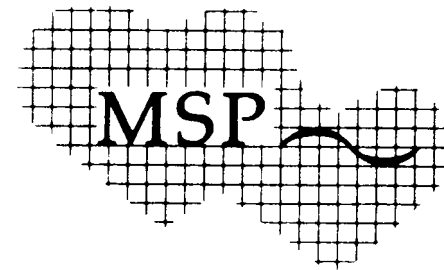


Place one set of electrodes on medial side and one set on lateral side

## $\frac{3}{4}$ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



# POST-PODIATRIC SURGERY (involving lateral toes)

## $\frac{3}{4}$ Setting

**MODE:** C Mode

**PULSE WIDTH:** 100 - 150

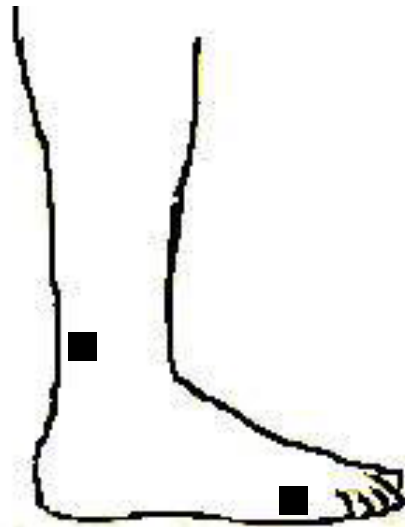
**PULSE RATE:** 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

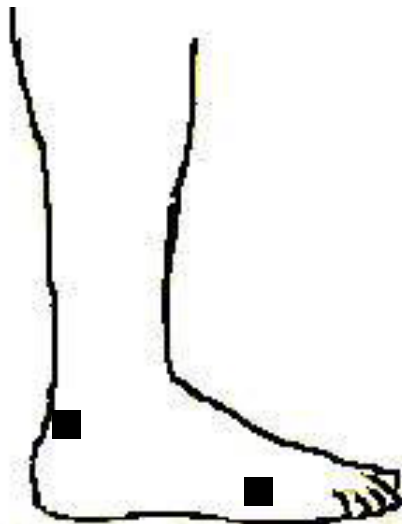
## $\frac{3}{4}$ Treatment Session

24 hours is available for the first 4 days.

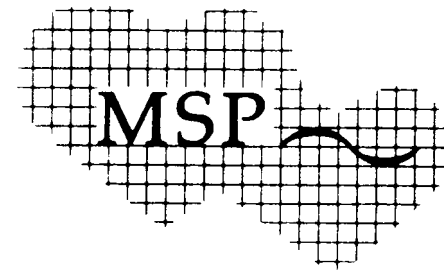
4 hours daily thereafter.



Primary Placement



Alternate Placement



# KNEE PAIN – POST-OP

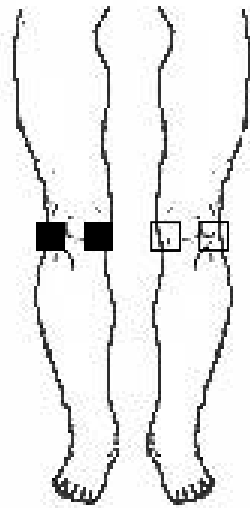
## $\frac{3}{4}$ Setting

**MODE:** M Mode

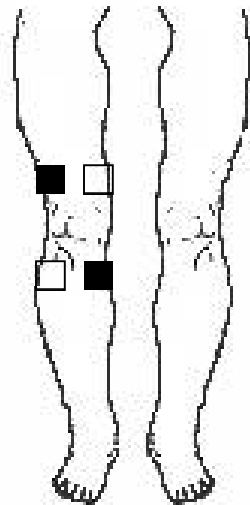
**PULSE WIDTH:** 100 - 150

**PULSE RATE:** 120Hz

**OUTPUT:** Adjust to the most comfortable intensity level.



Primary Placement

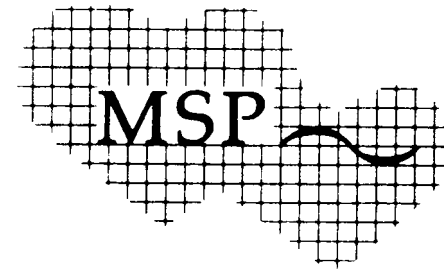


Alternate Placement

## $\frac{3}{4}$ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



# DEGENERATIVE ARTHRITIS - KNEE PAIN

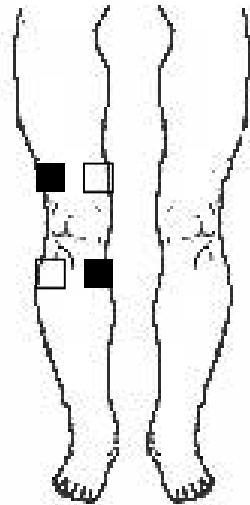
## $\frac{3}{4}$ Setting

**MODE:** C Mode

**PULSE WIDTH:** 220

**PULSE RATE:** 80Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

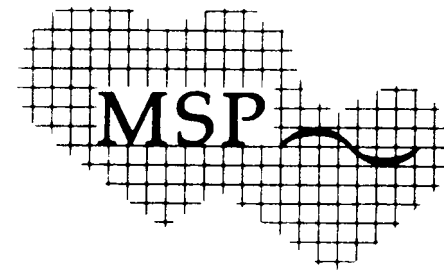


Primary Placement

## $\frac{3}{4}$ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.





# RECURRENT PATELLAR SUBLAXATION

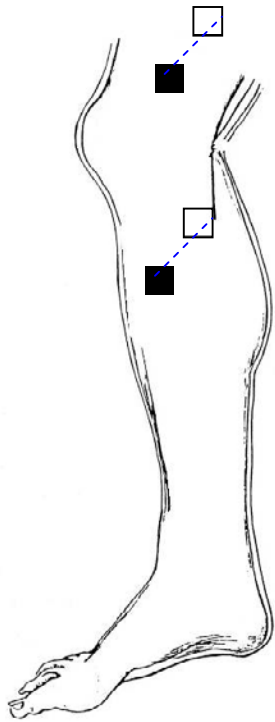
## $\frac{3}{4}$ Setting

**MODE:** C Mode

**PULSE WIDTH:** 220

**PULSE RATE:** 80Hz

**OUTPUT:** Adjust to the most comfortable intensity level.



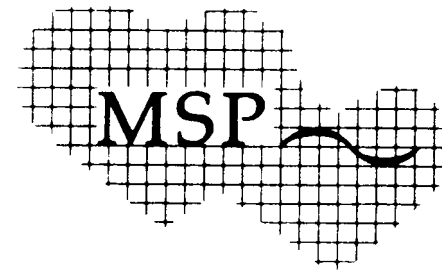
Primary Placement

Place one set of electrodes on medial side and  
one set on lateral side

## $\frac{3}{4}$ Treatment Session

24 hours is available for the first 4 days.

4 hours daily thereafter.



# LOW EXTREMITY PAIN (REFLEX SYMPATHETIC DYSTROPHY)

## $\frac{3}{4}$ Setting

**MODE:** C Mode or M Mode

**PULSE WIDTH:** 160

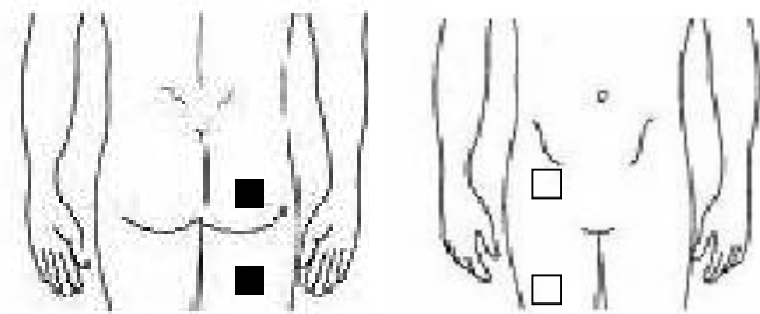
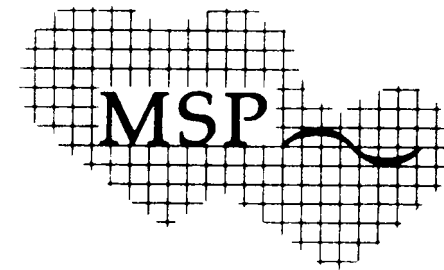
**PULSE RATE:** 30 - 80Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

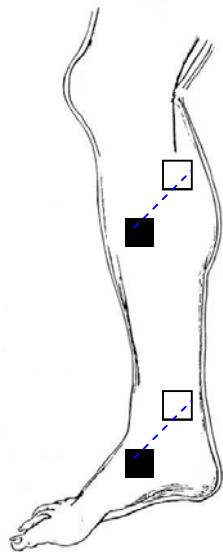
## $\frac{3}{4}$ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



Primary Placement



Alternate Placement  
Place one set on each side of leg.

# LOWER LEG PAIN (DIABETIC NEUROPATHY)

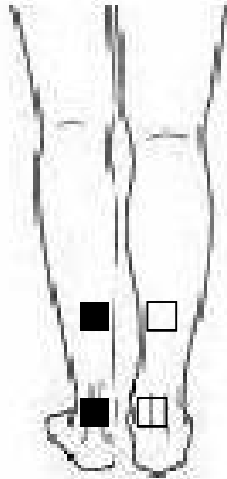
## $\frac{3}{4}$ Setting

**MODE:** M Mode

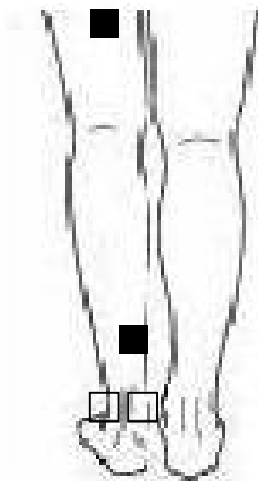
**PULSE WIDTH:** 100 - 160

**PULSE RATE:** 60 - 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.



Primary Placement

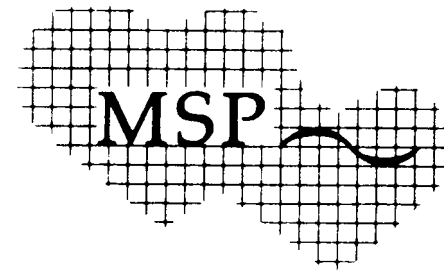


Alternate Placement

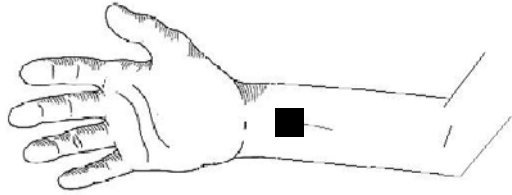
## $\frac{3}{4}$ Treatment Session

24 hours is available until initial relief.

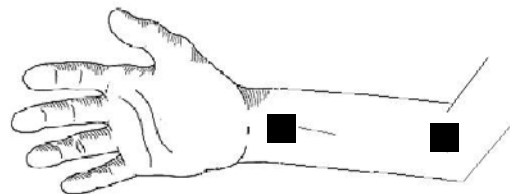
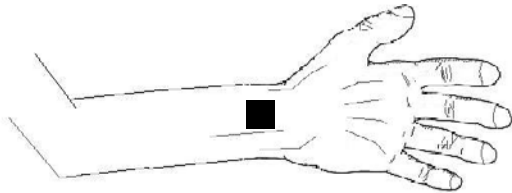
30 minutes, 3 times daily thereafter.



# CARPAL TUNNEL SYNDROME



Primary Placement



Alternate Placement

## $\frac{3}{4}$ Setting

**MODE:** C Mode

**PULSE WIDTH:** 260

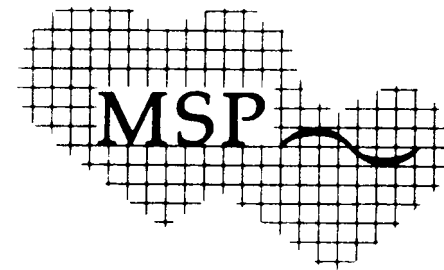
**PULSE RATE:** 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

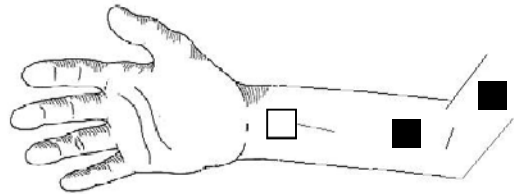
## $\frac{3}{4}$ Treatment Session

24 hours is available until initial relief.

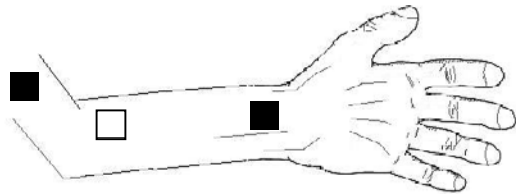
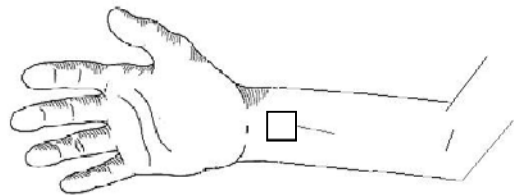
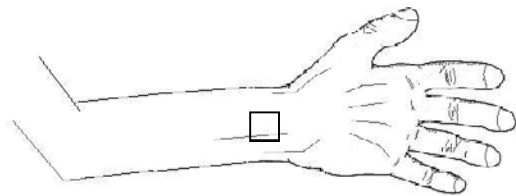
20 minutes, 3 times daily thereafter.



# WRIST PAIN



Primary Placement



Alternate Placement

## <sup>3</sup>/<sub>4</sub> Setting

**MODE:** C Mode

**PULSE WIDTH:** 260

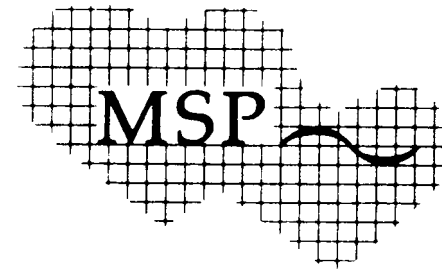
**PULSE RATE:** 30 - 50Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

## <sup>3</sup>/<sub>4</sub> Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



# ELBOW & FOREARM PAIN

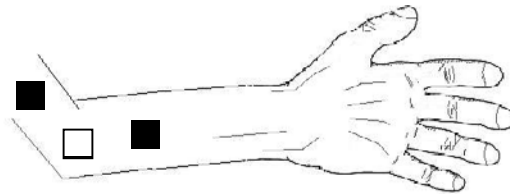
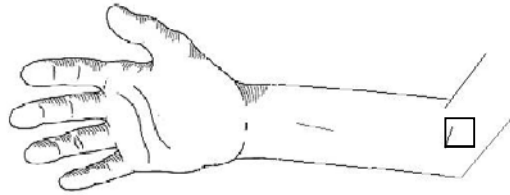
## <sup>3</sup>/<sub>4</sub> Setting

**MODE:** C Mode

**PULSE WIDTH:** 100

**PULSE RATE:** 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

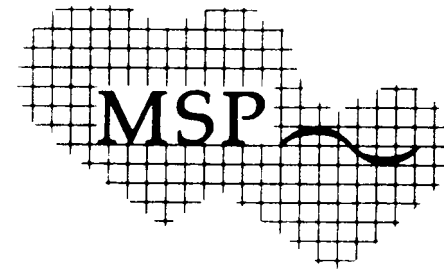


Primary Placement

## <sup>3</sup>/<sub>4</sub> Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



# UPPER EXTREMITY PAIN (REFLEX SYMPATHETIC DYSTROPHY)

## <sup>3</sup>/<sub>4</sub> Setting

**MODE:** C Mode or M Mode

**PULSE WIDTH:** 220

**PULSE RATE:** 30 - 50Hz

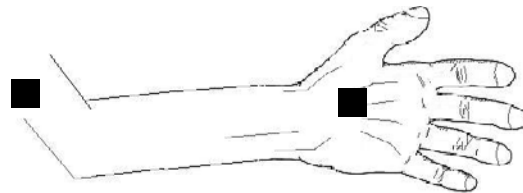
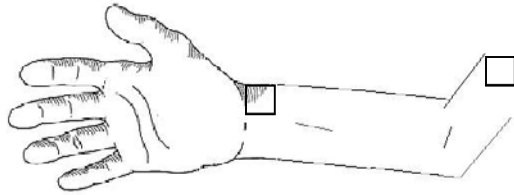
**OUTPUT:** Adjust to the most comfortable intensity level.

**SUGGESTION:** Initial treatment begins with a low pulse width. Look for reduction in swelling and temperature.

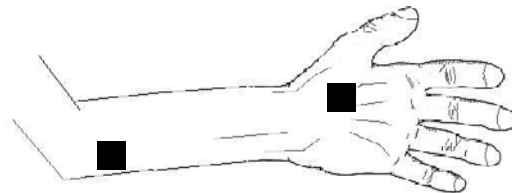
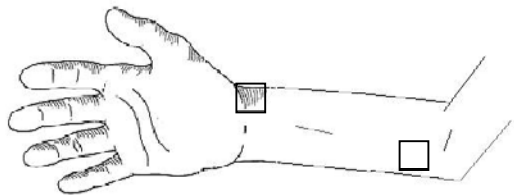
## <sup>3</sup>/<sub>4</sub> Treatment Session

24 hours is available until initial relief.

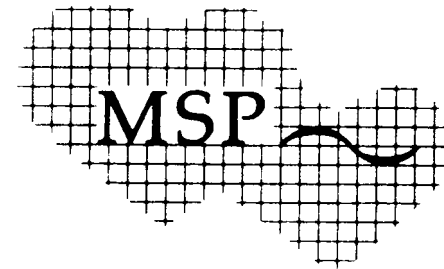
30 minutes, 3 times daily thereafter.



Primary Placement



Alternate Placement



# ULNAR NERVE LESION

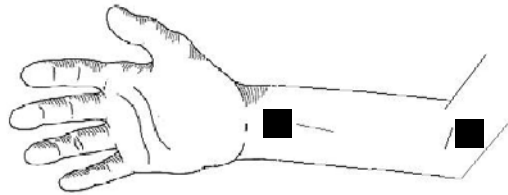
## <sup>3</sup>/<sub>4</sub> Setting

**MODE:** C Mode

**PULSE WIDTH:** 100

**PULSE RATE:** 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

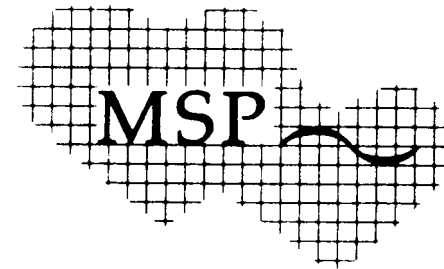


Primary Placement

## <sup>3</sup>/<sub>4</sub> Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.





# ATYPICAL FACIAL PAIN

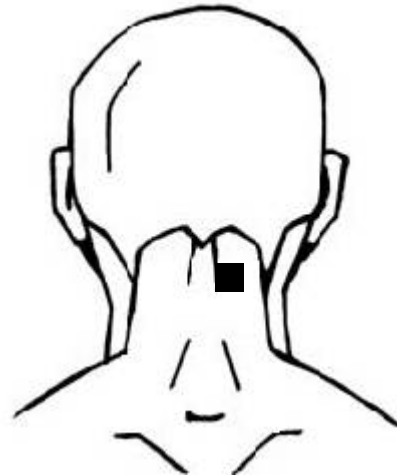
## $\frac{3}{4}$ Setting

**MODE:** M Mode

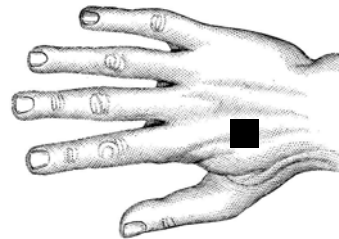
**PULSE WIDTH:** 260

**PULSE RATE:** 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.



Primary Placement

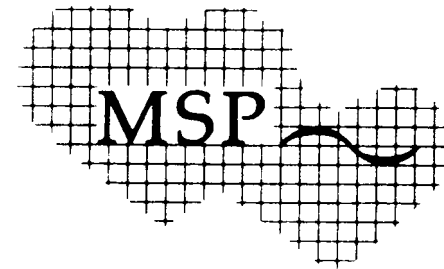


Alternate Placement

## $\frac{3}{4}$ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



## Electrode Placement and Charts

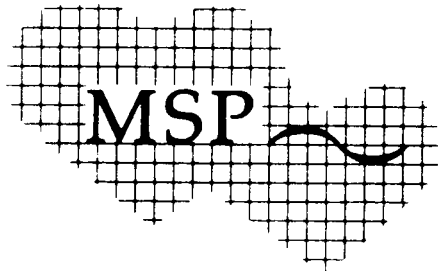
### The importance of accurate electrode placement

Proper electrode placement is vital to obtain the best results from your TENS unit. Please see the following charts which have been specially prepared to help you.

The most important aspect of TENS electrode placement is to position them so that the current passes through the painful area, or along the nerves leading from the pain.

### How to use the electrode placement charts

Check the index on the opposite page for the chart most applicable to the pain problem. We have selected the easiest and most frequently used electrode placement positions and settings. **Note: These are suggested settings. There are alternative settings and all settings should be instructed by a medical practitioner.**



Low Back Pain  
Hip Neuralgia  
Phantom Limb, lower extremity  
Sciatica  
Bicipital Tendonitis  
Temporal Mandibular Joint Pain (TMJ)  
Shoulder Pain  
Reflex Sympathetic Dystrophy  
Trigeminal Neuralgia  
Cervical Pain  
Chronic Cervical Strain  
Chronic Cervical Spine Pain (Postlaminectomy)  
Cervical Osteoarthritis  
Unilateral Cervical Spine Pain  
Masectomy – Right side  
Degenerative Arthritis: Cervical and Lumbar  
Lateral Rib Cage Pain  
Chronic Hip Pain  
Herpes Zoster Neuralgia  
Acute Muscle and Ligament Tear – Ankle  
Post Podiatric Surgery (involving lateral toes)  
Knee Pain (Post-op)  
Degenerative Arthritis – Knee Pain  
Recurrent Patellar Subluxation  
Low Extremity Pain (Reflex Sympathetic Dystrophy)  
Lower Leg Pain (Diabetic Neuropathy)  
Carpal Tunnel Syndrome  
Wrist Pain  
Elbow & Forearm Pain  
Upper Extremity Pain (Reflex Sympathetic Dystrophy)  
Ulnar Nerve Lesion  
Atypical Facial Pain