

An Easy Guide to TENS Pain Relief

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LOW BACK PAIN

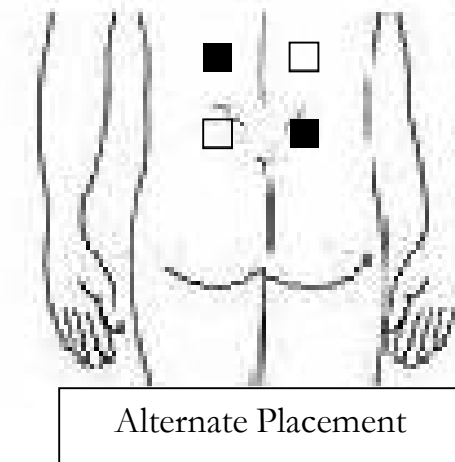
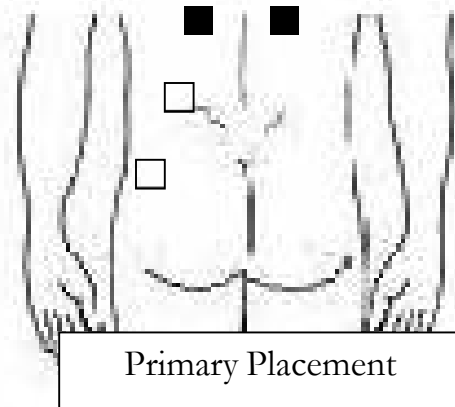
$\frac{3}{4}$ Setting

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

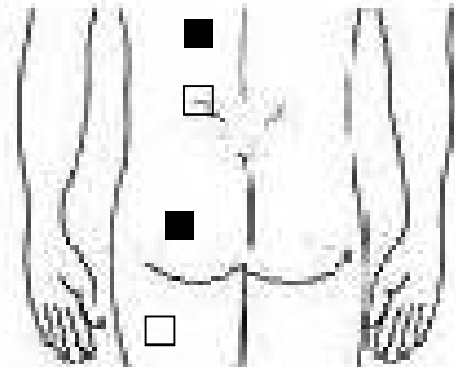
$\frac{3}{4}$ Setting

MODE: M Mode

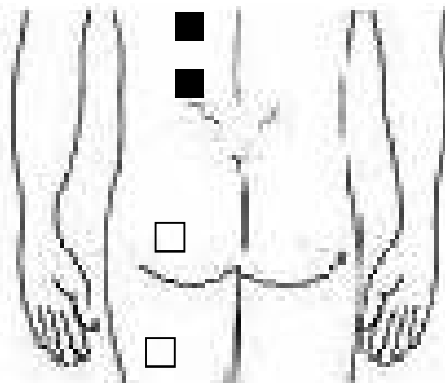
PULSE WIDTH: 150-260

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

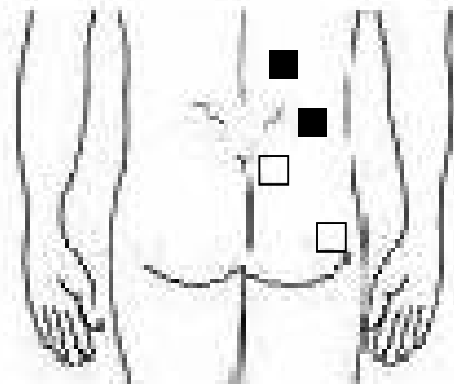
$\frac{3}{4}$ Setting

MODE: C Mode or M Mode

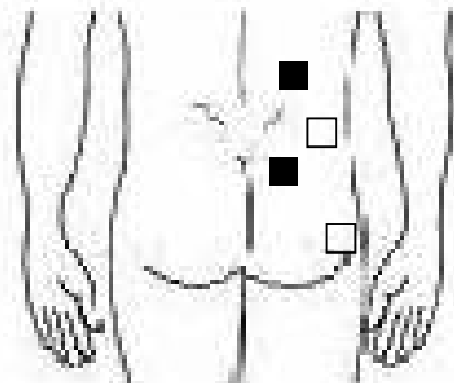
PULSE WIDTH: 160 - 200

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

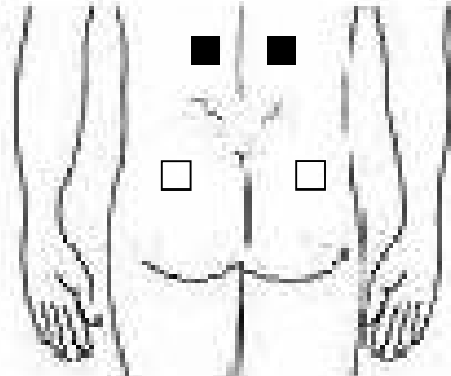
$\frac{3}{4}$ Setting

MODE: M Mode

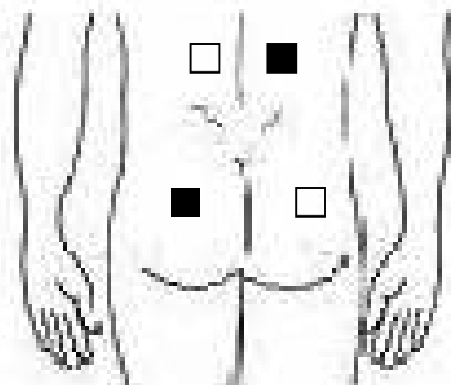
PULSE WIDTH: 260

PULSE RATE: 150Hz

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.

BICIPITAL TENDONITIS

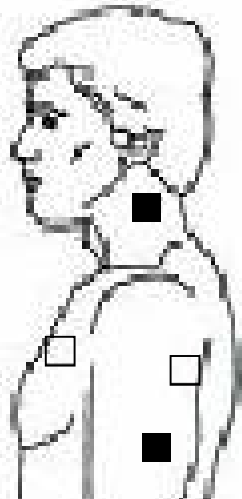
$\frac{3}{4}$ Setting

MODE: M Mode

PULSE WIDTH: 150 - 160

PULSE RATE: 50Hz

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.

TEMPORAL MANDIBULAR JOINT PAIN (TMJ)

$\frac{3}{4}$ Setting

MODE: M Mode

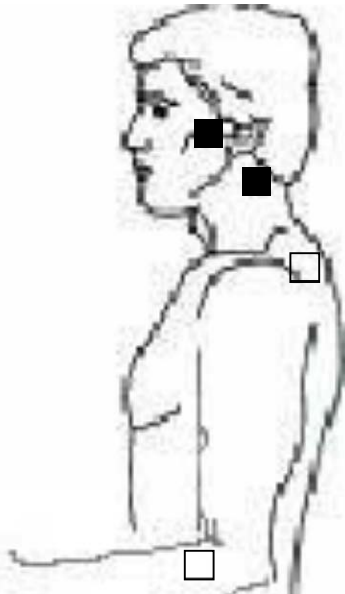
PULSE WIDTH: 220

PULSE RATE: 10Hz

OUTPUT: Adjust to the most comfortable intensity level.



Primary Placement



Alternate Placement

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

24 hours is available for the first 2 days.

6 hours daily thereafter.

SHOULDER PAIN

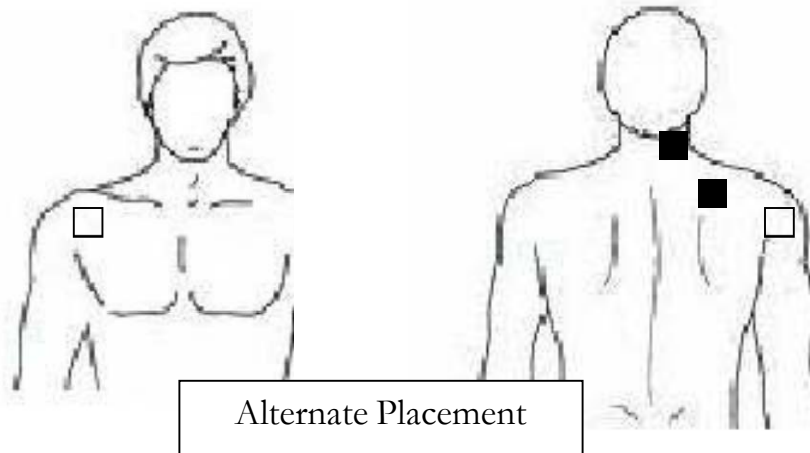
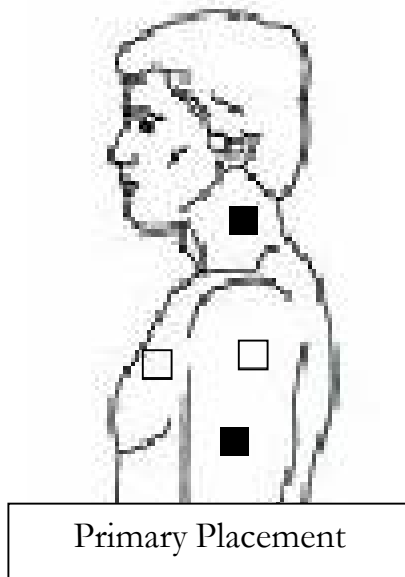
³/₄ Setting

MODE: M Mode

PULSE WIDTH: 260

PULSE RATE: 80 - 100Hz

OUTPUT: Adjust to the most comfortable intensity level.



Treatment Session

24 hours is available until initial relief.

20-30 minutes, 3 times daily thereafter.

REFLEX SYMPATHETIC DYSTROPHY

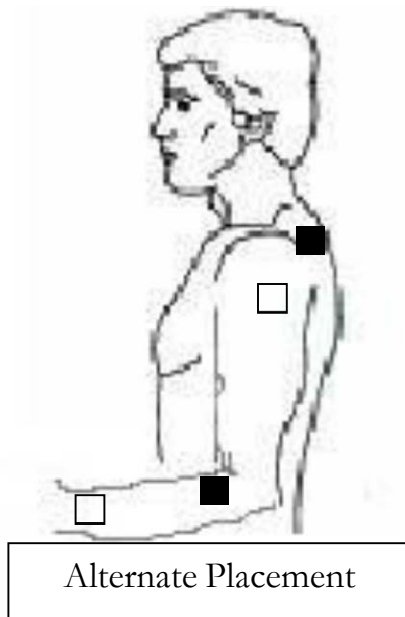
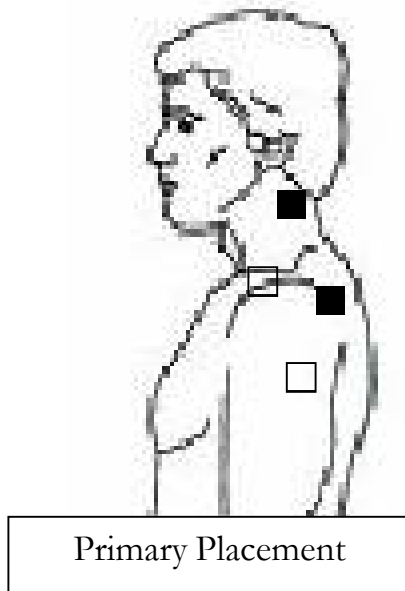
$\frac{3}{4}$ Setting

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

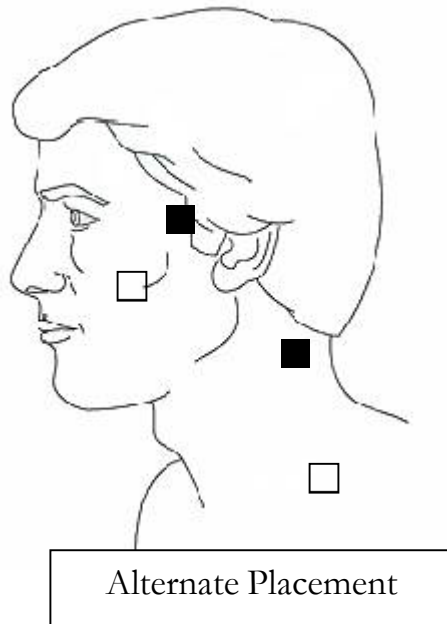
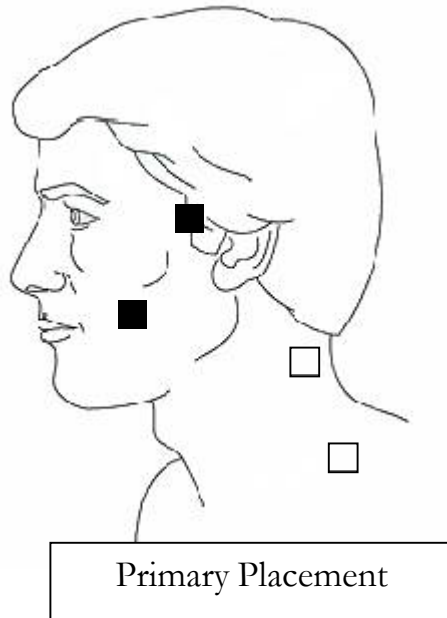
$\frac{3}{4}$ Setting

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

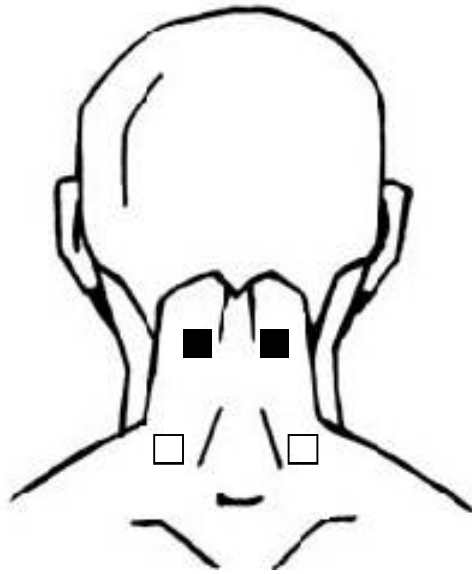
$\frac{3}{4}$ Setting

MODE: C Mode

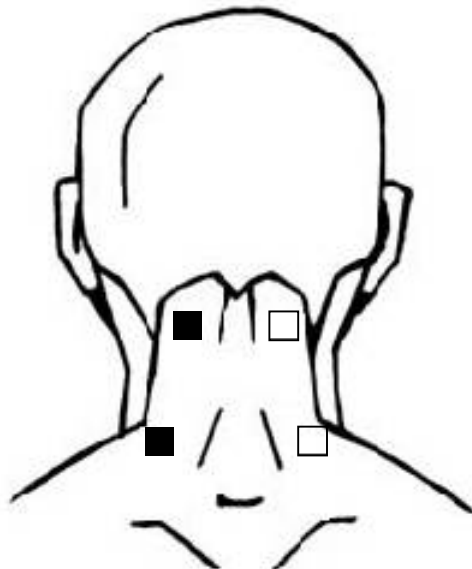
PULSE WIDTH: 100 - 150

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.

CHRONIC CERVICAL STRAIN

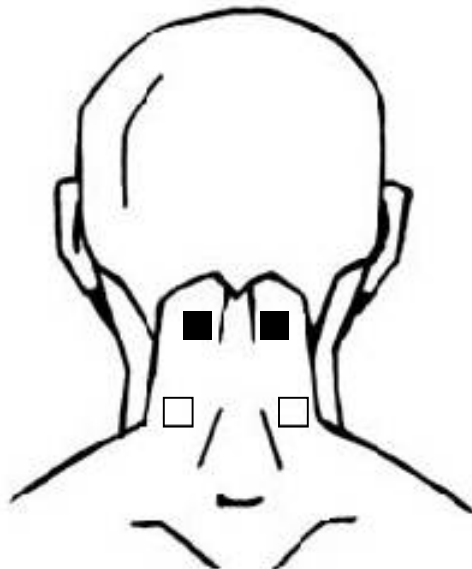
$\frac{3}{4}$ Setting

MODE: M Mode

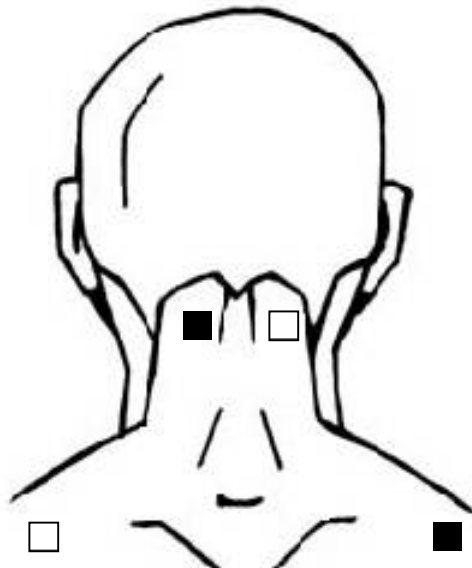
PULSE WIDTH: 160

PULSE RATE: 30Hz

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.

CHRONIC CERVICAL SPINE PAIN (Postlaminectomy)

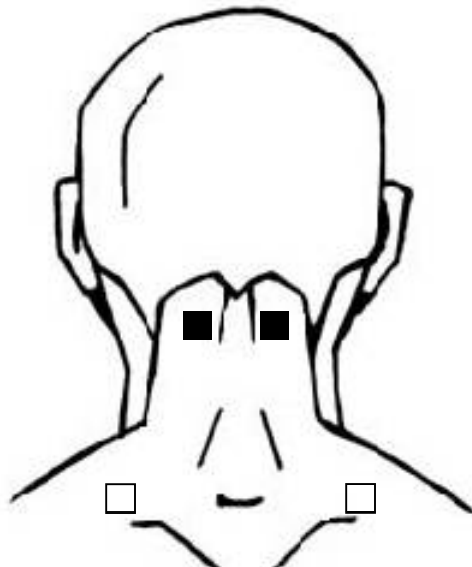
$\frac{3}{4}$ Setting

MODE: M Mode

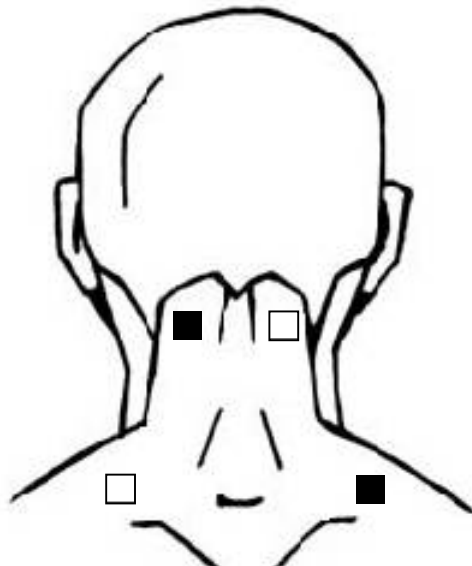
PULSE WIDTH: 200

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

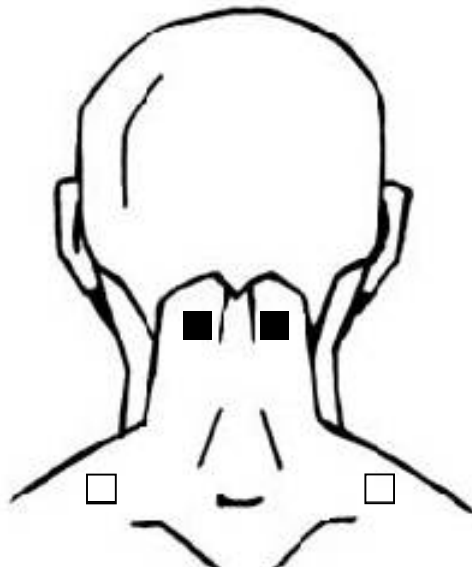
$\frac{3}{4}$ Setting

MODE: C Mode

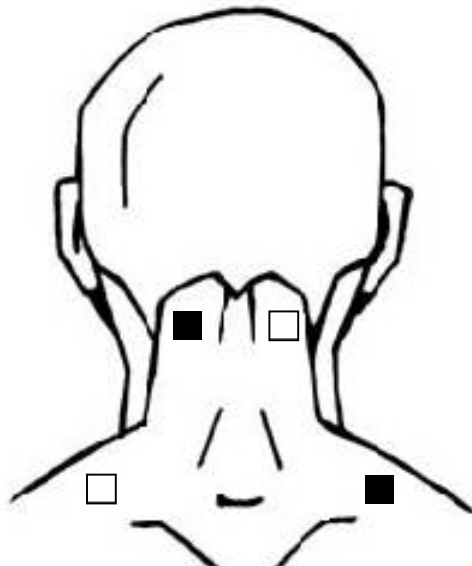
PULSE WIDTH: 100 - 150

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

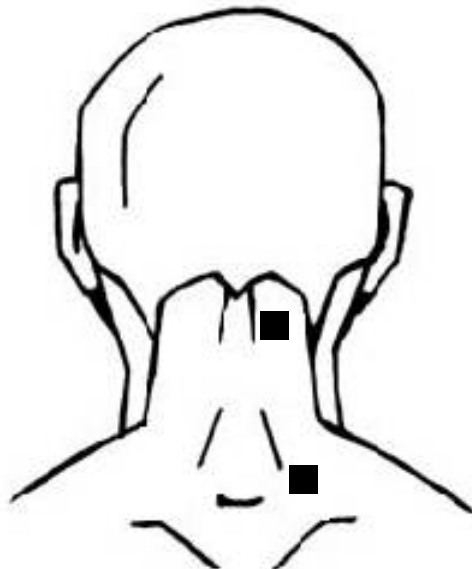
$\frac{3}{4}$ Setting

MODE: M Mode

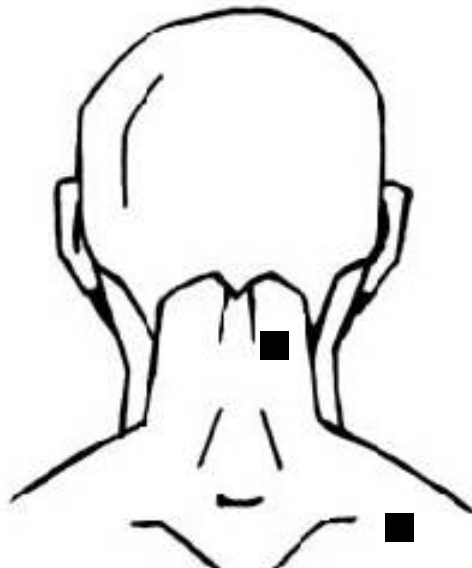
PULSE WIDTH: 100

PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.



Primary Placement



Alternate Placement

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

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.

MASECTOMY – RIGHT SIDE

$\frac{3}{4}$ Setting

MODE: M Mode

PULSE WIDTH: 260

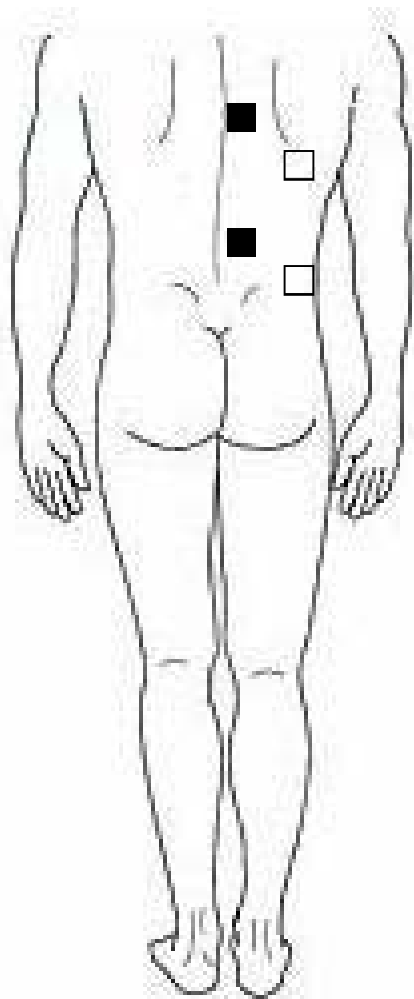
PULSE RATE: 120Hz

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

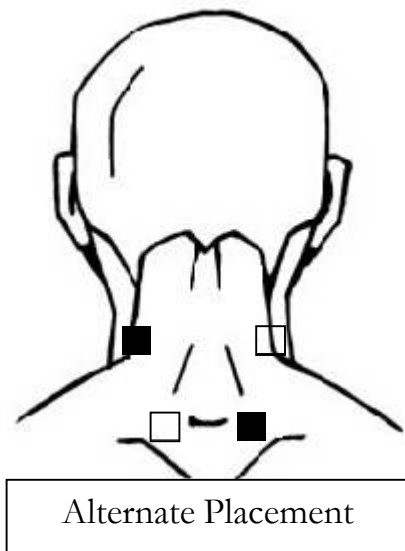
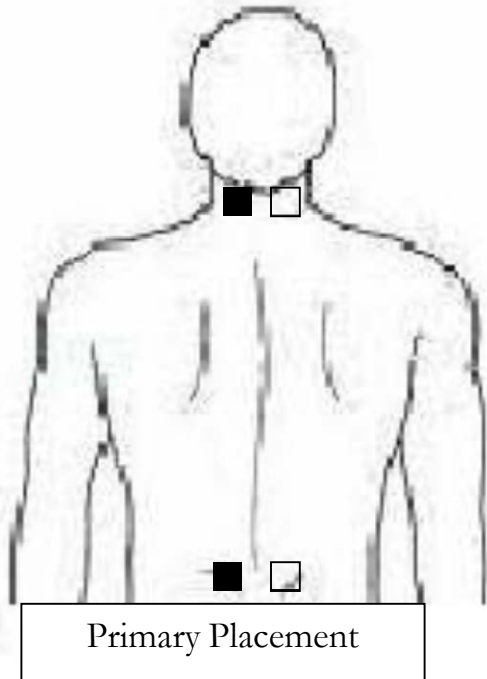
$\frac{3}{4}$ Setting

MODE: C 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.

LATERAL RIB CAGE PAIN

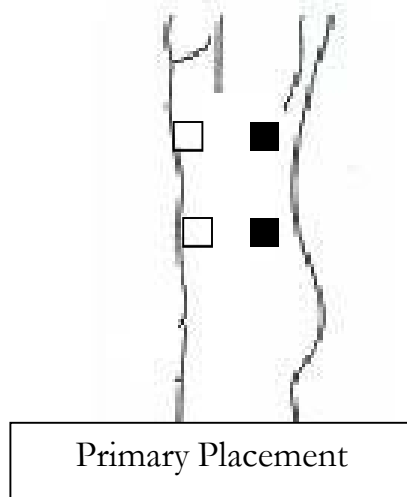
$\frac{3}{4}$ Setting

MODE: C Mode

PULSE WIDTH: 150

PULSE RATE: 100Hz

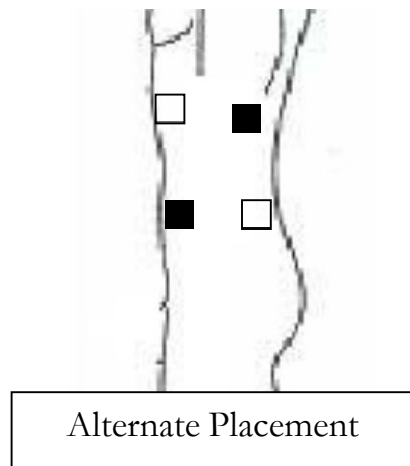
OUTPUT: Adjust to the most comfortable intensity level.



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

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



CHRONIC HIP PAIN

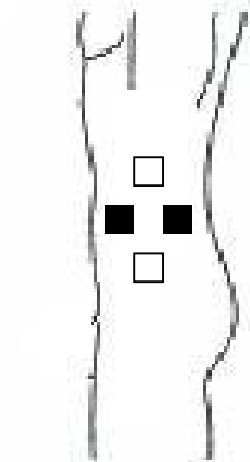
$\frac{3}{4}$ Setting

MODE: M Mode

PULSE WIDTH: 200

PULSE RATE: 100Hz

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.

HERPES ZOSTER NEURALGIA

$\frac{3}{4}$ Setting

MODE: C Mode

PULSE WIDTH: 150

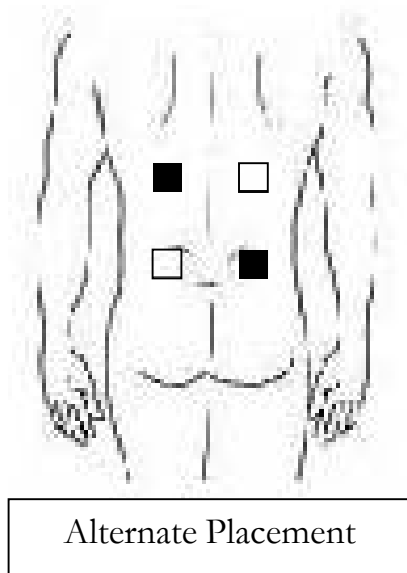
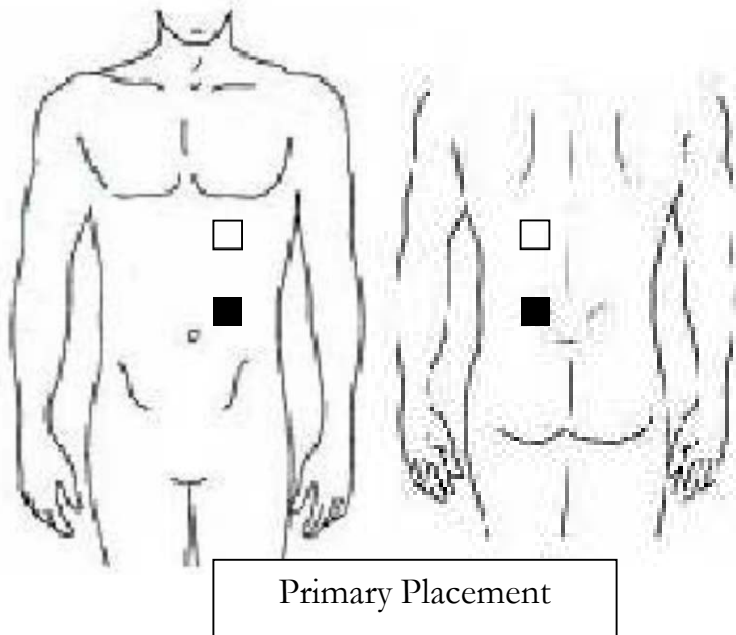
PULSE RATE: 100Hz

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

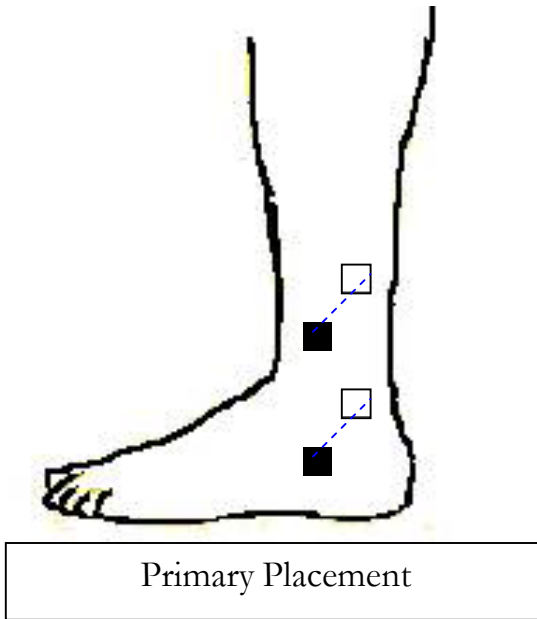
$\frac{3}{4}$ Setting

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

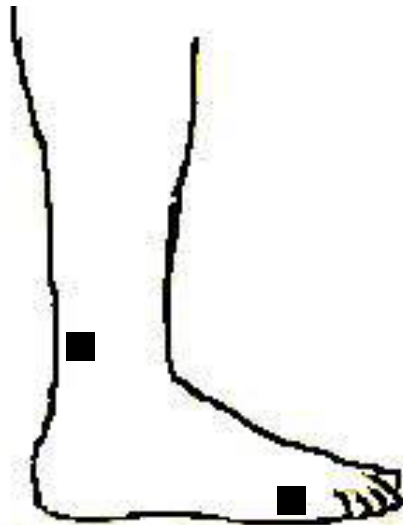
PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

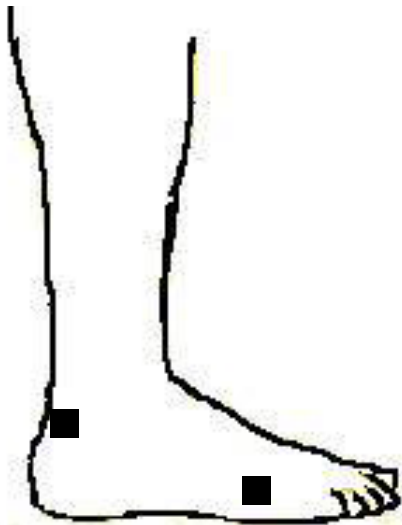
$\frac{3}{4}$ Treatment Session

24 hours is available for the first 4 days.

4 hours daily thereafter.



Primary Placement



Alternate Placement

KNEE PAIN – POST-OP

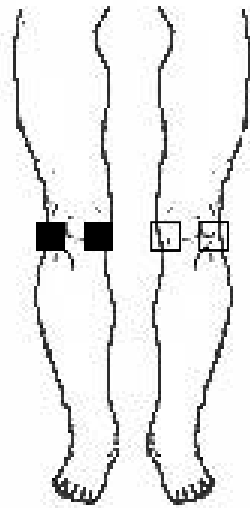
$\frac{3}{4}$ Setting

MODE: M Mode

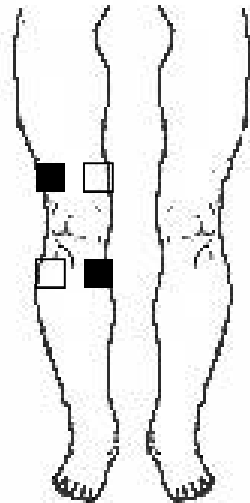
PULSE WIDTH: 100 - 150

PULSE RATE: 120Hz

OUTPUT: Adjust to the most comfortable intensity level.



Primary Placement



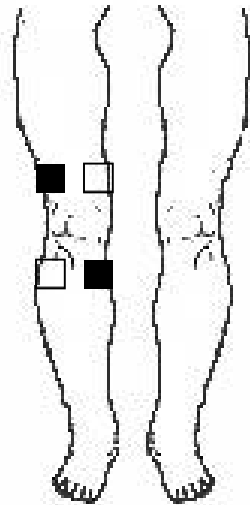
Alternate Placement

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

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.

DEGENERATIVE ARTHRITIS - KNEE PAIN



Primary Placement

$\frac{3}{4}$ Setting

MODE: C Mode

PULSE WIDTH: 220

PULSE RATE: 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.

RECURRENT PATELLAR SUBLAXATION

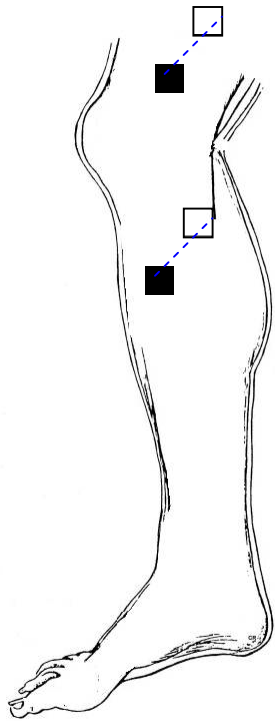
$\frac{3}{4}$ Setting

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

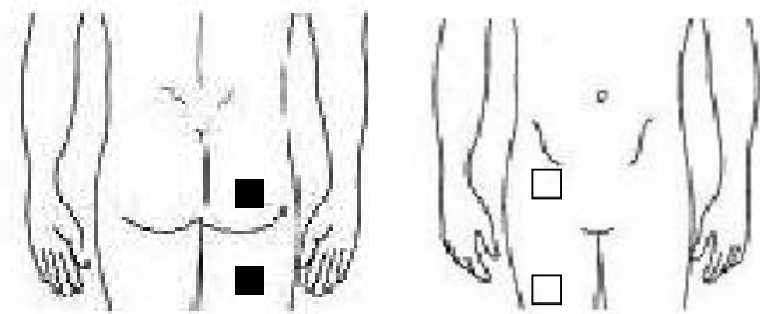
PULSE RATE: 30 - 80Hz

OUTPUT: Adjust to the most comfortable intensity level.

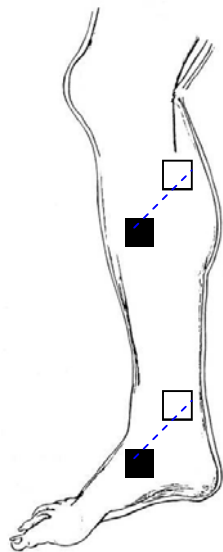
$\frac{3}{4}$ Treatment Session

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)

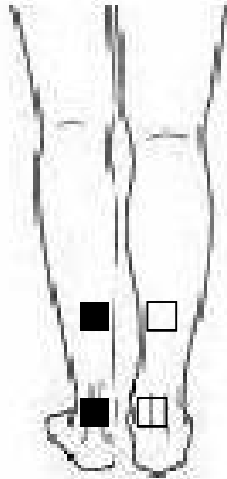
$\frac{3}{4}$ Setting

MODE: M Mode

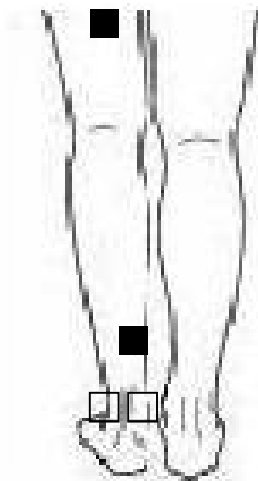
PULSE WIDTH: 100 - 160

PULSE RATE: 60 - 100Hz

OUTPUT: Adjust to the most comfortable intensity level.



Primary Placement



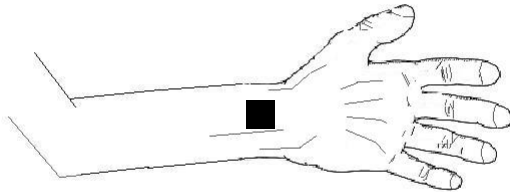
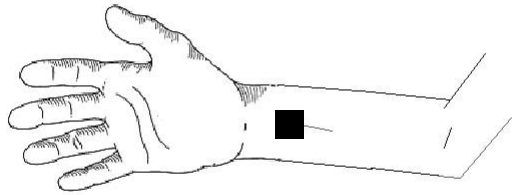
Alternate Placement

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

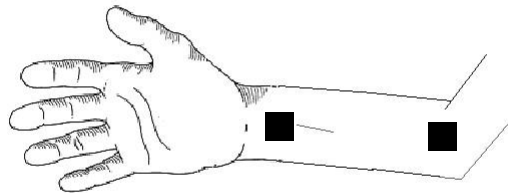
24 hours is available until initial relief.

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

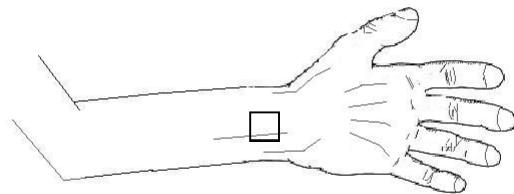
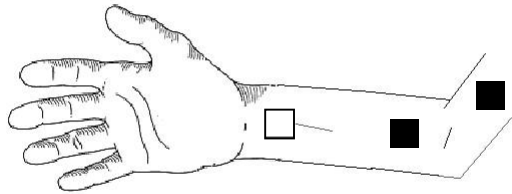
$\frac{3}{4}$ Setting

MODE: C Mode

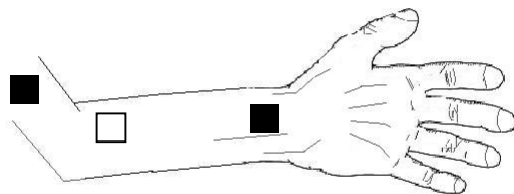
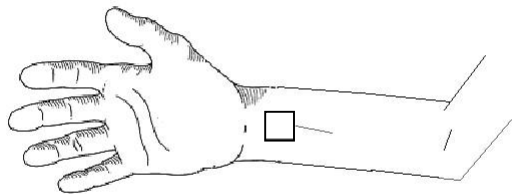
PULSE WIDTH: 260

PULSE RATE: 30 - 50Hz

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.

ELBOW & FOREARM PAIN

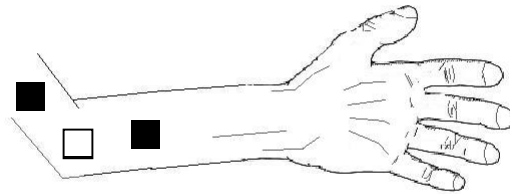
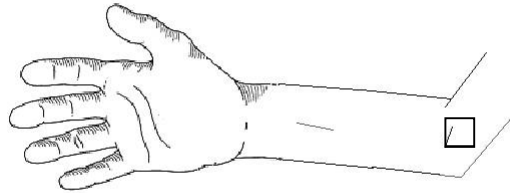
$\frac{3}{4}$ Setting

MODE: C Mode

PULSE WIDTH: 100

PULSE RATE: 100Hz

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.

UPPER EXTREMITY PAIN (REFLEX SYMPATHETIC DYSTROPHY)

$\frac{3}{4}$ Setting

MODE: C Mode or M Mode

PULSE WIDTH: 220

PULSE RATE: 30 - 50Hz

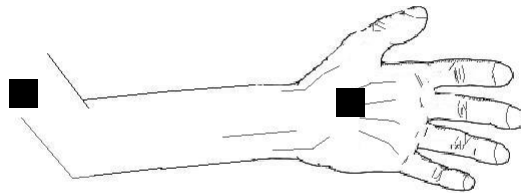
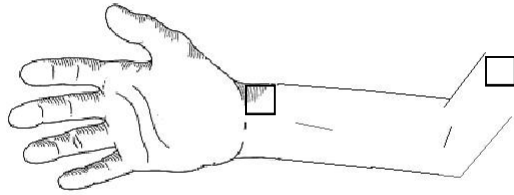
OUTPUT: Adjust to the most comfortable intensity level.

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

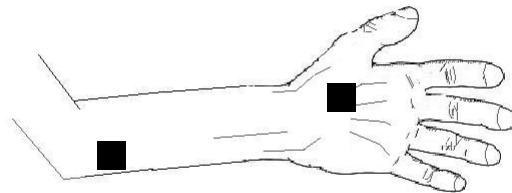
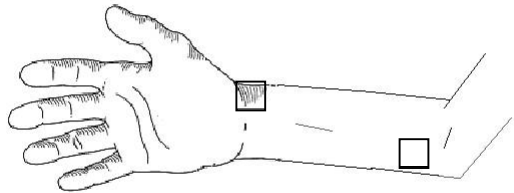
$\frac{3}{4}$ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



Primary Placement



Alternate Placement

ULNAR NERVE LESION

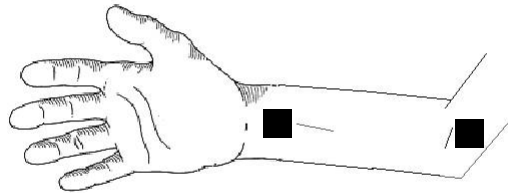
$\frac{3}{4}$ Setting

MODE: C Mode

PULSE WIDTH: 100

PULSE RATE: 100Hz

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.

ATYPICAL FACIAL PAIN

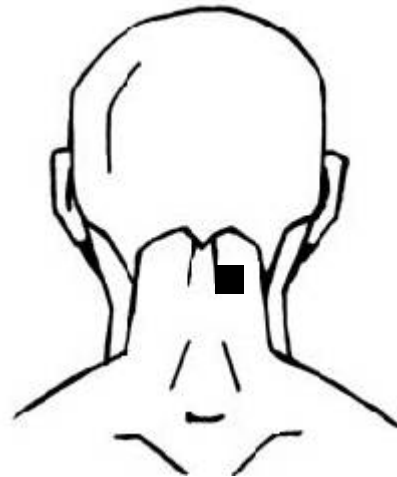
$\frac{3}{4}$ Setting

MODE: M Mode

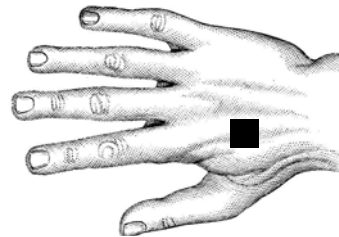
PULSE WIDTH: 260

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.