



An
Easy Guide to
TENS Pain Relief

A book of indications, electrode placement
& suggested protocol settings

ElectroMedical Solutions
1715 E. Bay Dr.
Largo, FL 33771
Toll Free 866-243-TENS (8367)
Toll Free Fax 866-242-TENS (8367)
www.electromedicalsolutions.com

LOW BACK PAIN

➤ Setting

MODE: C Mode

PULSE WIDTH: 260

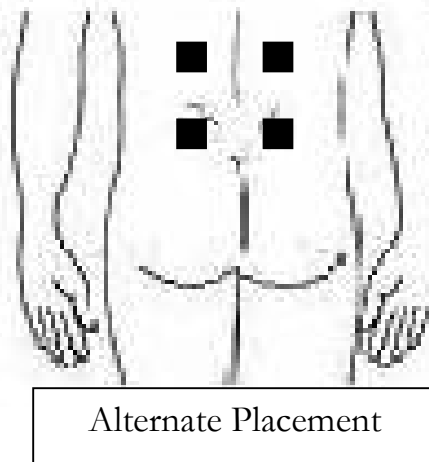
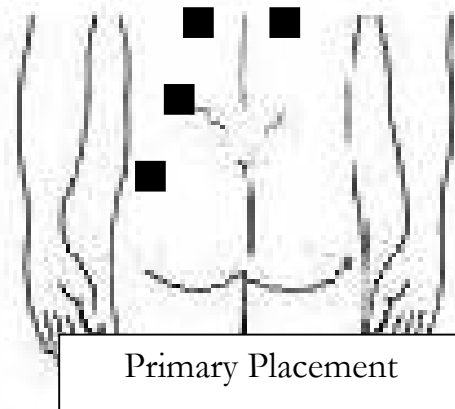
PULSE RATE: 50-80Hz

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

➤ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



HIP NEURALGIA

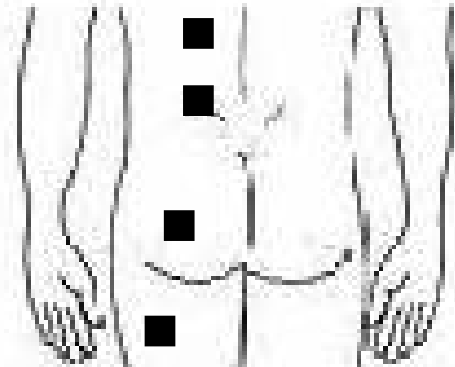
➤ Setting

MODE: M Mode

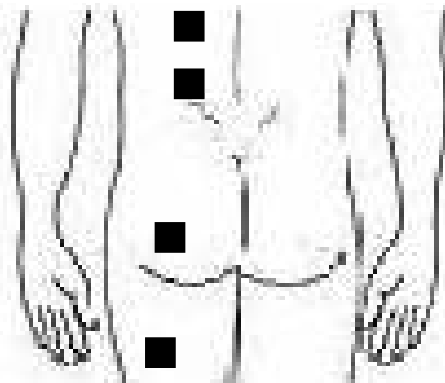
PULSE WIDTH: 150-260

PULSE RATE: 80-120Hz

OUTPUT: Adjust to the most comfortable intensity level.



Primary Placement



Alternate Placement

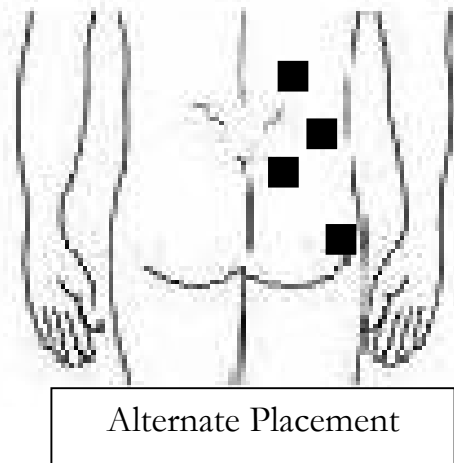
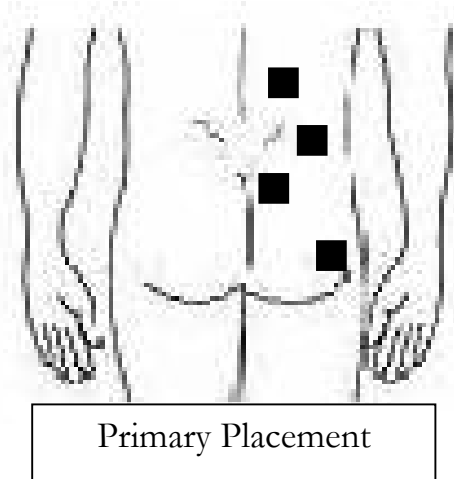
➤ Treatment Session

24 hours is available for the first 4 days.

4 hours per day thereafter.



PHANTOM LIMB, LOWER EXTREMITY



➤ Setting

MODE: C Mode or M Mode

PULSE WIDTH: 160 - 200

PULSE RATE: 50 - 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

➤ Treatment Session

24 hours everyday for a week is available.

30 minutes, 3 times daily thereafter.



SCIATICA

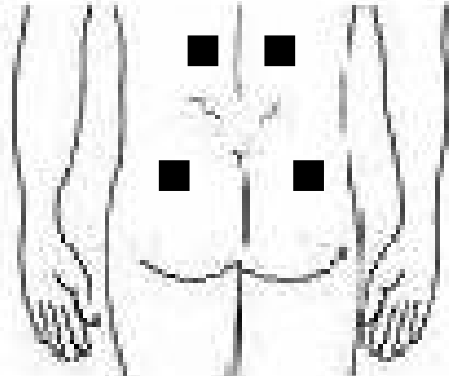
➤ Setting

MODE: M Mode

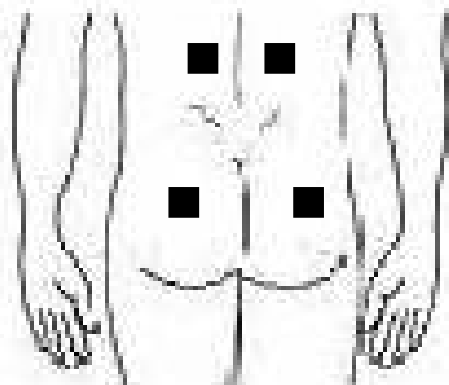
PULSE WIDTH: 260

PULSE RATE: 150Hz

OUTPUT: Adjust to the most comfortable intensity level.



Primary Placement



Alternate Placement

➤ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



BICIPITAL TENDONITIS

➤ Setting

MODE: M Mode

PULSE WIDTH: 150 - 160

PULSE RATE: 50Hz

OUTPUT: Adjust to the most comfortable intensity level.

➤ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



Primary Placement



Alternate Placement



TEMPORAL MANDIBULAR JOINT PAIN (TMJ)

➤ Setting

MODE: M Mode

PULSE WIDTH: 220

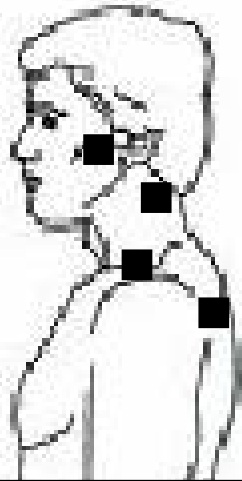
PULSE RATE: 10Hz

OUTPUT: Adjust to the most comfortable intensity level.

➤ Treatment Session

24 hours is available for the first 2 days.

6 hours daily thereafter.



Primary Placement



Alternate Placement



SHOULDER PAIN

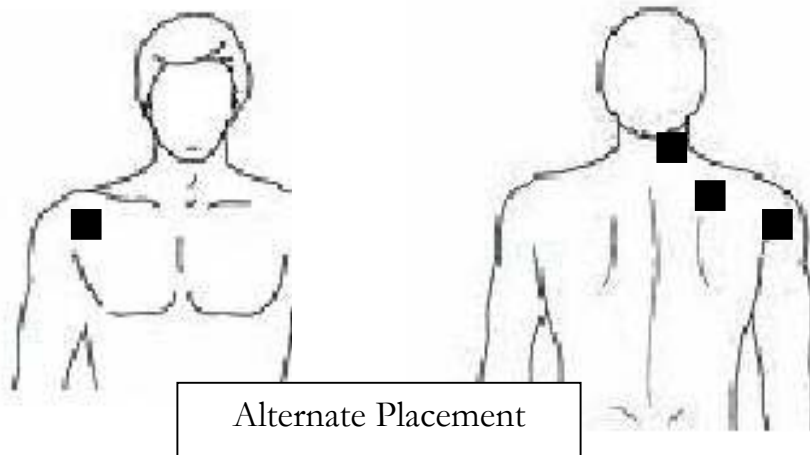
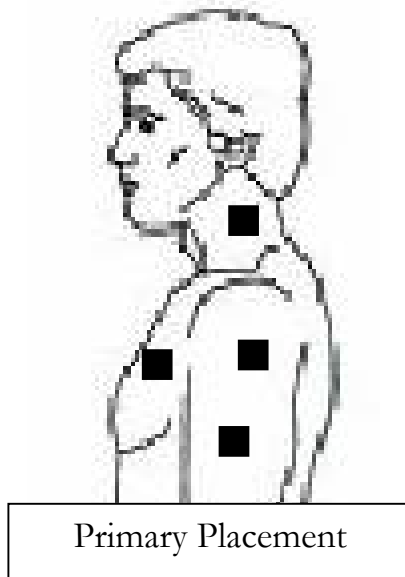
➤ Setting

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

➤ Setting

MODE: M Mode

PULSE WIDTH: 100 - 150

PULSE RATE: 80 - 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

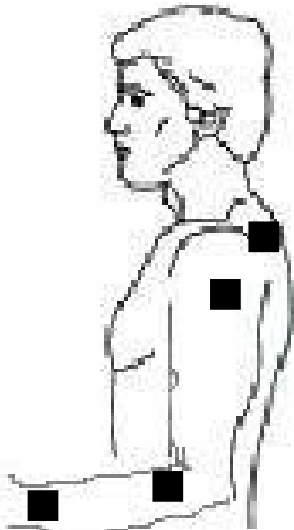
➤ Treatment Session

24 hours is available for the first 4 days.

4-6 hours daily thereafter.



Primary Placement



Alternate Placement



TRIGEMINAL NEURALGIA

➤ Setting

MODE: M Mode

PULSE WIDTH: 70

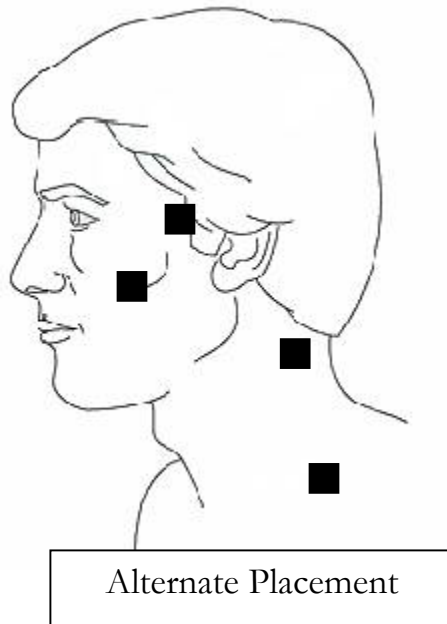
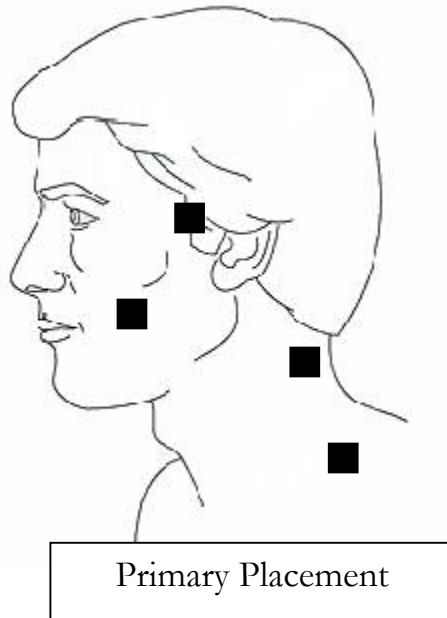
PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

➤ Treatment Session

24 hours is available until initial relief.

20 minutes, 3 times daily thereafter.



CERVICAL PAIN

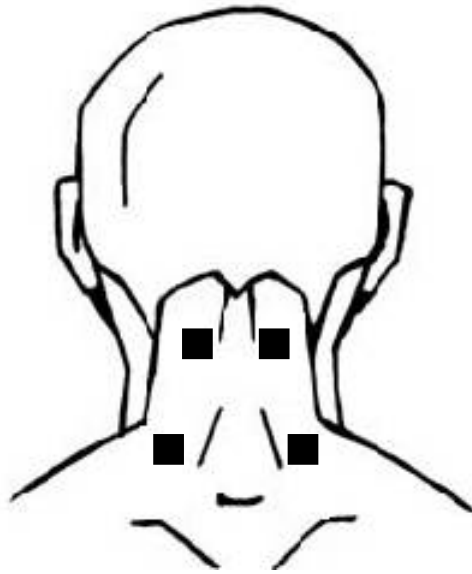
➤ Setting

MODE: C Mode

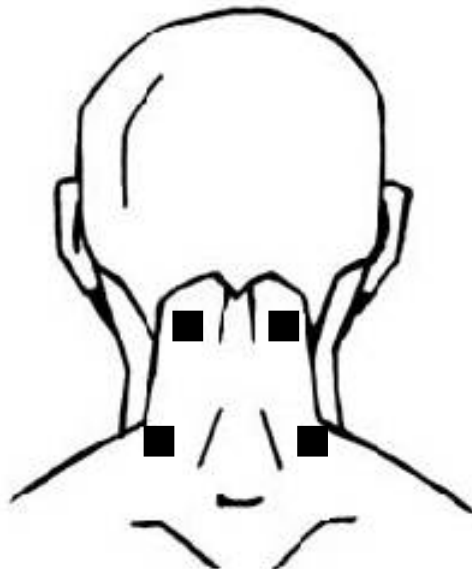
PULSE WIDTH: 100 - 150

PULSE RATE: 60 - 100Hz

OUTPUT: Adjust to the most comfortable intensity level.



Primary Placement



Alternate Placement

➤ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



CHRONIC CERVICAL STRAIN

➤ Setting

MODE: M Mode

PULSE WIDTH: 160

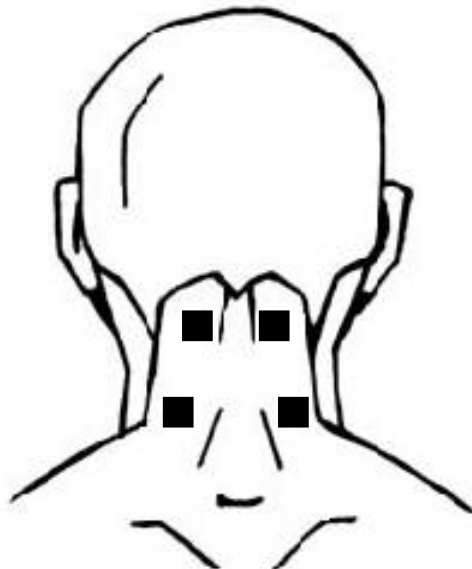
PULSE RATE: 30Hz

OUTPUT: Adjust to the most comfortable intensity level.

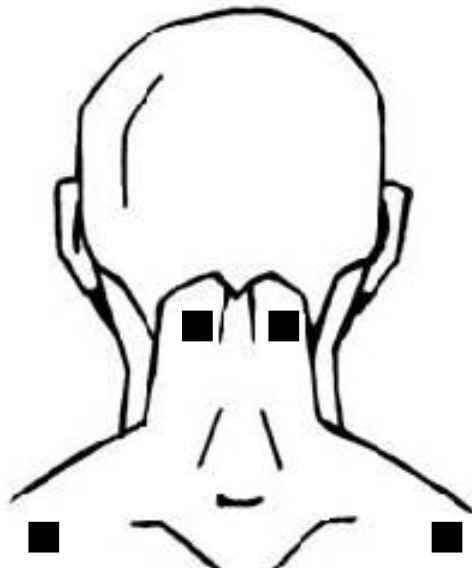
➤ Treatment Session

24 hours is available for the first 4 days.

4-5 hours daily thereafter.



Primary Placement



Alternate Placement



CHRONIC CERVICAL SPINE PAIN (Postlaminectomy)

➤ Setting

MODE: M Mode

PULSE WIDTH: 200

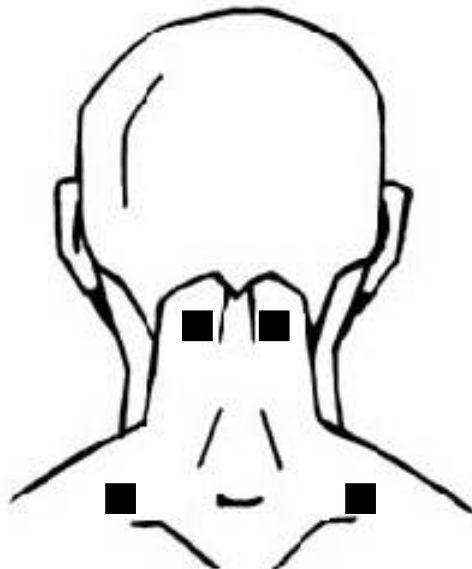
PULSE RATE: 10Hz

OUTPUT: Adjust to the most comfortable intensity level.

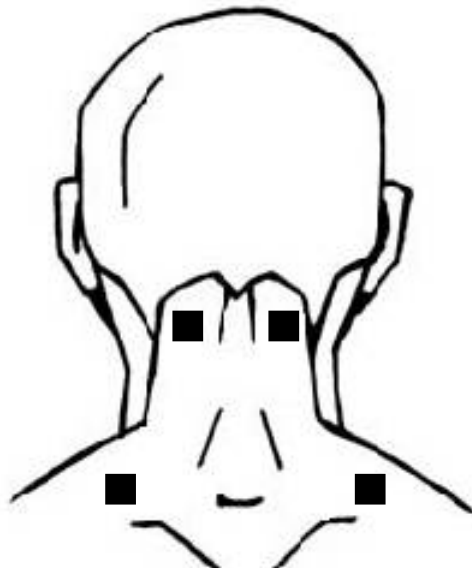
➤ Treatment Session

24 hours is available for the first 4 days.

4-5 hours daily thereafter.



Primary Placement



Alternate Placement



CERVICAL OSTEOARTHRITIS

➤ Setting

MODE: C Mode

PULSE WIDTH: 100 - 150

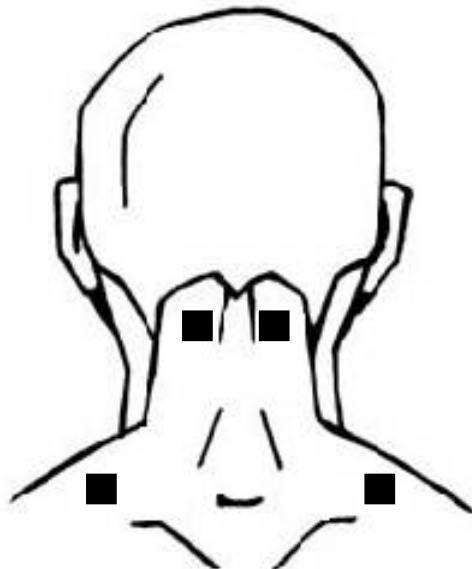
PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

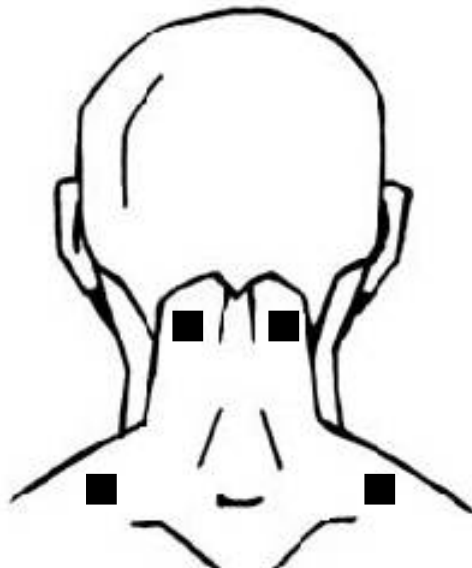
➤ Treatment Session

24 hours is available until initial relief.

20-30 minutes, 3 times daily thereafter.



Primary Placement



Alternate Placement



UNILATERAL CERVICAL SPINE PAIN

➤ Setting

MODE: M Mode

PULSE WIDTH: 100

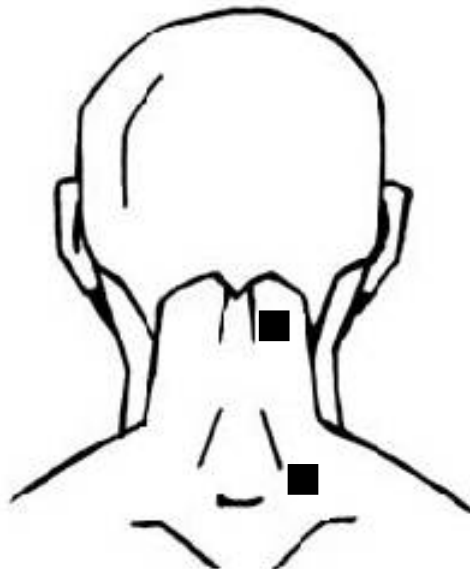
PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

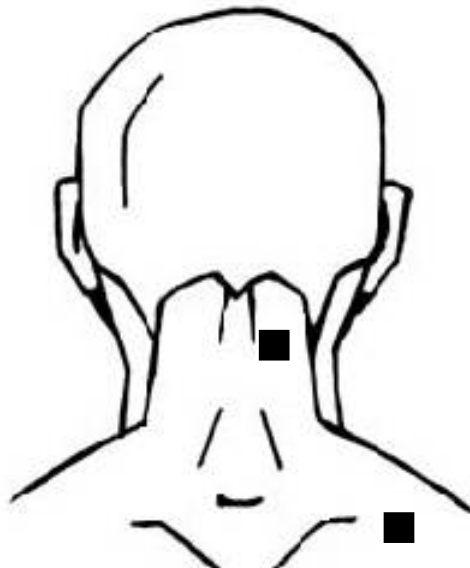
➤ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



Primary Placement



Alternate Placement



MASECTOMY – RIGHT SIDE

➤ Setting

MODE: M Mode

PULSE WIDTH: 260

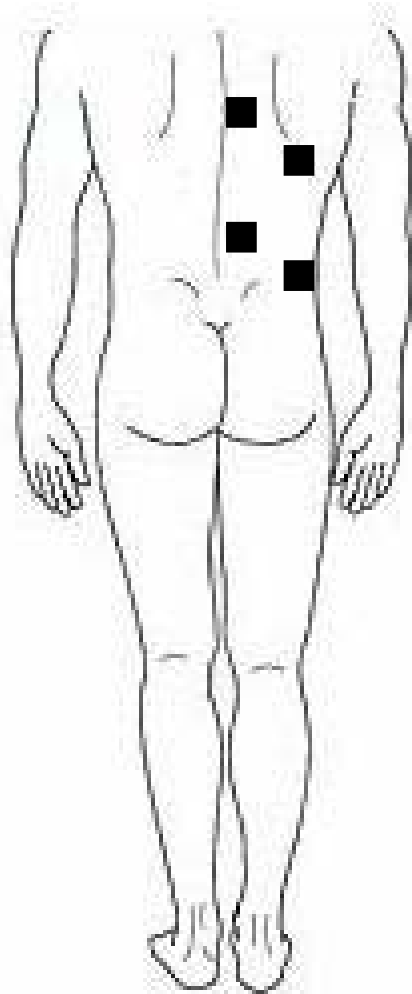
PULSE RATE: 120Hz

OUTPUT: Adjust to the most comfortable intensity level.

➤ Treatment Session

24 hours is available until initial relief.

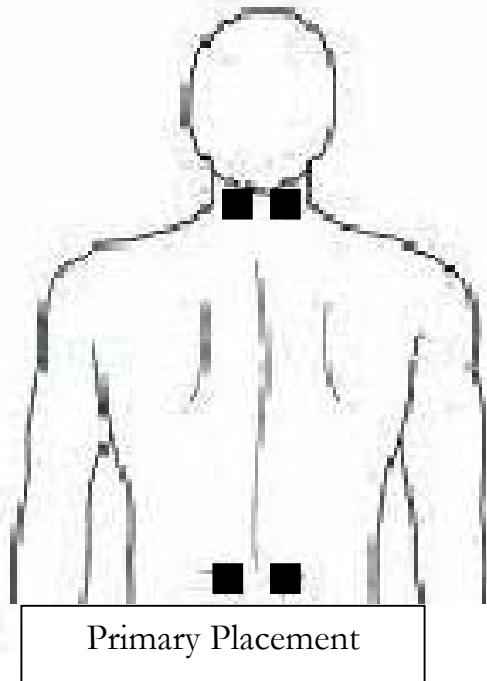
15 minutes, 3 times daily thereafter.



Primary Placement



DEGENERATIVE ARTHRITIS: CERVICAL AND LUMBAR



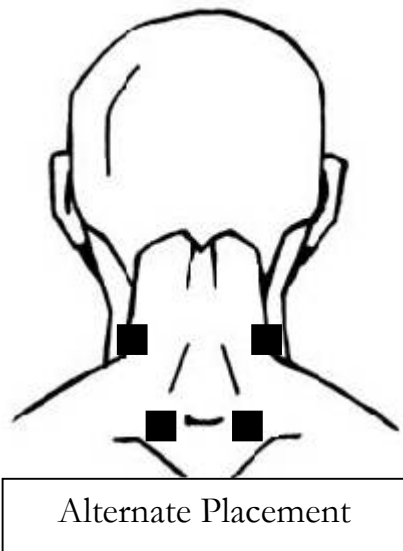
➤ Setting

MODE: C Mode

PULSE WIDTH: 100

PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.



➤ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



LATERAL RIB CAGE PAIN

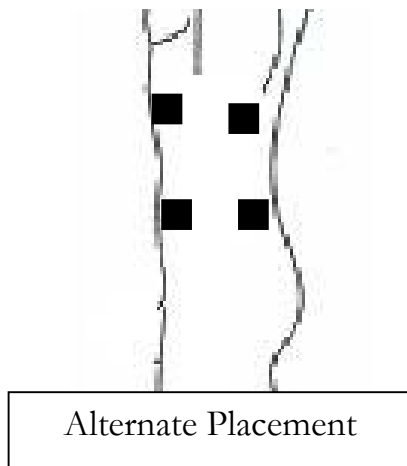
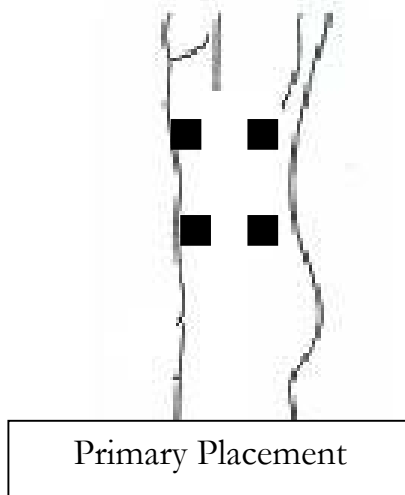
➤ Setting

MODE: C Mode

PULSE WIDTH: 150

PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.



➤ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



CHRONIC HIP PAIN

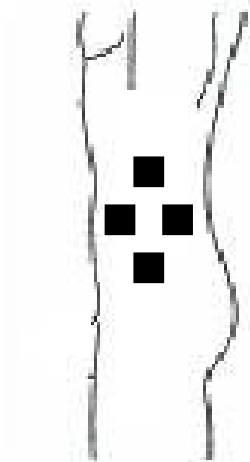
➤ Setting

MODE: M Mode

PULSE WIDTH: 200

PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.



Primary Placement

➤ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



HERPES ZOSTER NEURALGIA

➤ Setting

MODE: C Mode

PULSE WIDTH: 150

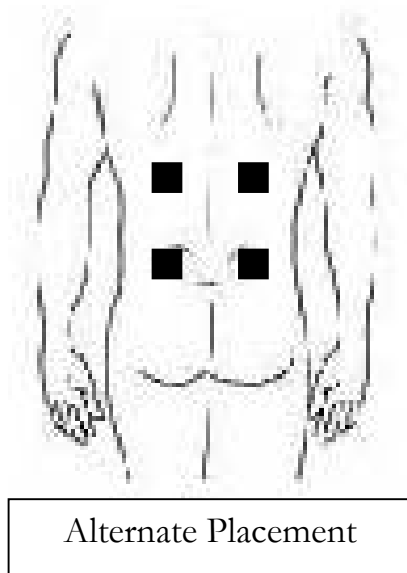
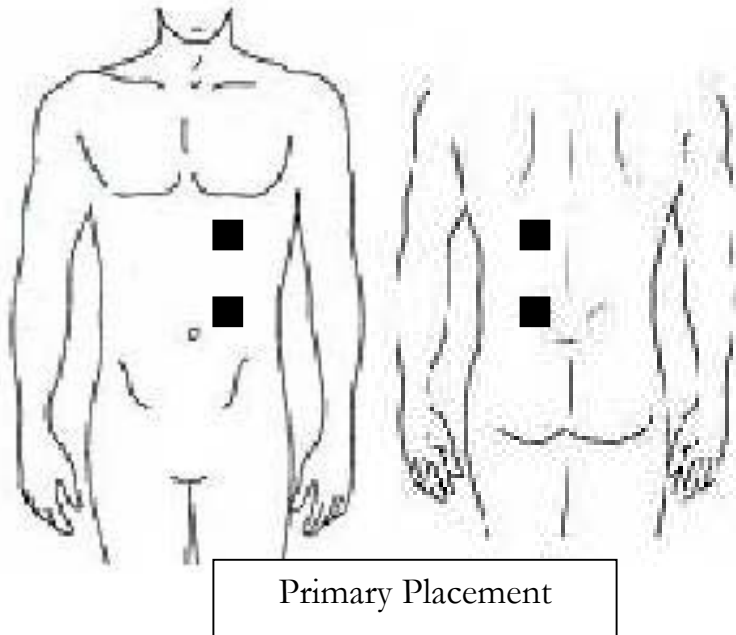
PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

➤ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



ACUTE MUSCLE AND LIGAMENT TEAR - ANKLE

➤ Setting

MODE: C Mode

PULSE WIDTH: 100

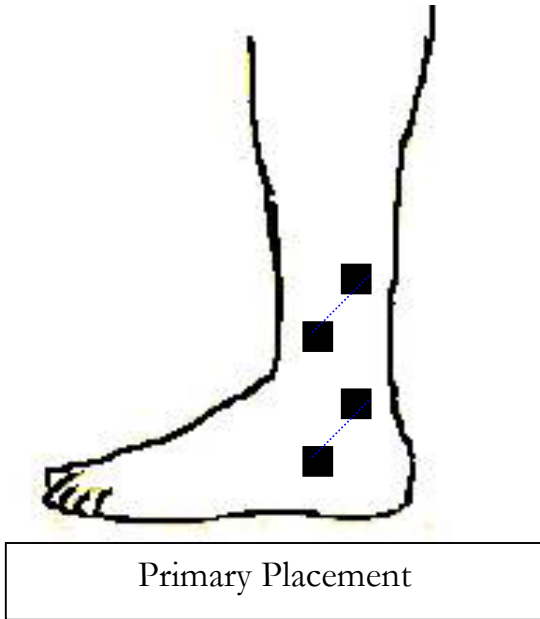
PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

➤ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



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



POST-PODIATRIC SURGERY (involving lateral toes)

➤ Setting

MODE: C Mode

PULSE WIDTH: 100 - 150

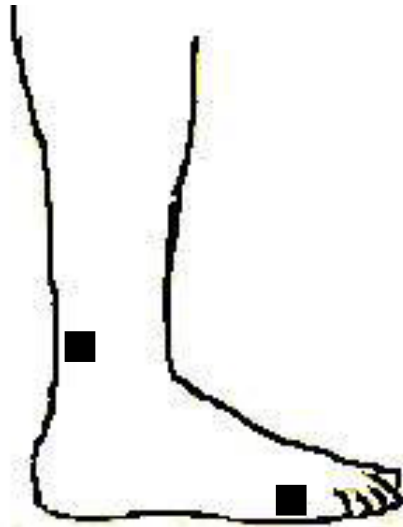
PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

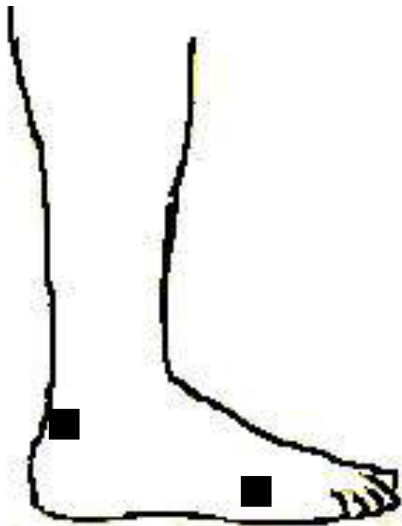
➤ Treatment Session

24 hours is available for the first 4 days.

4 hours daily thereafter.



Primary Placement



Alternate Placement



KNEE PAIN – POST-OP

➤ Setting

MODE: M Mode

PULSE WIDTH: 100 - 150

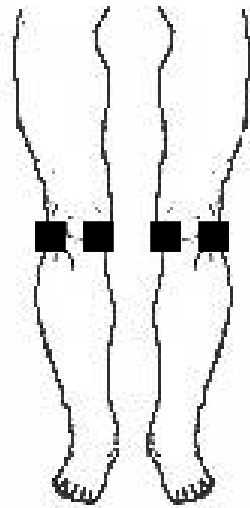
PULSE RATE: 120Hz

OUTPUT: Adjust to the most comfortable intensity level.

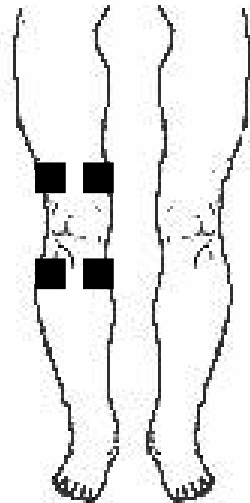
➤ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



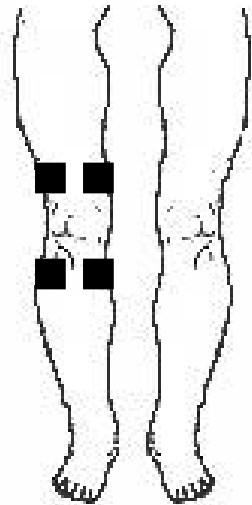
Primary Placement



Alternate Placement



DEGENERATIVE ARTHRITIS - KNEE PAIN



Primary Placement

➤ Setting

MODE: C Mode

PULSE WIDTH: 220

PULSE RATE: 80Hz

OUTPUT: Adjust to the most comfortable intensity level.

➤ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



RECURRENT PATELLAR SUBLAXATION

➤ Setting

MODE: C Mode

PULSE WIDTH: 220

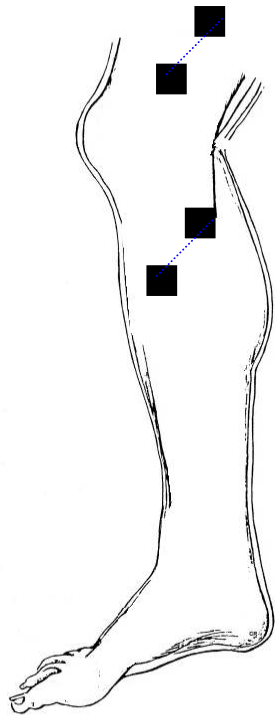
PULSE RATE: 80Hz

OUTPUT: Adjust to the most comfortable intensity level.

➤ Treatment Session

24 hours is available for the first 4 days.

4 hours daily thereafter.



Primary Placement

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



LOW EXTREMITY PAIN (REFLEX SYMPATHETIC DYSTROPHY)

➤ Setting

MODE: C Mode or M Mode

PULSE WIDTH: 160

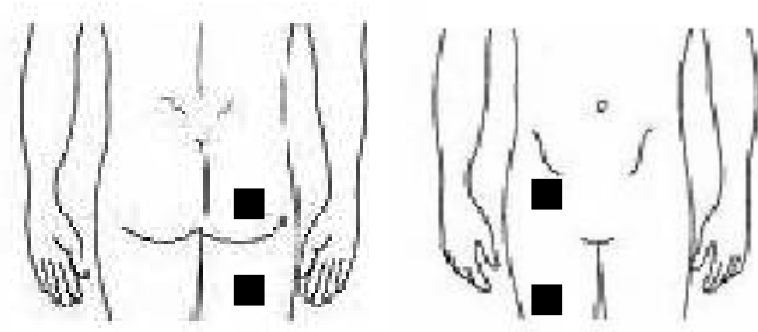
PULSE RATE: 30 - 80Hz

OUTPUT: Adjust to the most comfortable intensity level.

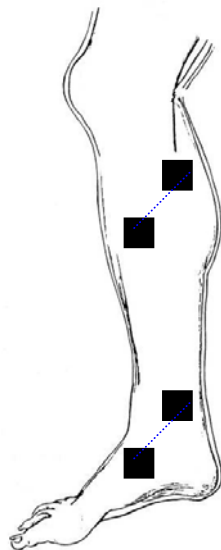
➤ Treatment Session

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)

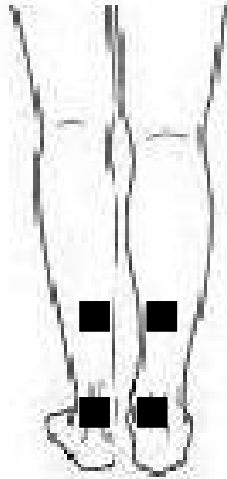
➤ Setting

MODE: M Mode

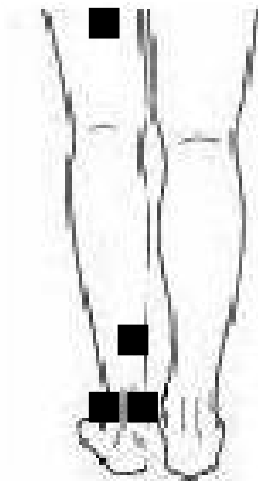
PULSE WIDTH: 100 - 160

PULSE RATE: 60 - 100Hz

OUTPUT: Adjust to the most comfortable intensity level.



Primary Placement



Alternate Placement

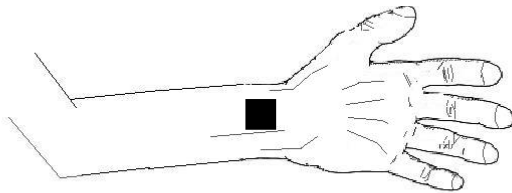
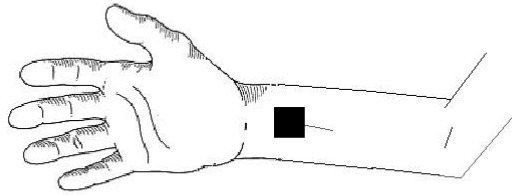
➤ Treatment Session

24 hours is available until initial relief.

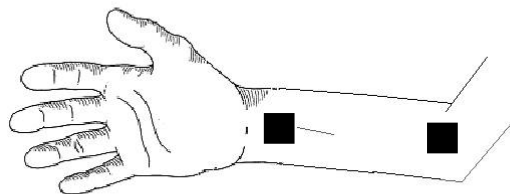
30 minutes, 3 times daily thereafter.



CARPAL TUNNEL SYNDROME



Primary Placement



Alternate Placement

➤ Setting

MODE: C Mode

PULSE WIDTH: 260

PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

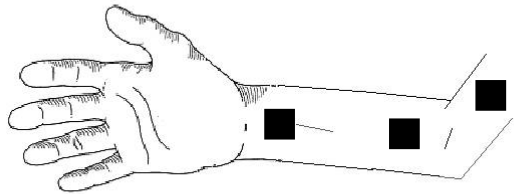
➤ Treatment Session

24 hours is available until initial relief.

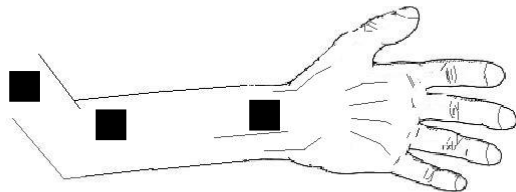
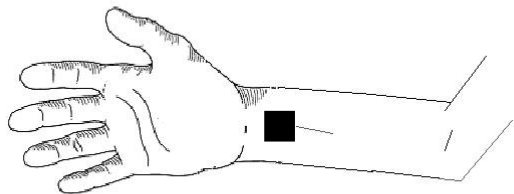
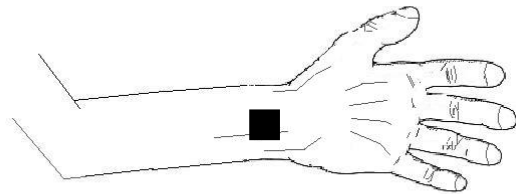
20 minutes, 3 times daily thereafter.



WRIST PAIN



Primary Placement



Alternate Placement

➤ Setting

MODE: C Mode

PULSE WIDTH: 260

PULSE RATE: 30 - 50Hz

OUTPUT: Adjust to the most comfortable intensity level.

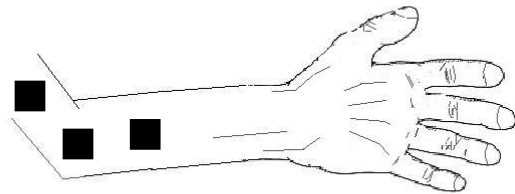
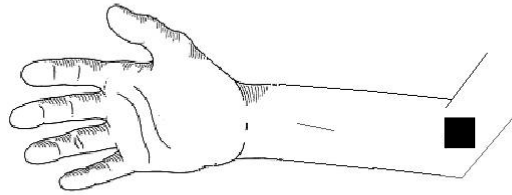
➤ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



ELBOW & FOREARM PAIN



Primary Placement

➤ Setting

MODE: C Mode

PULSE WIDTH: 100

PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

➤ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



UPPER EXTREMITY PAIN (REFLEX SYMPATHETIC DYSTROPHY)

➤ Setting

MODE: C Mode or M Mode

PULSE WIDTH: 220

PULSE RATE: 30 - 50Hz

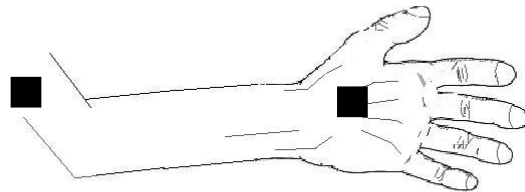
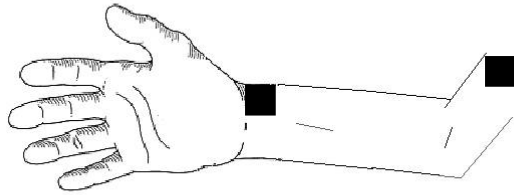
OUTPUT: Adjust to the most comfortable intensity level.

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

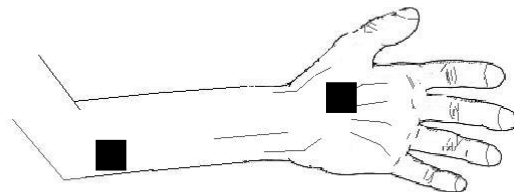
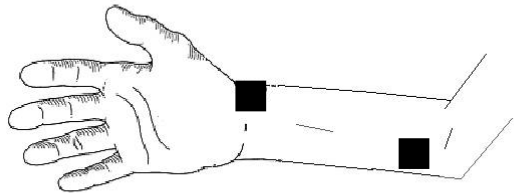
➤ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



Primary Placement



Alternate Placement



ULNAR NERVE LESION

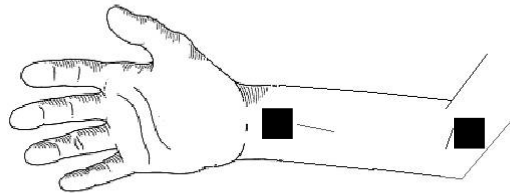
➤ Setting

MODE: C Mode

PULSE WIDTH: 100

PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.



Primary Placement

➤ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.



ATYPICAL FACIAL PAIN

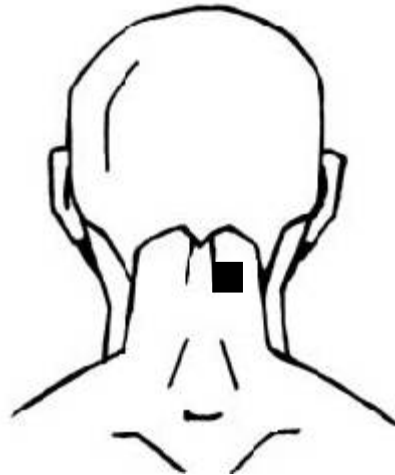
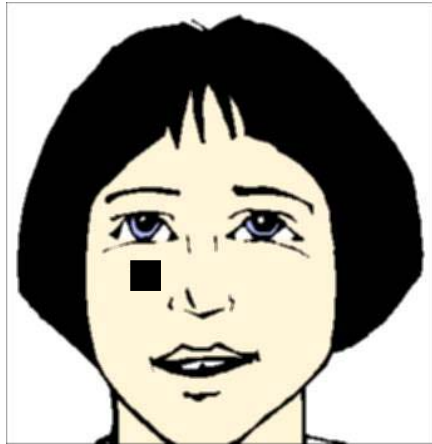
➤ Setting

MODE: M Mode

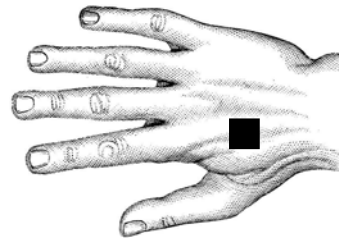
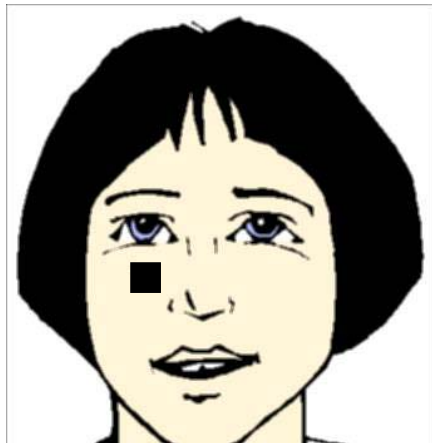
PULSE WIDTH: 260

PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.



Primary Placement



Alternate Placement

➤ 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
Mastectomy – 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