

APPLYING TENS

Method 1 - PRO-TENS and EasyTENS

- a) Select CONTINUOUS (C or N) mode
- b) Adjust the intensity until a fairly strong but comfortable 'tingle' is felt between the electrodes.
- c) Continue with this setting for 40 minutes minimum - adjust the intensity to maintain the 'tingle' throughout the application.
- d) Repeat this 2/3 time each day.
- e) Continue with these settings and electrode positions for 2/3 days - if it gives pain relief then continue to use it.

Method 2 - PRO-TENS and EasyTENS

- a) Switch to BURST mode (B)
- b) Adjust the intensity until a fairly strong but comfortable 'twitch' is felt in the muscles close to the pain area.
- c) Continue with this setting for at least 40 minutes - adjust the intensity to maintain the 'twitch' throughout the application.
- d) Repeat this 2/3 time each day.
- e) Continue with these settings and electrode positions for 2/3 days - if it gives pain relief then continue to use it.

Method 3 - PRO-TENS only

- a) Place the electrodes directly over the painful area with a minimum of 70mm (3") between them.
- b) Switch to MODULATION mode (M)
- c) Set the frequency to 50
- d) Set the pulse width to 250
- e) Adjust the intensity until a comfortable 'contraction and relaxation' is felt in the muscles under the electrodes. This should feel similar to a gentle 'massaging' effect.
- f) Continue with this setting for at least 40 minutes - adjust the intensity to maintain the 'massage effect' throughout the application.
- g) Repeat this 2/3 time each day.
- h) Continue with these settings and electrode positions for 2/3 days - if it gives pain relief then continue to use it.

Method 4 - PRO-TENS and EasyTENS

- a) Select CONTINUOUS (C or N) mode
- b) Adjust the intensity until a fairly strong but comfortable 'tingle' is felt between the electrodes.
- c) Continue with this setting for 30 minutes minimum
- d) Adjust the intensity to maintain the 'tingle' throughout the application.
- e) Switch to BURST mode (B)
- f) Adjust the intensity until a fairly strong but comfortable 'twitch' is felt in the muscles close to the pain area.
- g) Continue with this setting for a further 30 minutes.
- h) Adjust the intensity to maintain the 'twitch' throughout the application.
- i) Repeat this mixed mode procedure 2/3 time each day.
- j) Continue with these settings and electrode positions for 2/3 days - if it gives pain relief then continue to use it.

IMPORTANT NOTES

- 1 If you find that any of these methods increases the pain during application then the electrodes are in the incorrect position and you should choose one of the alternatives which is some distance away from the pain area. Once you have completed the options, decide which produced the best results and continue to use it for the rest of the trial period.
- 2 Please bear in mind that you may need to use TENS every day for several weeks before any long term benefits will start to be noticed.
- 3 If you feel that your pain has reduced then this is a clear indication that TENS is working for you - do not expect total pain relief - this may not happen. TENS cannot remove the cause of pain and so your pain may return soon after TENS is switched off.
- 5 Use TENS as often as you need to - don't wait for your pain to reach unbearable levels. TENS can be used quite safely for several hours at a time - all day if necessary. The more the better in the first few weeks.
- 6 If you need TENS to help you get to sleep then choose PRO-TENS which has a timer which will switch the treatment off after 30 or 60 minutes.
- 7 There are more ways of using TENS than those explained in this information sheet. These other methods are chosen according to your medical condition and type of pain - see overleaf.

If you wish to:

Understand more about your nervous system and how TENS works in co-operation with it to give pain relief - read about the 'pain gate' and 'natural pain killing endorphins'.

Understand the cause of and different types of pain so that you can decide on the best approach for maximum benefit.

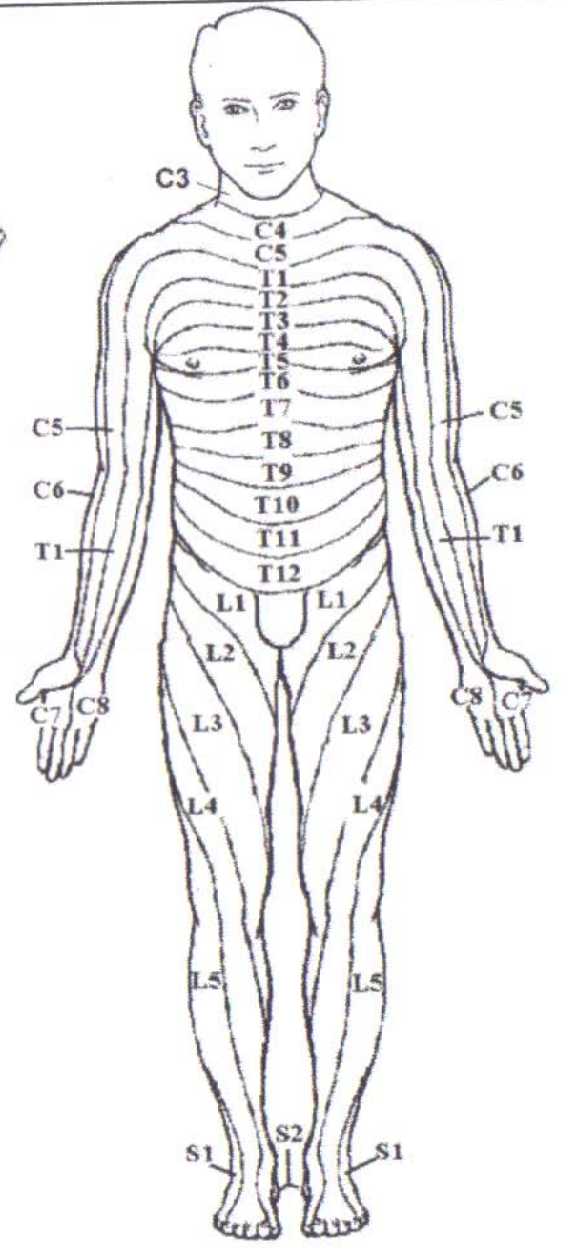
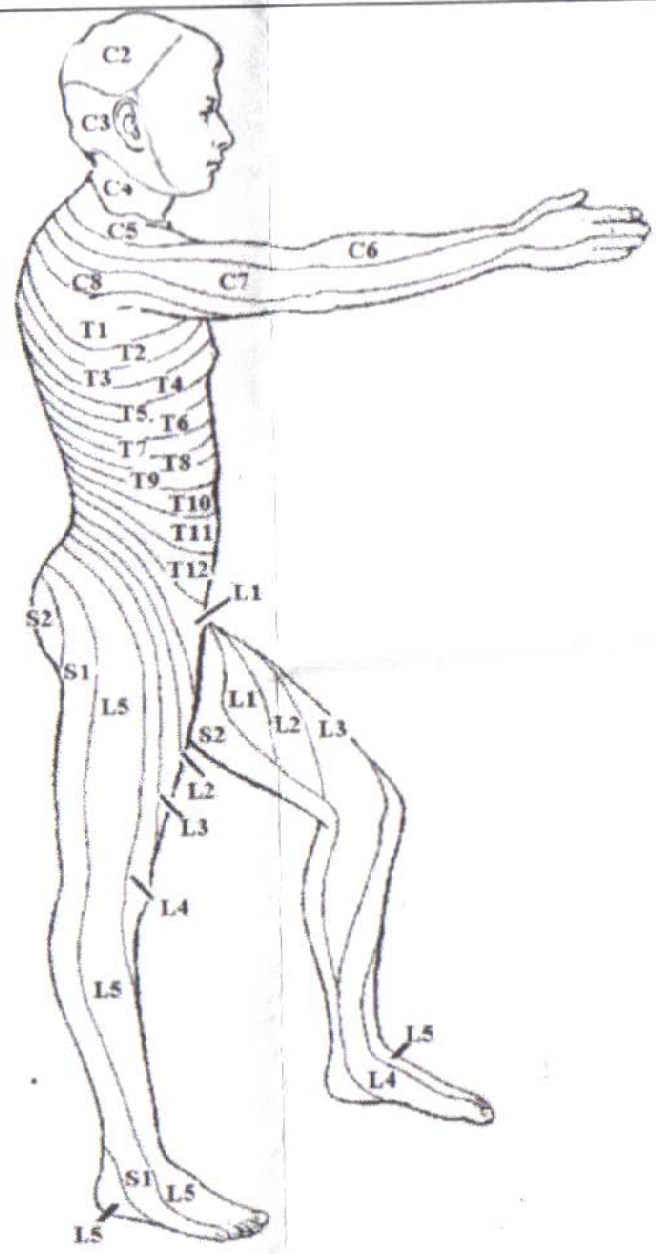
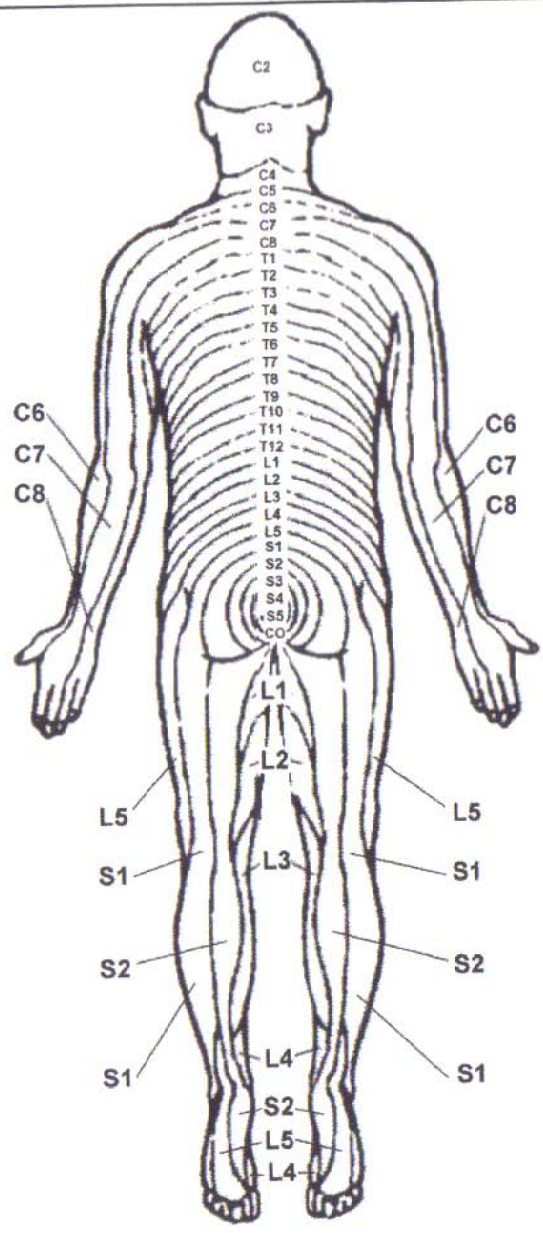
Learn more about TENS modes and pulse settings and how they can be applied for each different type of pain.

Find out more about the different electrode positions and TENS modes for your own particular type of pain.

Follow a complete systematic approach including the full version of the segmental application and body charts shown in this booklet. Also find out how to use the dermatomes, special nerve points, trigger points to treat all types of pain

Know how to keep TENS running costs for electrodes and batteries to an absolute minimum.

"TENS - The Users Guide To Pain Relief"



Notes:

.....