
INTRODUCTION

What is TENS?

Transcutaneous Electrical Nerve Stimulation is a safe, non-invasive and drug-free method of pain control which relieves pain by sending small, electrical impulses through conductive electrodes placed over the painful area.

The pulses stimulate the underlying nerves which carry sensations such as warmth, pressure and touch. This produces natural nerve impulses which are able to block out, or reduce, pain.

TENS is believed to work in two ways:

First, electrical nerve stimulation blocks pain signals. When pain signals arrive at the brain pain is perceived - if they are blocked en-route, it is not.

Secondly, the body is able to make its own natural pain killers called endorphins. These act as very powerful analgesics and suppress pain. TENS can help to activate these chemicals.

By following these easy instructions, PRO-TENS will help reduce most types of pain. It is advisable to seek clinical guidance for best results and you will also find everything you need to know about using TENS to your best advantage in the separate book:

***‘TENS - The User’s Guide to Pain Relief
a Systematic Approach’.***

Ask your supplier for details.

PRO-TENS has three modes, each producing a different effect.

Continuous (Normal) Mode closes the “pain gate” and slows down pain signals.

Burst Mode is used to help the body produce its own natural pain killers.

Modulation (Massage) Mode is used to gently massage tight muscles to help reduce musculo-skeletal and referred pain.

In addition, PRO-TENS has variable pulse frequencies and pulse widths so that you can make adjustments to find the best possible combination for your particular problem.

Please be patient - successful pain relief depends on correct electrode placement and choice of stimulation mode for your own specific pain pattern. Wherever possible, take advice from an experienced TENS clinician.

The response to TENS varies from person to person. Some conditions may require longer and more frequent treatment.

Remember that TENS is not a cure so your pain may not always be eliminated completely.

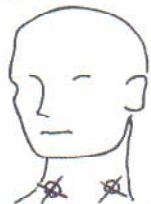
By persevering, you will soon find that you are taking fewer pain killers, that the periods between pain attacks have become longer, and that the intensity of pain is much reduced.

FOR YOUR SAFETY

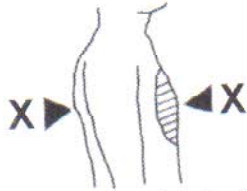
1. PRO-TENS is designed to relieve pain caused by a medical condition.

It must not be used for any other purpose.

2. Pain is a warning of injury or disease. Do not use PRO-TENS on undiagnosed pain - it may mask important diagnostic symptoms and prevent a serious condition from being recognised.
3. If you use a heart pacemaker or have any history of heart problems, you must only use TENS under medical supervision.
4. Do not use PRO-TENS during the first 6 months of pregnancy (or if you are attempting to become pregnant) without first taking medical advice.



DO NOT stimulate in the area of the Carotid Sinus



DO NOT stimulate directly through the heart region.

5. Do not use PRO-TENS over the carotid sinus, laryngeal or pharyngeal muscles.
6. Do not place electrodes in the mouth, over the eye lids, varicose veins, open wounds or recent scar tissue without first taking medical advice.

7. Do not handle the electrodes when the stimulator is switched on.
8. Keep out of reach of children and do not allow relatives or friends to use TENS without medical diagnosis. What is suitable for you may not be suitable for them.
9. *For the safety of yourself and others* do not use TENS whilst operating or driving motorised machinery or a vehicle, or in any situation where a sudden pulse increase may result in an accident.
10. *Do not use* excessive pulse strengths.

Side effects

There are no known side effects from using TENS other than a very small risk of skin irritation. Long term application of TENS may cause skin soreness or rash but this is minimised by using Acupad or PALS hypoallergenic electrodes. (also see page 10)

If skin rash occurs, reposition the electrodes away from the affected skin or change to PALS Blue (see below).

If the problem persists, discontinue use and consult a medical practitioner.

Sensitive Skin and body hair

PALS Blue gel electrodes are available for very sensitive skin and areas where body hair causes adhesion problems.

Your clinician or supplier will give you details.

If in doubt, speak to your doctor.

THE STIMULATOR CONTROLS

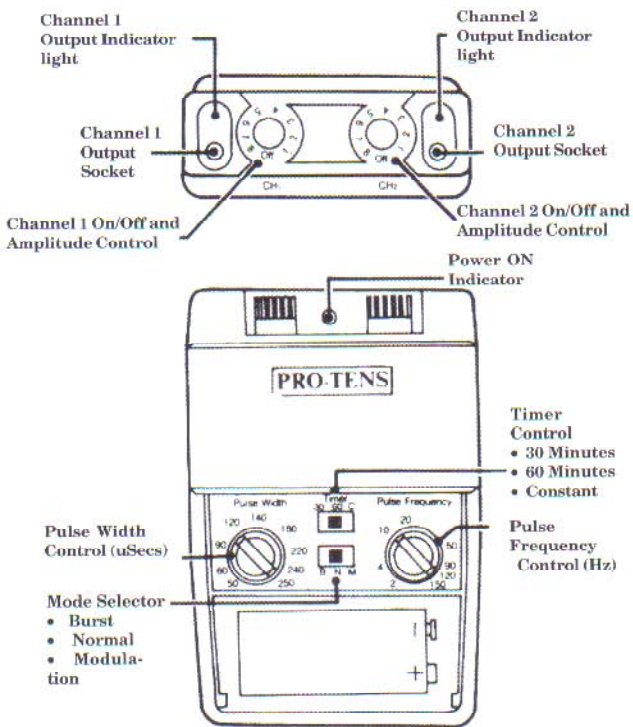


Fig. 2 - The PRO-TENS Controls

Dual output sockets

The lead wires are plugged into these two sockets to supply either 1 or 2 pairs of electrodes.

Mode change slider switch

- N - Normal (Continuous) Mode - Pulse frequency and pulse width remain adjustable
- B - Burst (or Beat) Mode - Pulse frequency is fixed but pulse width remains adjustable
- M - Modulation (massage) Mode - Pulse frequency and pulse width remain adjustable.

Pulse frequency control

Sets the pulse frequency from 2 to 150 pulses per second (2Hz- 150Hz). The normal conventional TENS setting is between 80 and 120Hz.

Pulse width control

Adjusts the duration of each individual pulse from 50 to 250 (μ S). The normal conventional TENS setting is between 180 and 220 μ S.

Timer slider switch

Can be set to give approximately 30 or 60 minutes or continuous treatment time. The output is automatically switched off after the preset time but the yellow light remains ON.

To reset the timer - switch OFF - move the switch to 'C' - Switch ON - adjust the output to required level then move the switch to desired time.

IMPORTANT! PRO-TENS WILL NOT SWITCH ON UNLESS THE TIMER IS SET TO POSITION 'C'.