

FAMILIARISATION

Read the user instruction book which was included with your TENS machine. Familiarise yourself with the controls and take note of the precautions and side effects.

The instruction book supplied with your TENS machine also describes a simple entry level systematic approach

IT IS RECOMMENDED THAT YOU FOLLOW THIS TO BEGIN WITH.

The notes contained in the following pages are a few alternative options which have been reproduced from "TENS - The Users Guide to Pain Relief"

ELECTRODE POSITIONING

Your TENS clinician may give you specific positioning for the electrode placement and TENS mode - this will have been based on your medical condition and type of pain so it is important that you follow these instructions first. If, during your trial period, you feel that you are not achieving satisfactory pain relief then the following additional methods may be tried

- A** Place one pair of electrodes at the side of the spine as shown in figure 1. Choose the position which is shown to be relative to the area in which you feel the pain.
- B** Try the various electrode positions shown in figures 2 - 5. Note that 1 \leftrightarrow 2 means place one electrode over point 1 and the other over point 2.

PRO-TENS SETUP

Set the frequency to 100 Hz (pulses per second)
Set the pulse width to 180 microseconds.

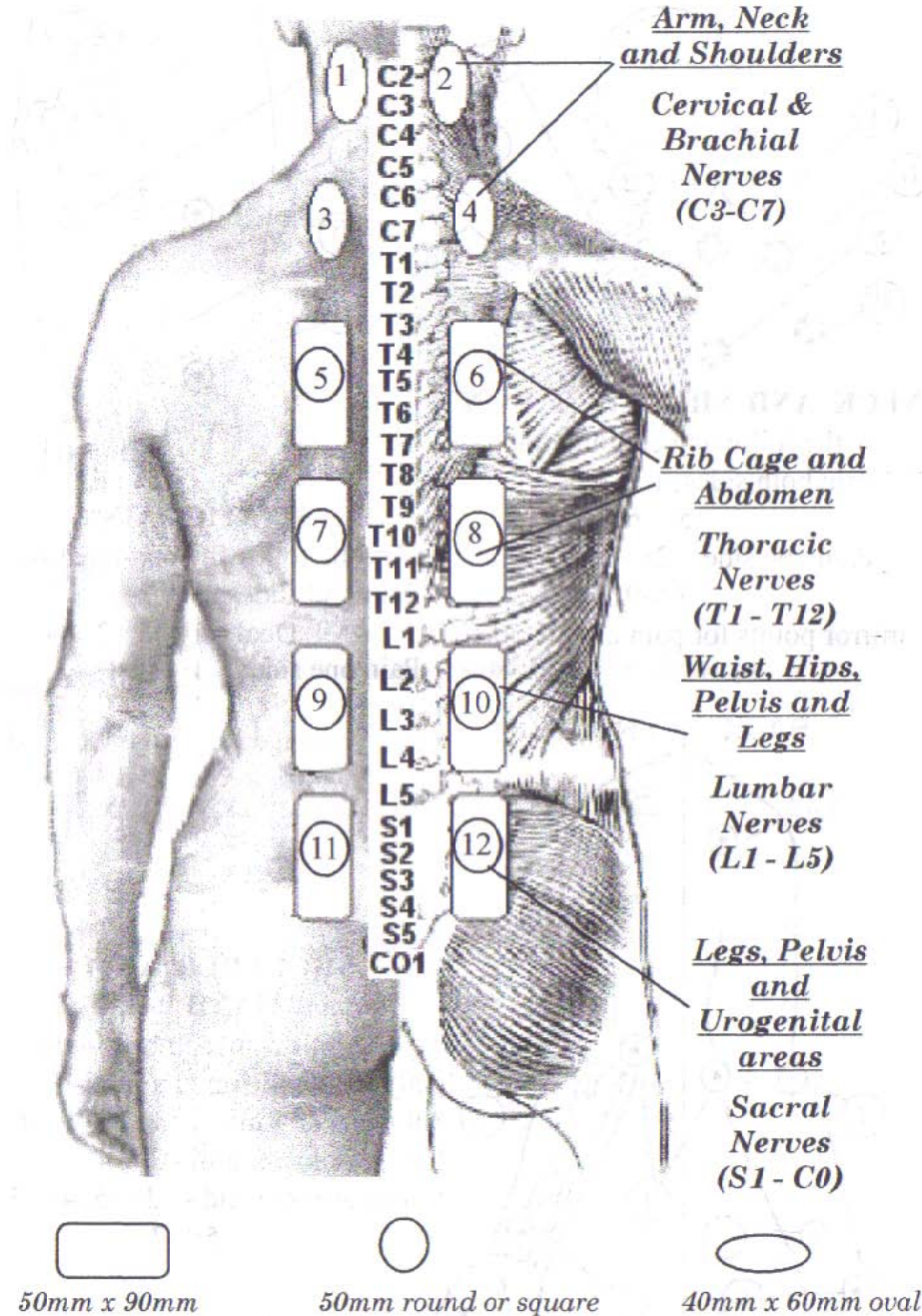
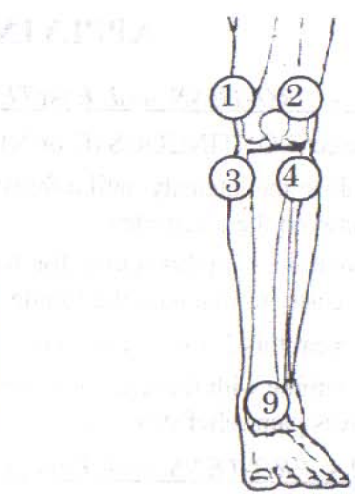
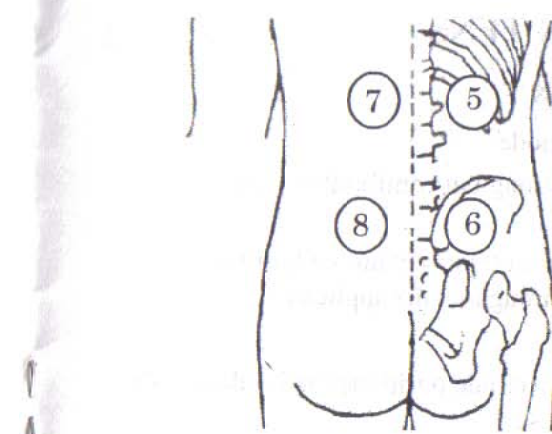
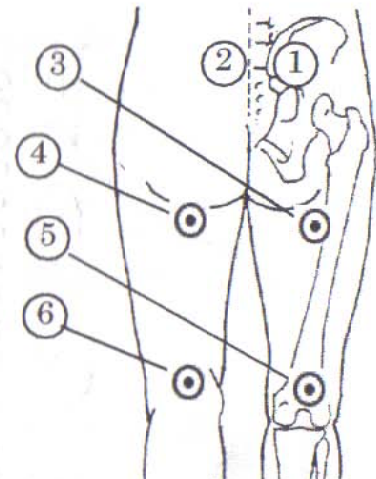
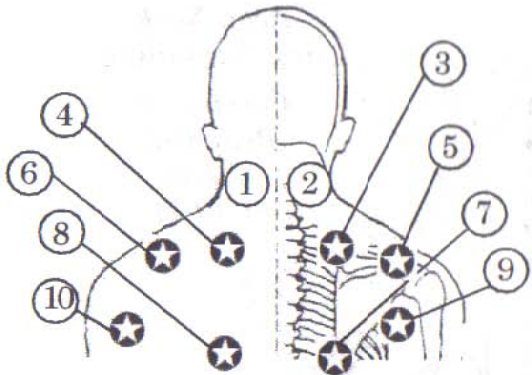


Fig. 1 - Segmental Electrode Positioning



NECK AND SHOULDER PAIN

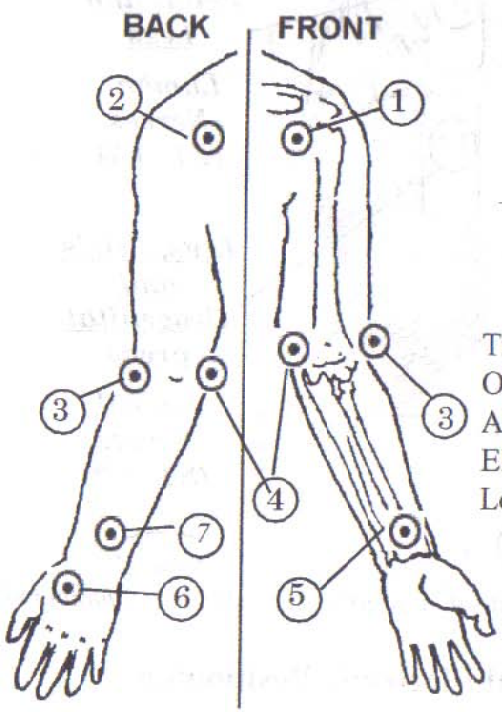
Try the following combinations
 Pain both sides 1◇2, 3◇4,
 5◇6, 7◇8
 Pain one side 2◇3, 2◇5,
 3◇9, 3◇7
 mirror points for pain on left side

SCIATIC PAIN

Try the following combinations
 Pain both sides 1◇2,
 Dual - 1◇3 + 2◇4
 Pain one side 1◇2, 1◇3,
 1◇5, 3◇5
 mirror image for pain on left side

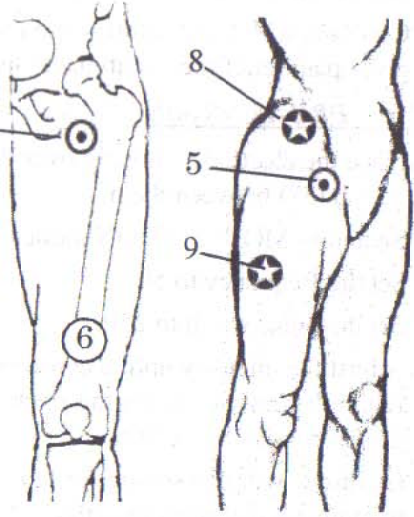
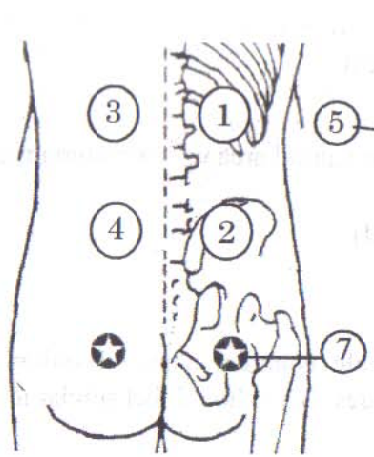
KNEE & LOWER LEG PAIN

Try the following combinations
 Knee Pain 1◇2, 3◇4, 1◇4 + 2◇3 (Dual)
 Lower leg pain 4◇9, 9 = lowest point of pain
 for all leg pain also try 5◇6 (7◇8 for left side)



SHOULDER, ARM and HAND PAIN

Try the following combinations
 Only treat one arm at a time.
 All areas of arm - 1◇2, 1◇6
 Elbow & lower arm - 3◇4
 Lower arm & hand - 3◇5, 4◇5,
 5◇7



LOW BACK PAIN

Try the following combinations
 1◇3, 2◇4 (single channel)
 1◇2 + 3◇4 (Dual channel)
 2&4 may be moved further apart.

LEG & HIP PAIN

Try the following combinations
 Hip pain - 5◇7, 5◇2
 Leg pain - 8◇9, 5◇6, 1◇2

**Figs. 2 - 5
 The Body Plans**