An Easy Guide to TENS Pain Relief

Distributed By:
LgMedSupply.com
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LOW BACK PAIN

Primary Placement

Alternate Placement
HIP NEURALGIA

Primary Placement

Alternate Placement

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Live Pain Free, Live Good Today!
PHANTOM LIMB, LOWER EXTREMITY

Primary Placement

Alternate Placement
SCIATICA

Primary Placement

Alternate Placement
BICIPITAL TENDONITIS

Primary Placement

Alternate Placement
TEMPORAL MANDIBULAR JOINT PAIN (TMJ)

Primary Placement

Alternate Placement
SHOULDER PAIN

Primary Placement

Alternate Placement
REFLEX SYMPATHETIC DYSTROPHY

Primary Placement

Alternate Placement
TRIGEMINAL NEURALGIA

Primary Placement

Alternate Placement
CERVICAL PAIN

Primary Placement

Alternate Placement
CHRONIC CERVICAL STRAIN

Primary Placement

Alternate Placement
CHRONIC CERVICAL SPINE PAIN (Postlaminectomy)

Primary Placement

Alternate Placement
CERVICAL OSTEOARTHRITIS

Primary Placement

Alternate Placement
UNILATERAL CERVICAL SPINE PAIN

Primary Placement

Alternate Placement
MASECTOMY – RIGHT SIDE
DEGENERATIVE ARTHRITIS: CERVICAL AND LUMBAR

Primary Placement

Alternate Placement
LATERAL RIB CAGE PAIN

Primary Placement

Alternate Placement
CHRONIC HIP PAIN

Primary Placement
HERPES ZOSTER NEURALGIA

Primary Placement

Alternate Placement
ACUTE MUSCLE AND LIGAMENT TEAR - ANKLE

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

Primary Placement
POST-PODIATRIC SURGERY (involving lateral toes)

Primary Placement

Alternate Placement
KNEE PAIN – POST-OP

Primary Placement

Alternate Placement
DEGENERATIVE ARTHRITIS - KNEE PAIN

Primary Placement
RECURRENT PATELLAR SUBLAXATION

Place one set of electrodes on medial side and one set on lateral side.
LOW EXTREMITY PAIN (REFLEX SYMPATHETIC DYSTROPHY)

Primary Placement

Alternate Placement
Place one set on each side of leg.
LOWER LEG PAIN (DIABETIC NEUROPATHY)

Primary Placement

Alternate Placement
CARPAL TUNNEL SYNDROME

Primary Placement

Alternate Placement
WRIST PAIN

Primary Placement

Alternate Placement
ELBOW & FOREARM PAIN

Primary Placement
UPPER EXTREMITY PAIN (REFLEX SYMPATHETIC DYSTROPHY)

Primary Placement

Alternate Placement
ULNAR NERVE LESION

Primary Placement
ATYPICAL FACIAL PAIN

Primary Placement

Alternate Placement
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.**