

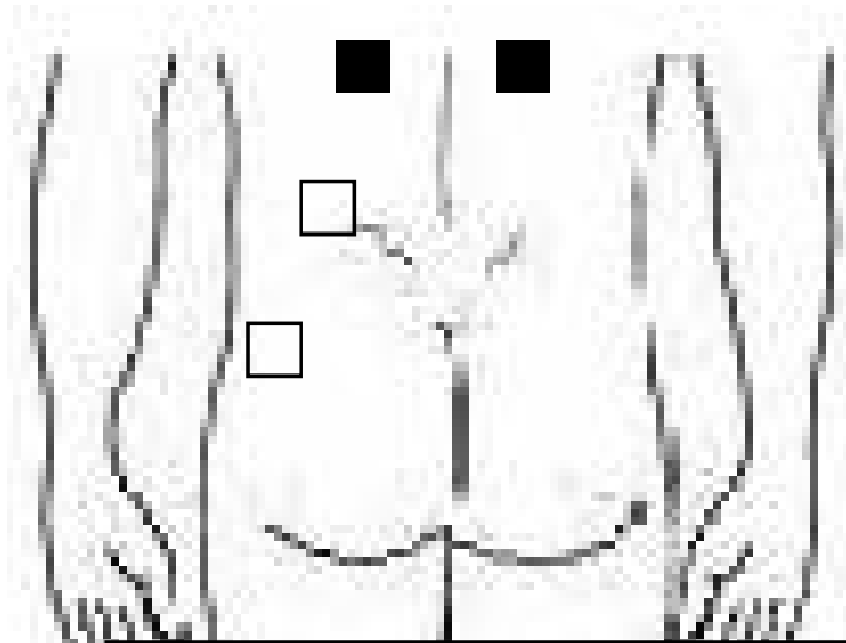


An
Easy Guide to
TENS Pain Relief

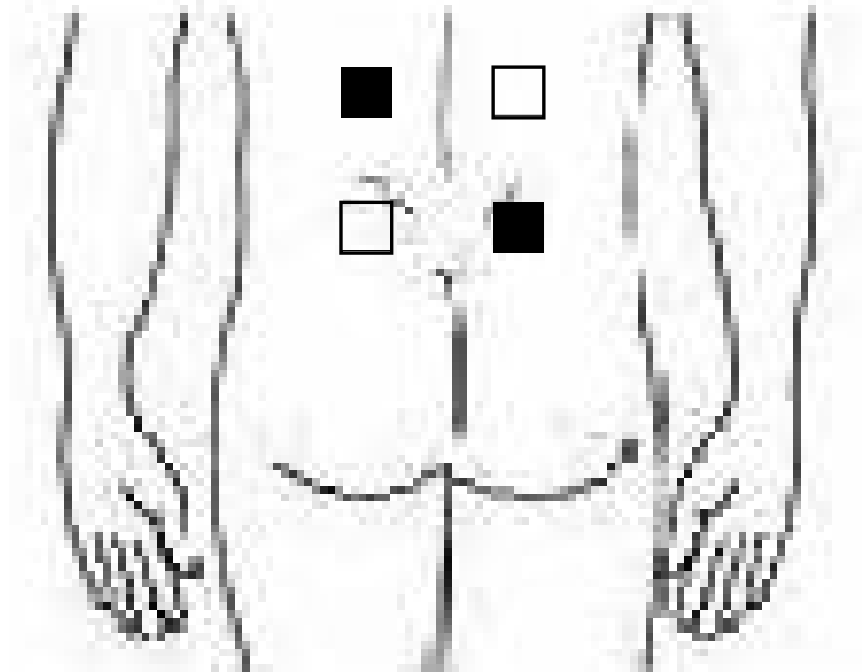
Distributed By:

LgMedSupply.com
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Cherry Hill, NJ 08003
www.lgmedsupply.com

LOW BACK PAIN

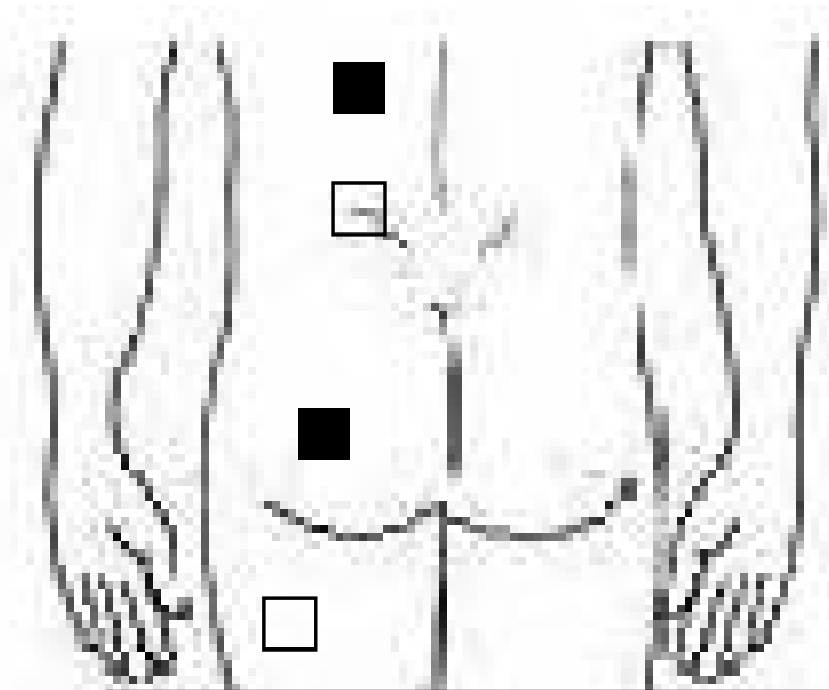


Primary Placement

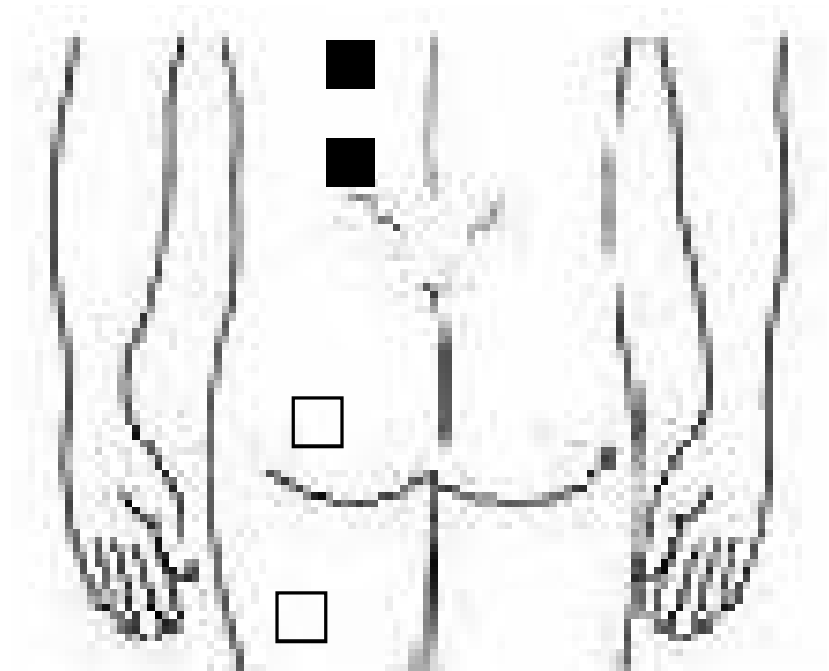


Alternate Placement

HIP NEURALGIA

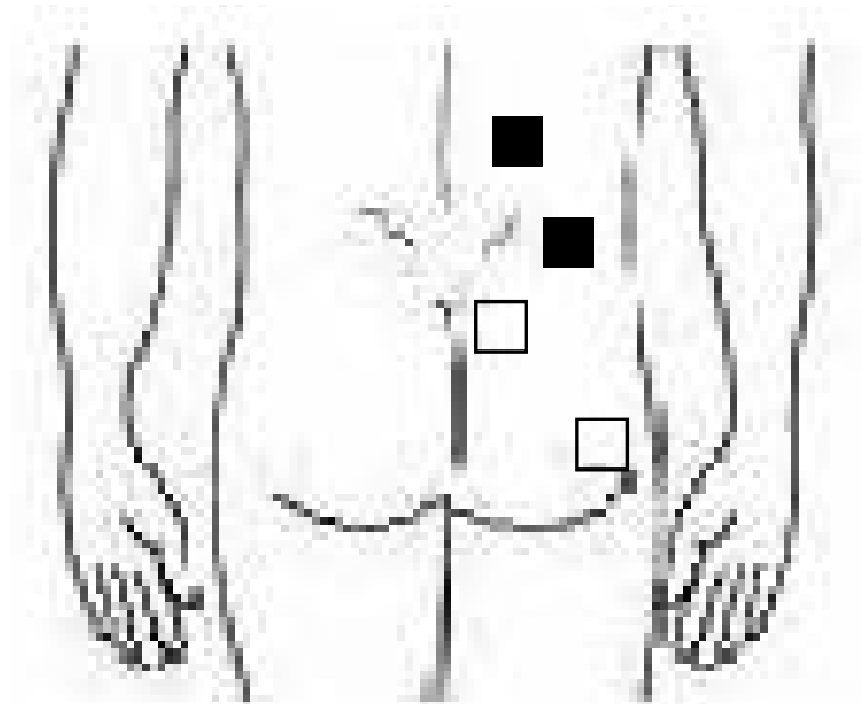


Primary Placement

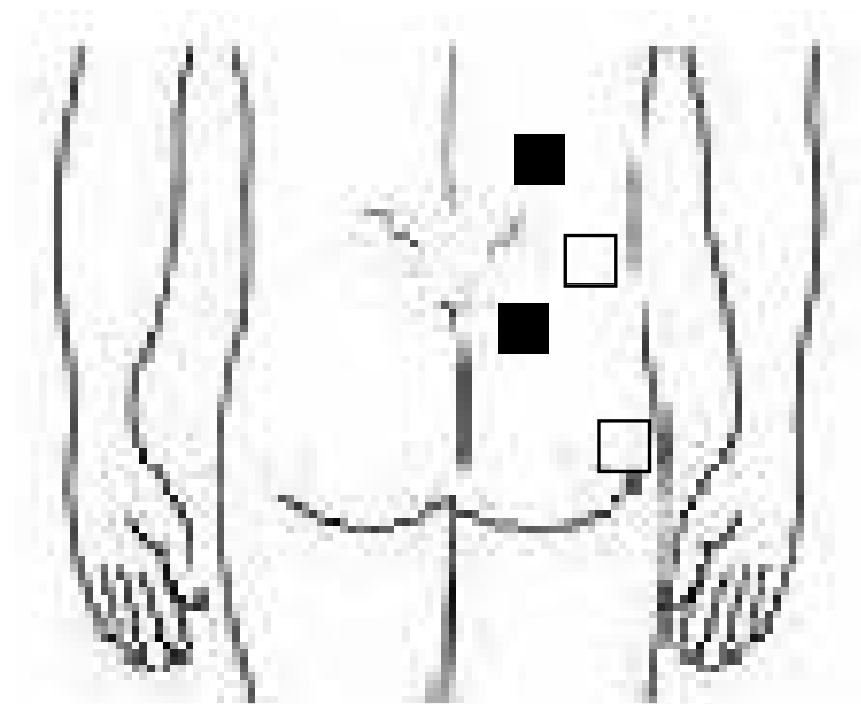


Alternate Placement

PHANTOM LIMB, LOWER EXTREMITY

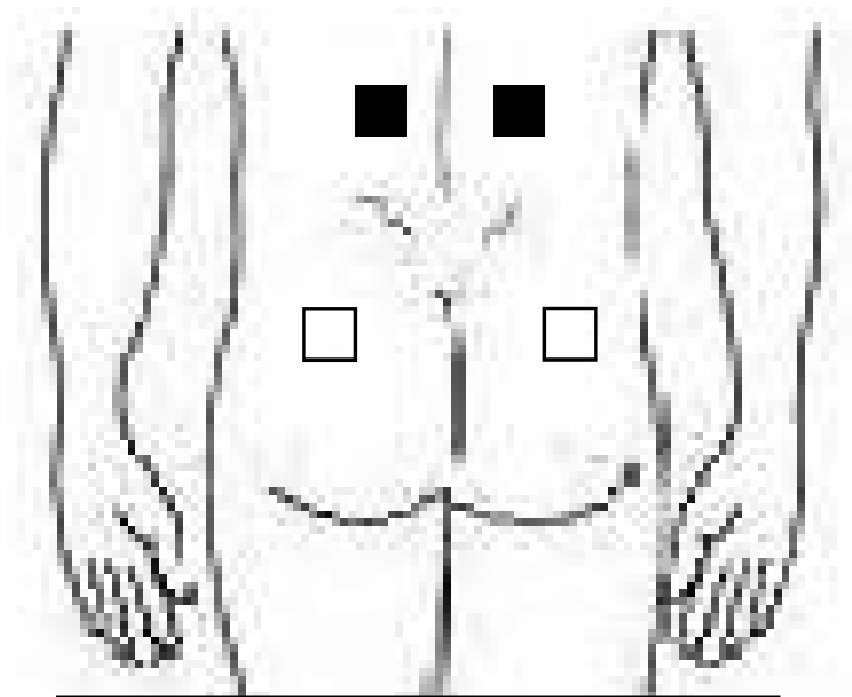


Primary Placement

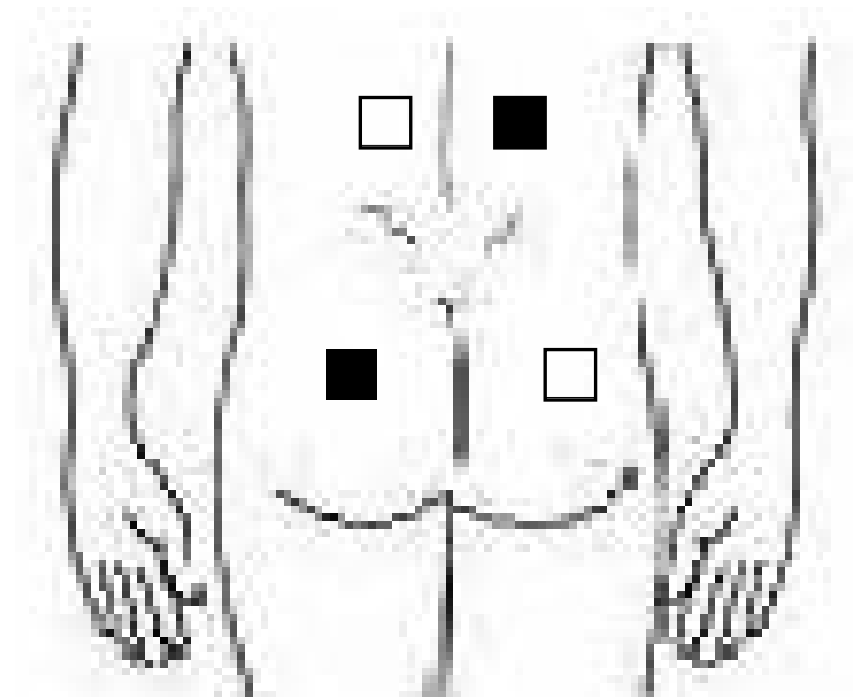


Alternate Placement

SCIATICA

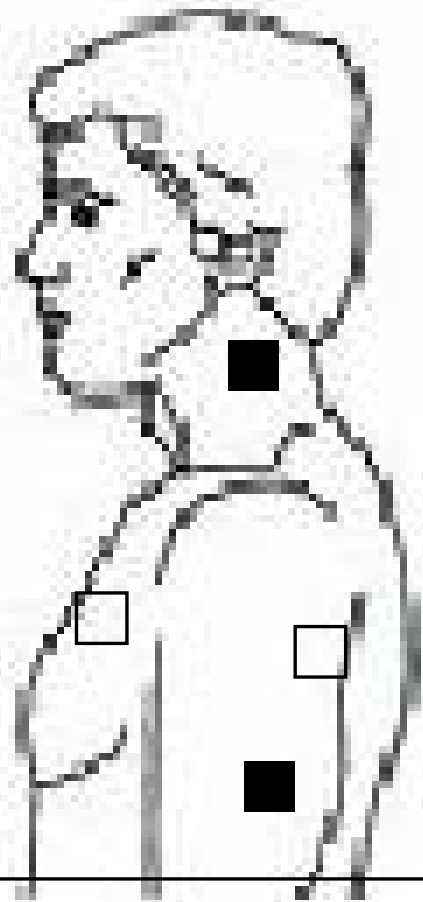


Primary Placement

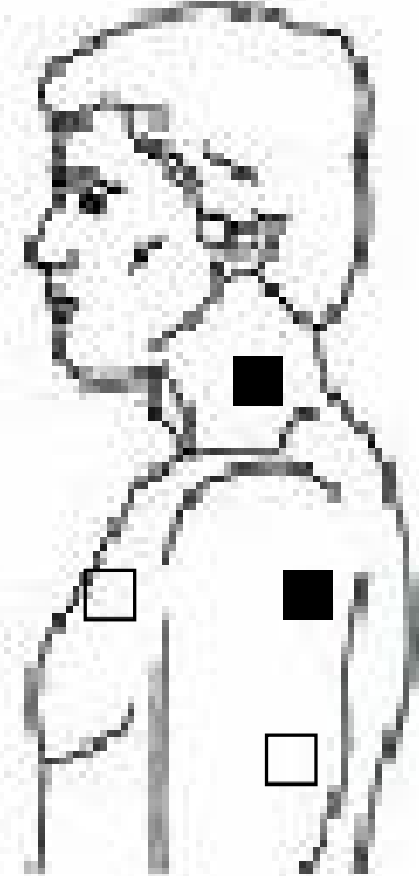


Alternate Placement

BICIPITAL TENDONITIS



Primary Placement

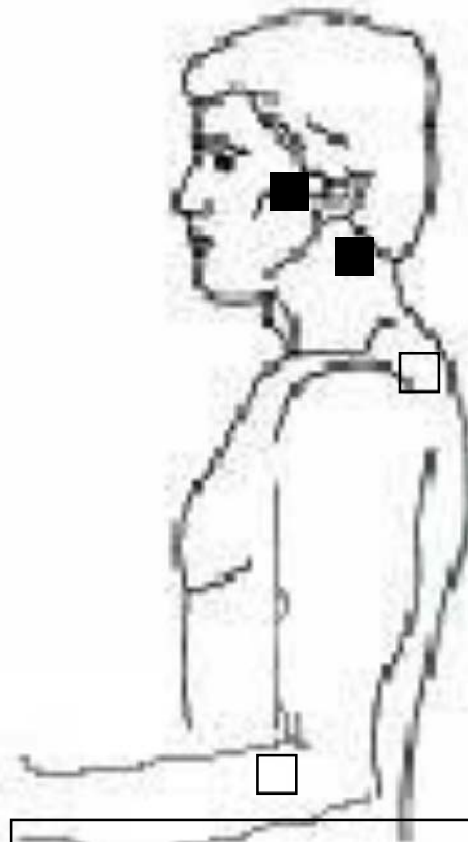


Alternate Placement

TEMPORAL MANDIBULAR JOINT PAIN (TMJ)

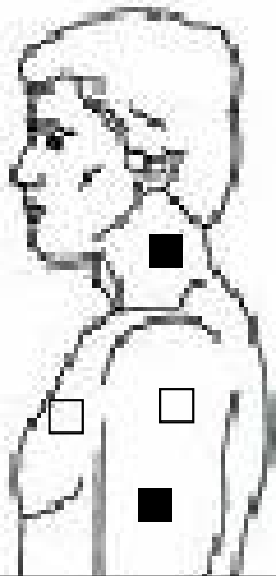


Primary Placement

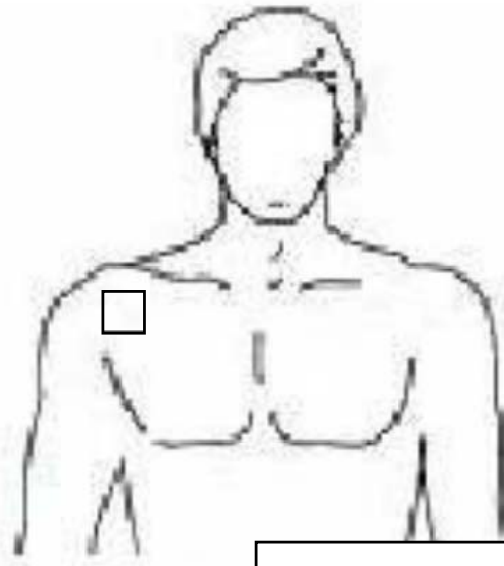


Alternate Placement

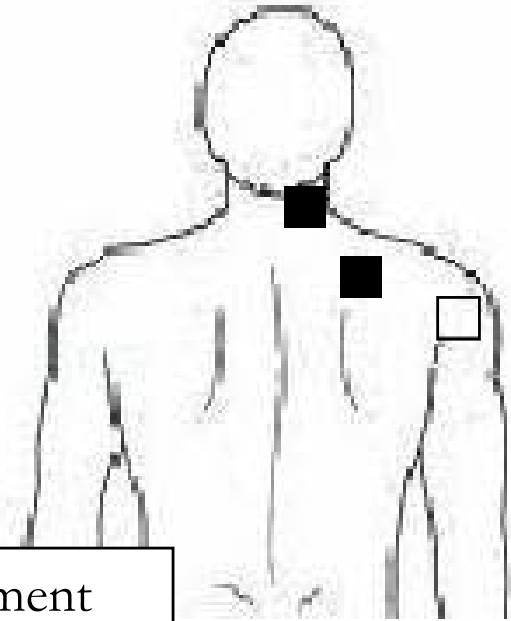
SHOULDER PAIN



Primary Placement



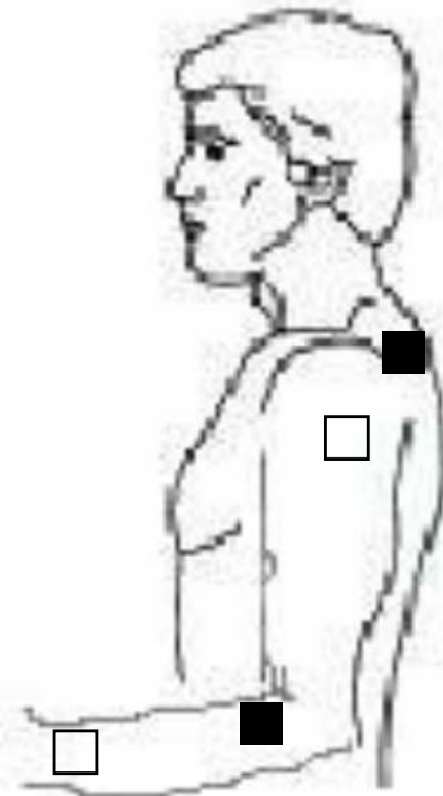
Alternate Placement



REFLEX SYMPATHETIC DYSTROPHY

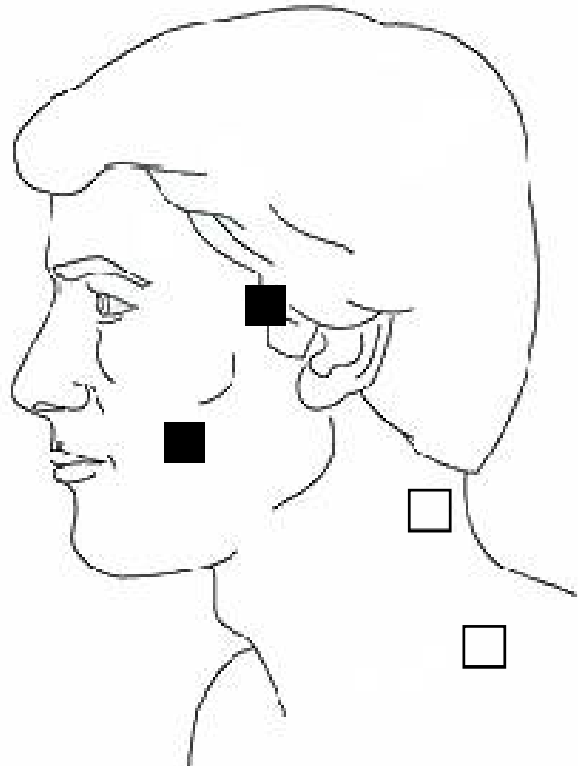


Primary Placement

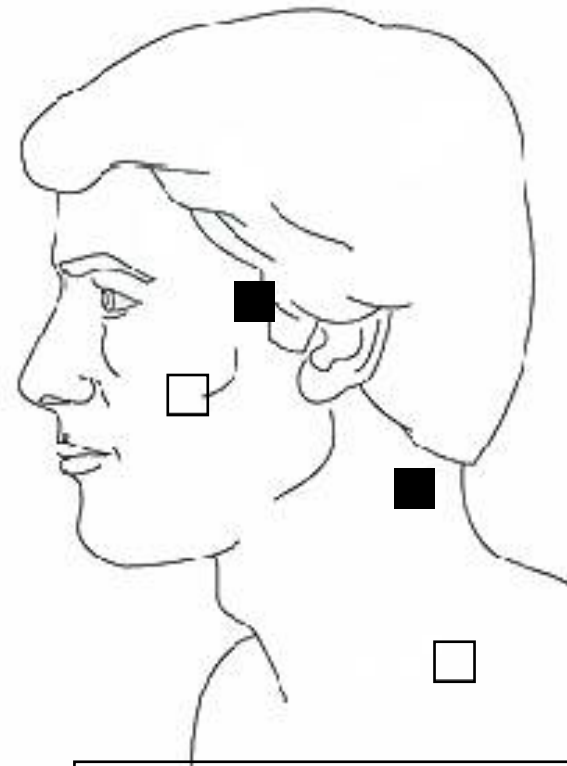


Alternate Placement

TRIGEMINAL NEURALGIA

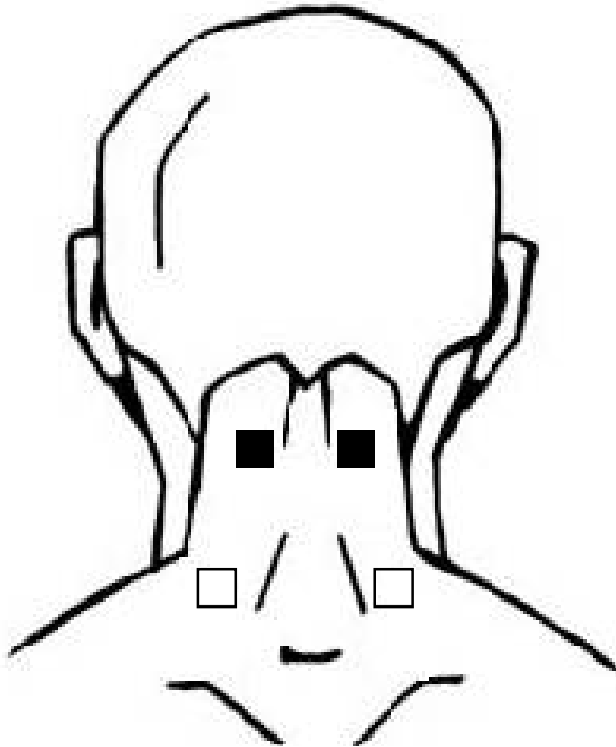


Primary Placement

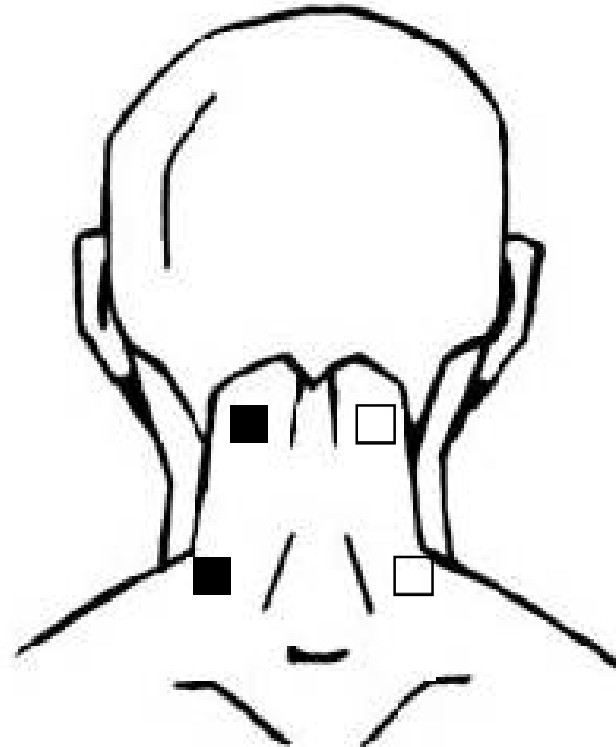


Alternate Placement

CERVICAL PAIN

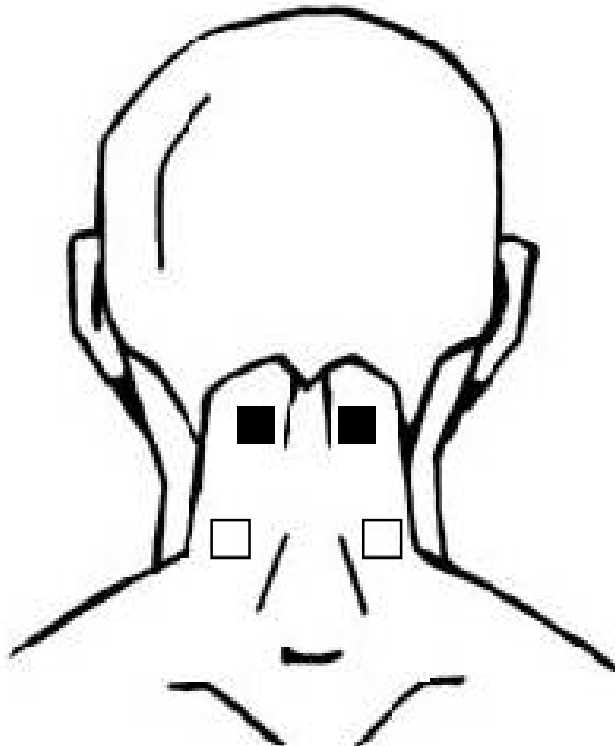


Primary Placement

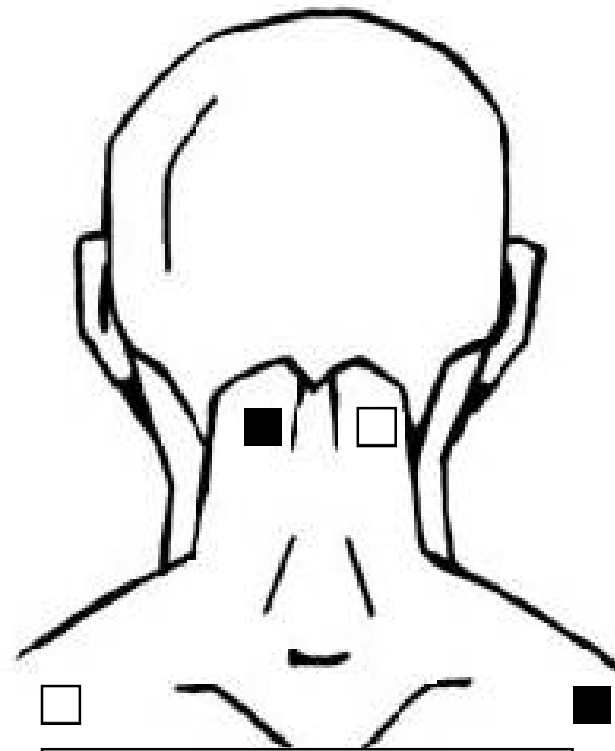


Alternate Placement

CHRONIC CERVICAL STRAIN

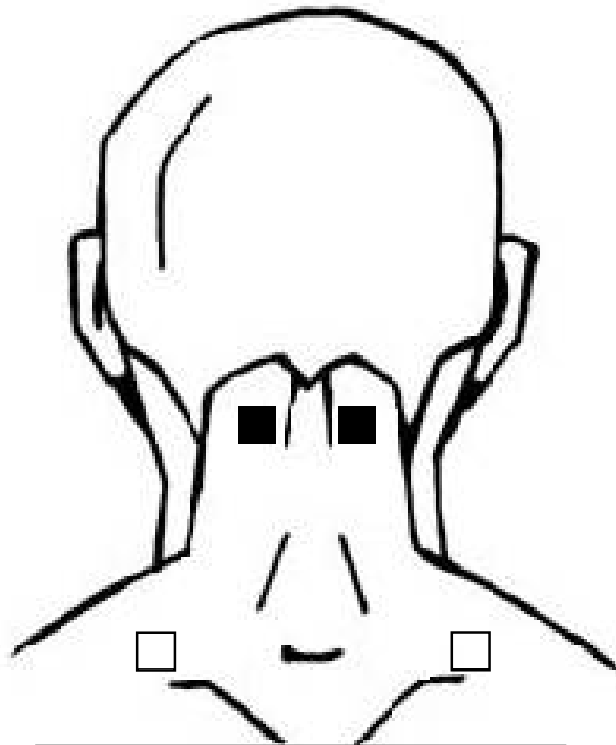


Primary Placement

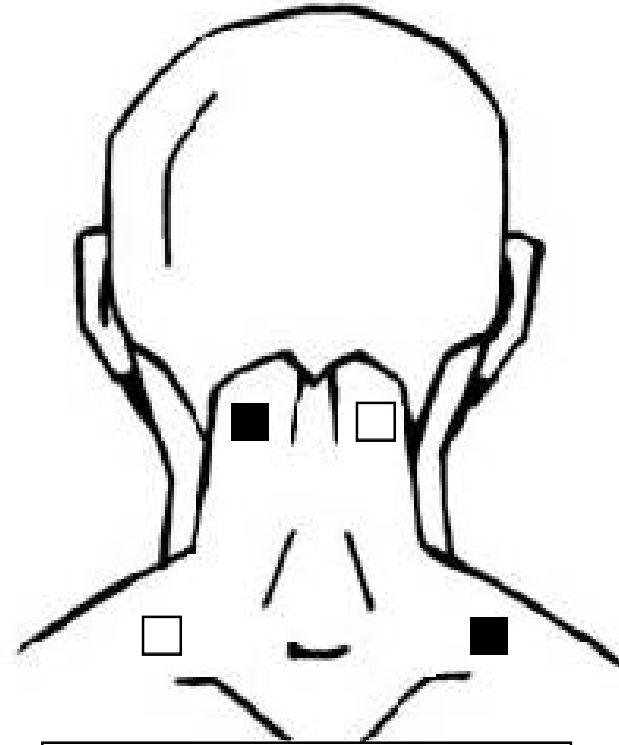


Alternate Placement

CHRONIC CERVICAL SPINE PAIN (Postlaminectomy)

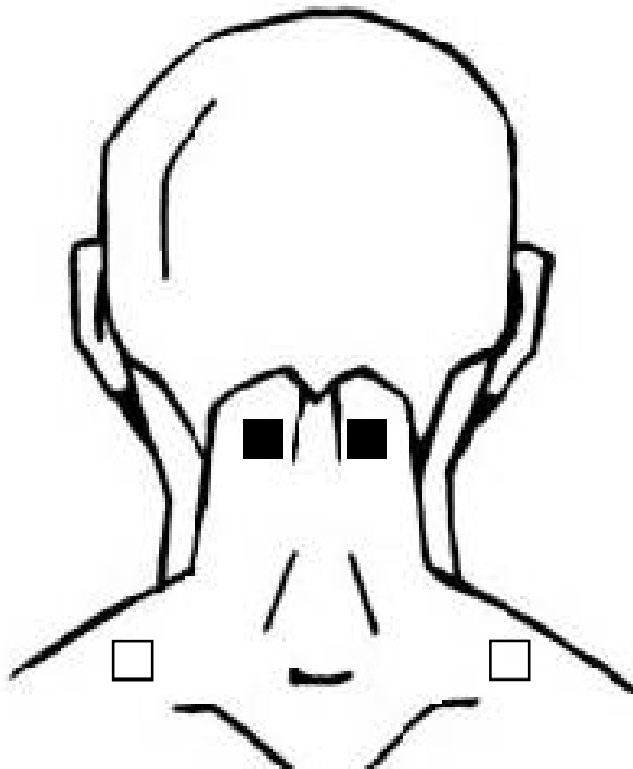


Primary Placement

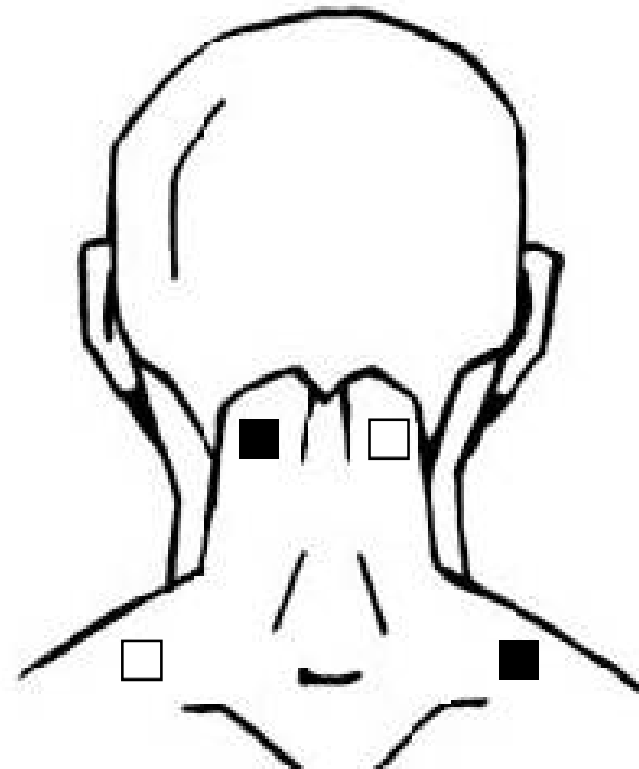


Alternate Placement

CERVICAL OSTEOARTHRITIS

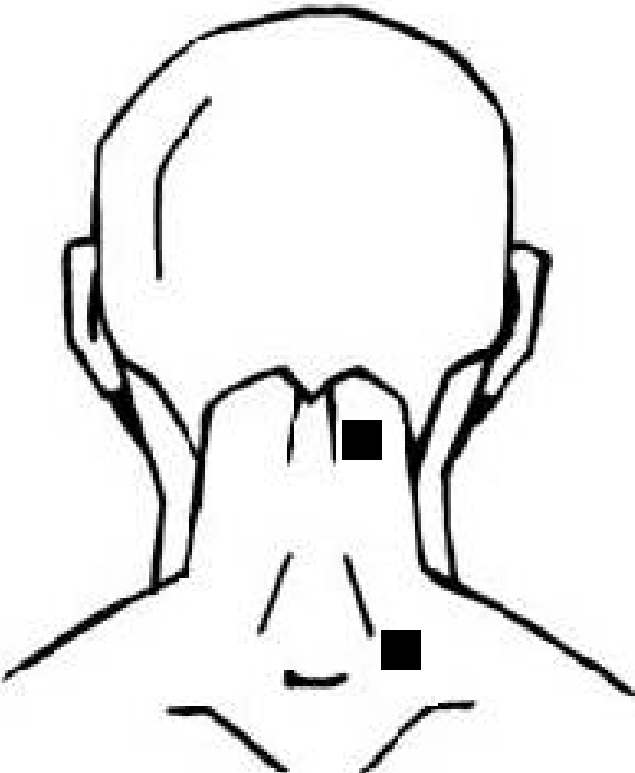


Primary Placement

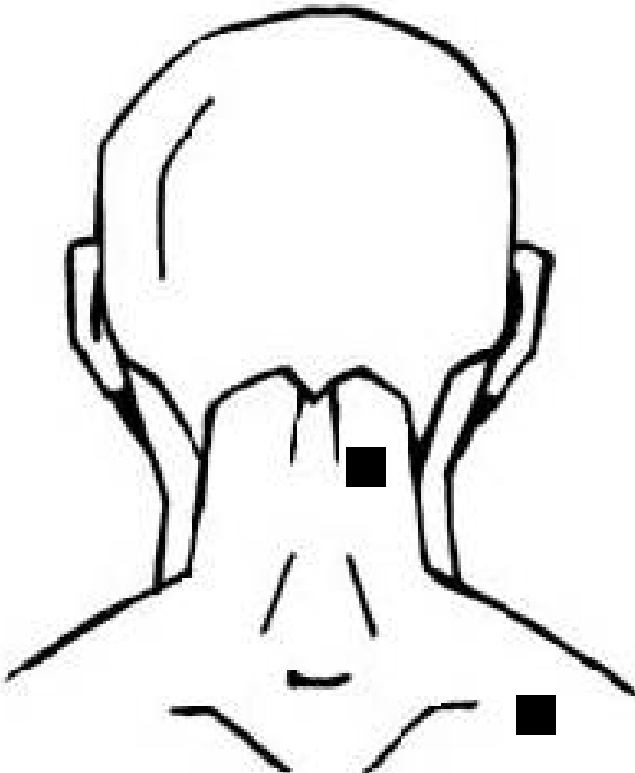


Alternate Placement

UNILATERAL CERVICAL SPINE PAIN

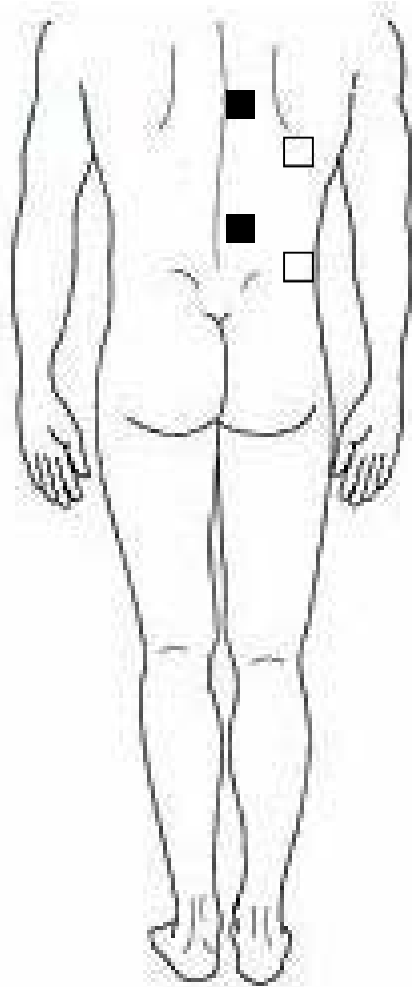


Primary Placement



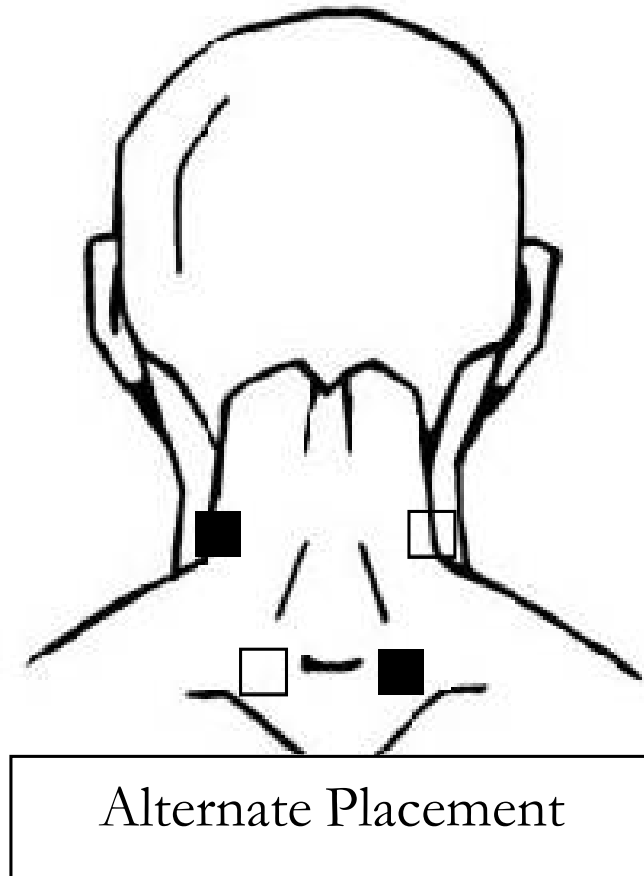
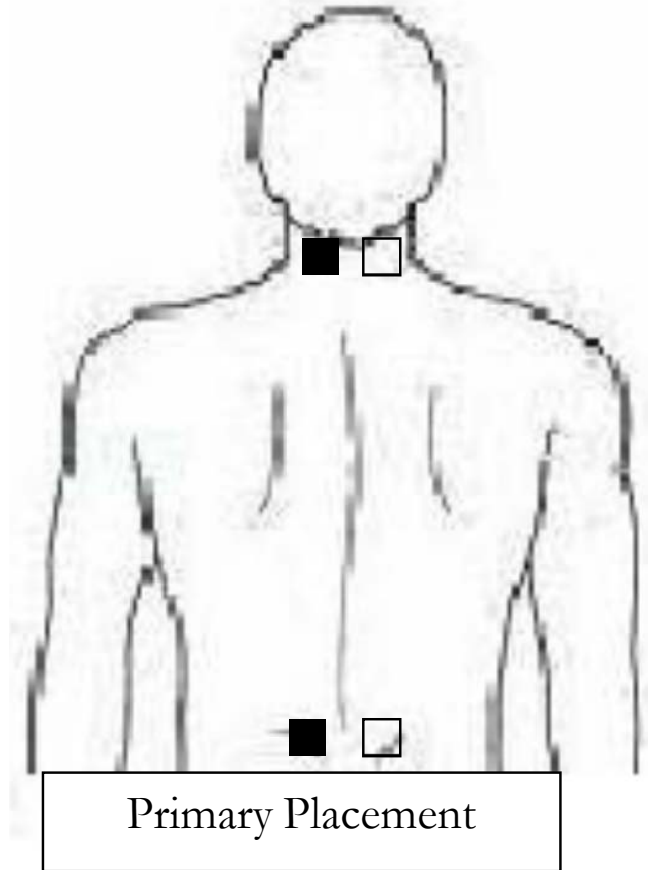
Alternate Placement

MASECTOMY – RIGHT SIDE

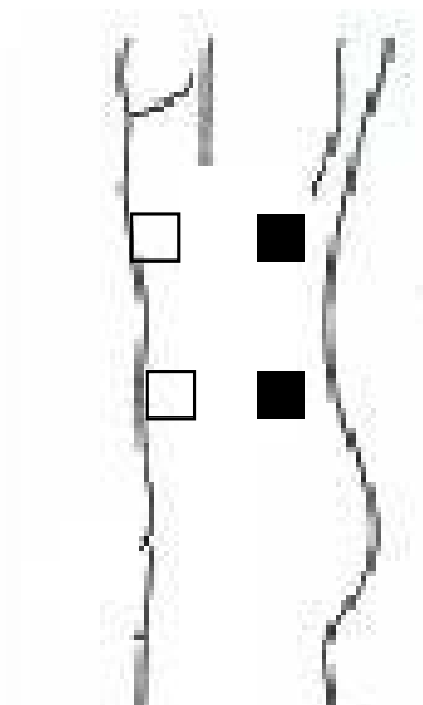


Primary Placement

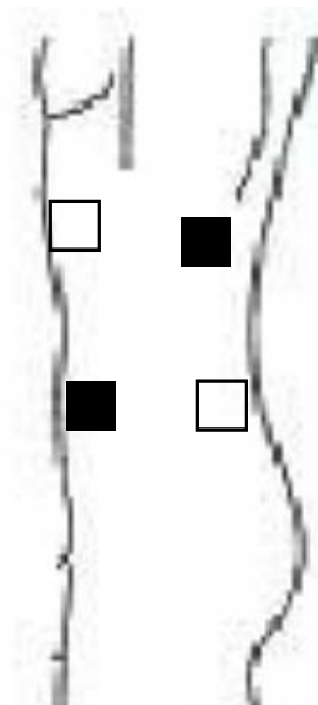
DEGENERATIVE ARTHRITIS: CERVICAL AND LUMBAR



LATERAL RIB CAGE PAIN

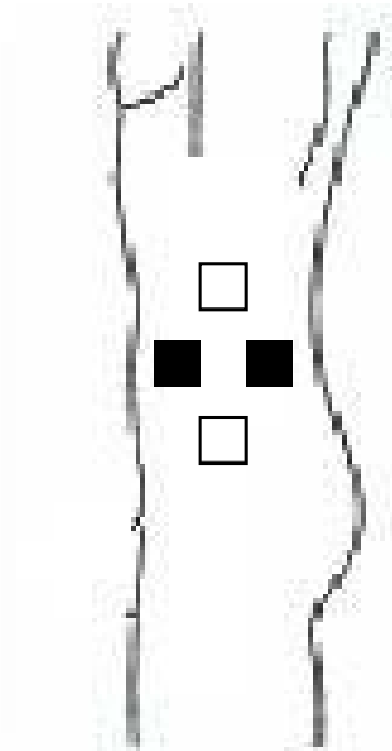


Primary Placement



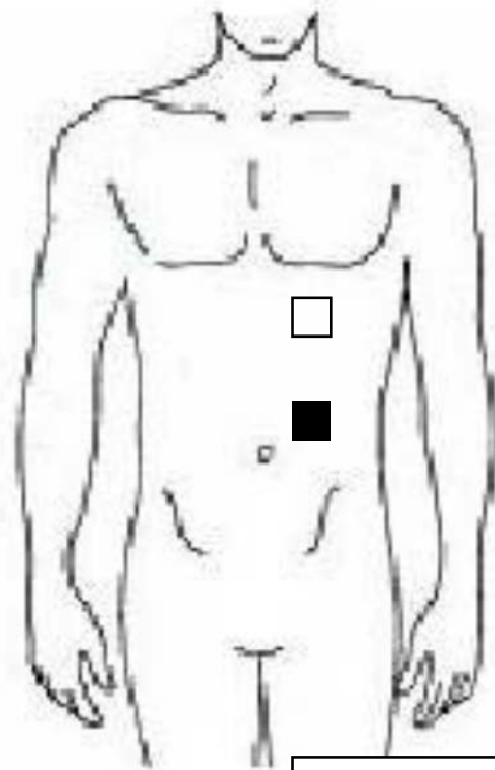
Alternate Placement

CHRONIC HIP PAIN

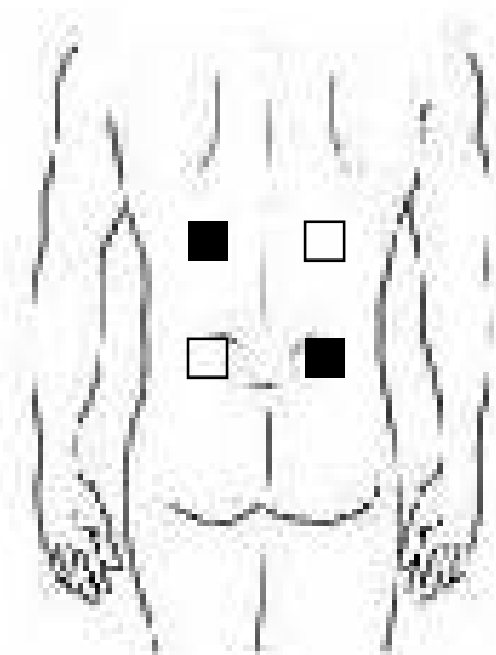
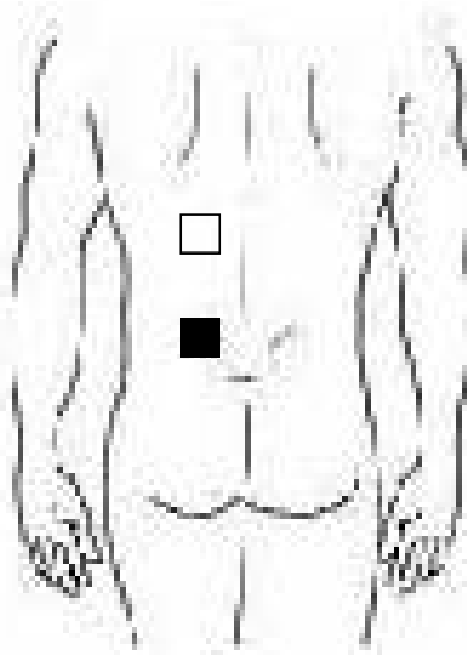


Primary Placement

HERPES ZOSTER NEURALGIA

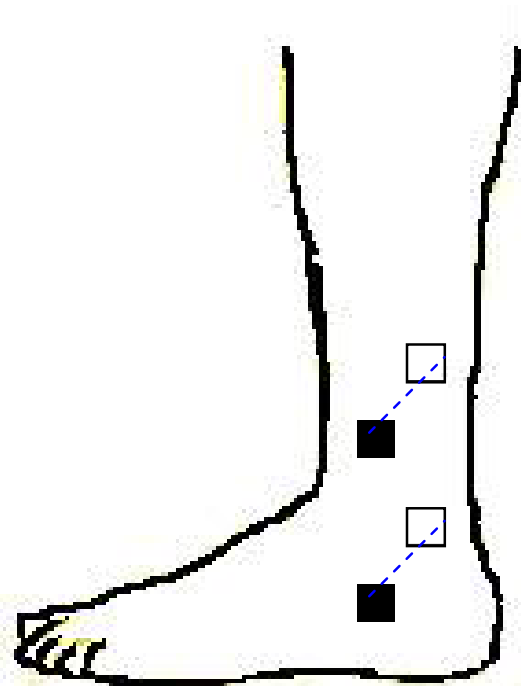


Primary Placement



Alternate Placement

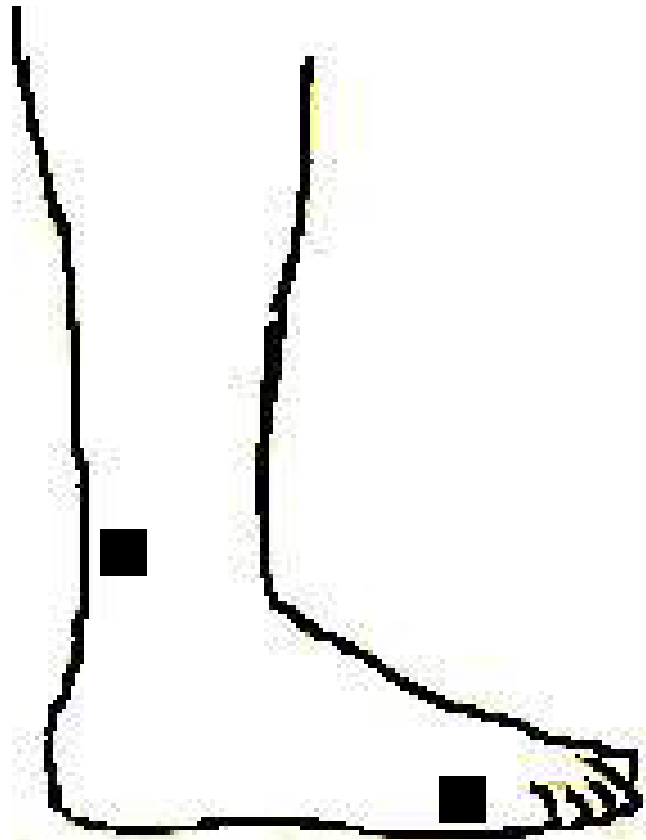
ACUTE MUSCLE AND LIGAMENT TEAR - ANKLE



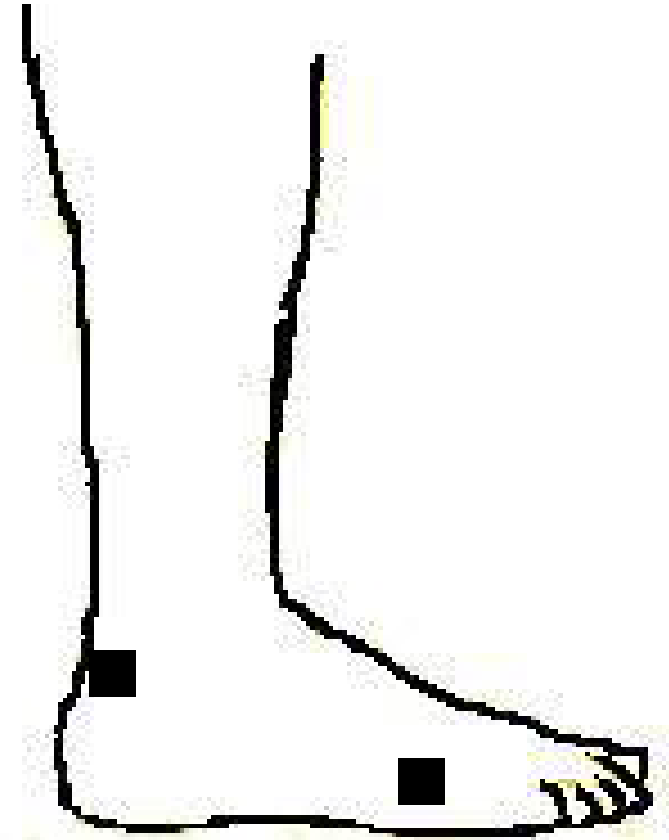
Primary Placement

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

POST-PODIATRIC SURGERY (involving lateral toes)

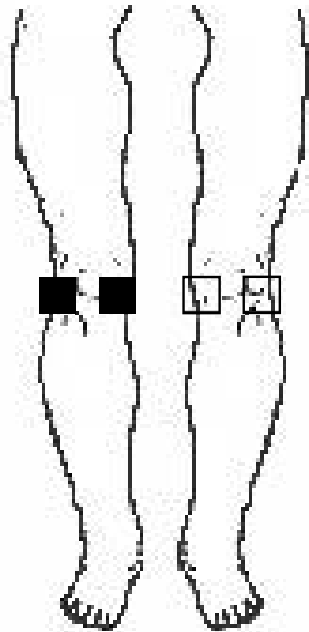


Primary Placement

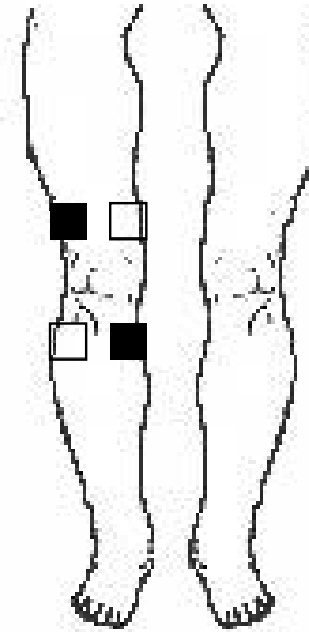


Alternate Placement

KNEE PAIN – POST-OP

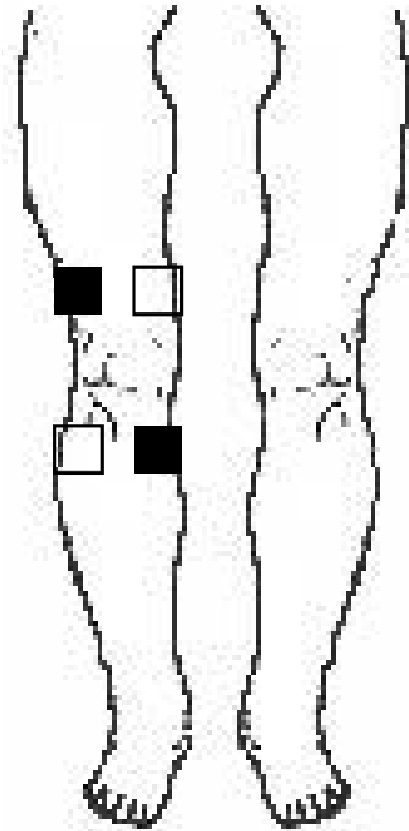


Primary Placement



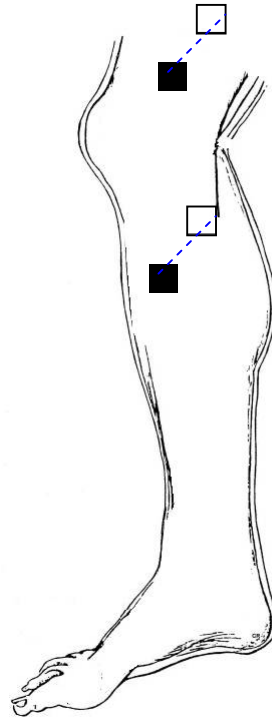
Alternate Placement

DEGENERATIVE ARTHRITIS - KNEE PAIN



Primary Placement

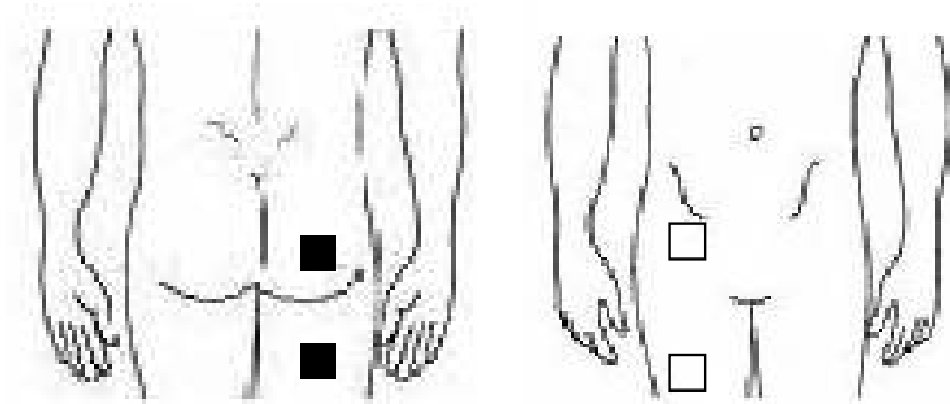
RECURRENT PATELLAR SUBLAXATION



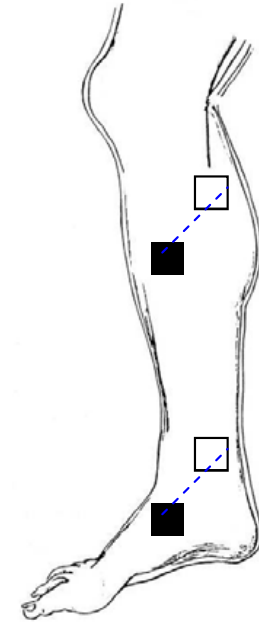
Primary Placement

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

LOW EXTREMITY PAIN (REFLEX SYMPATHETIC DYSTROPHY)

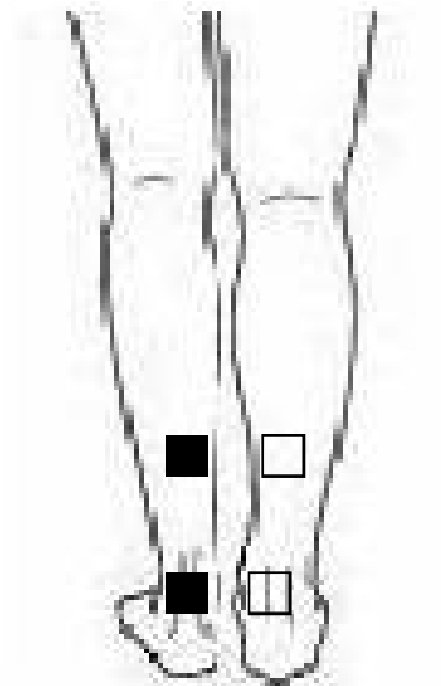


Primary Placement

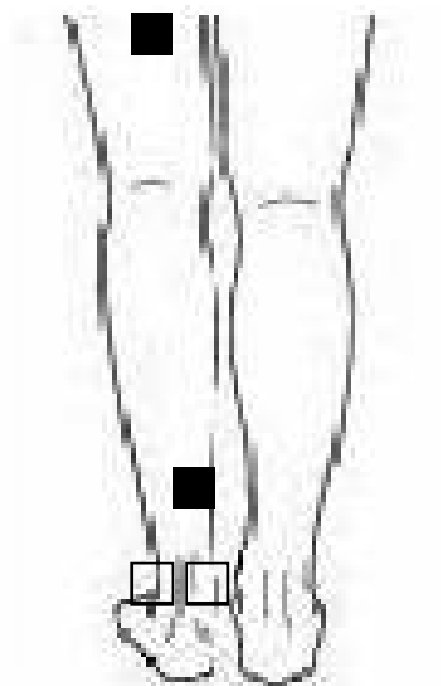


Alternate Placement
Place one set on each side of leg.

LOWER LEG PAIN (DIABETIC NEUROPATHY)

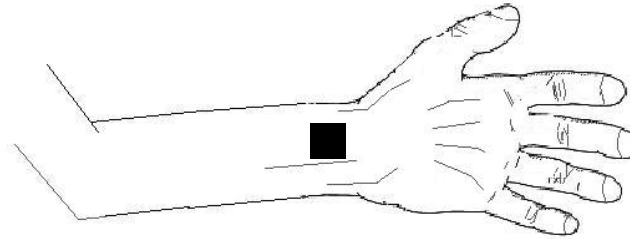
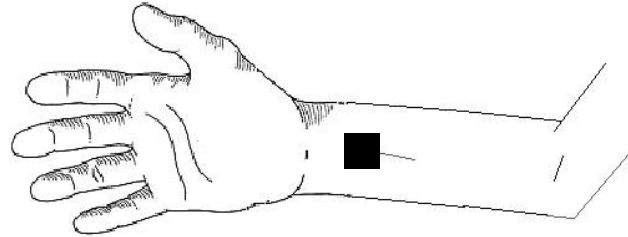


Primary Placement

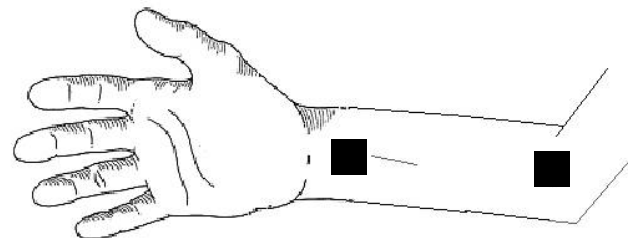


Alternate Placement

CARPAL TUNNEL SYNDROME

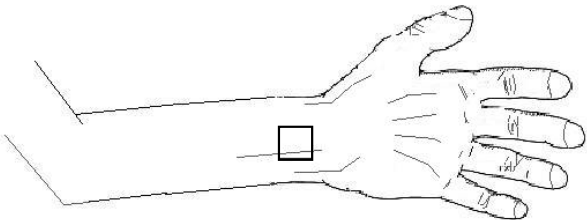
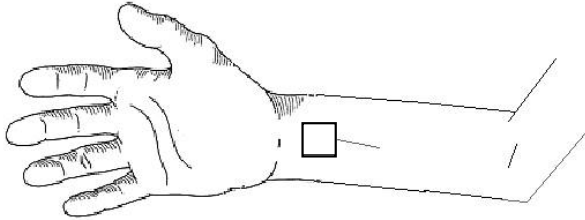
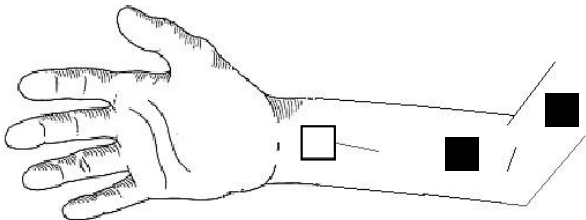


Primary Placement

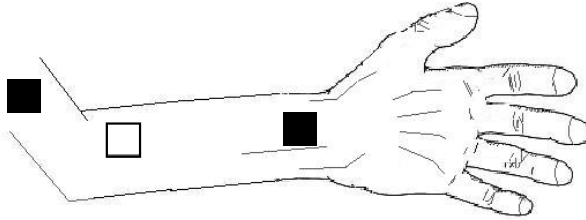


Alternate Placement

WRIST PAIN

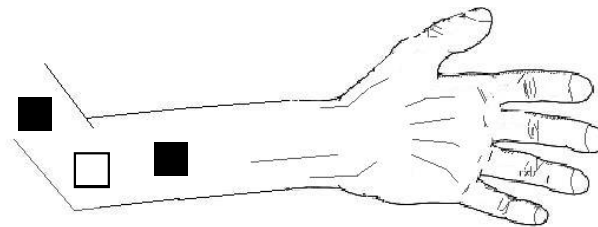
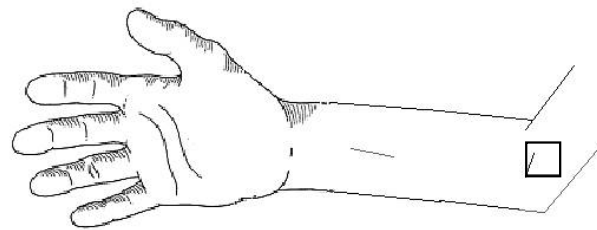


Primary Placement



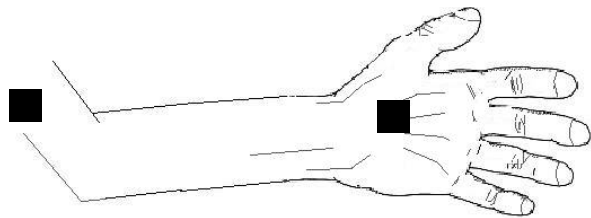
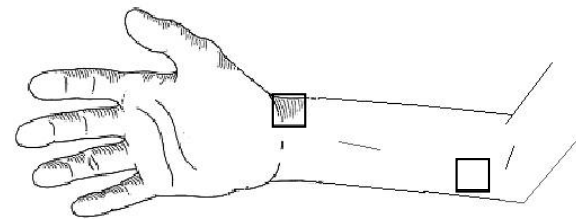
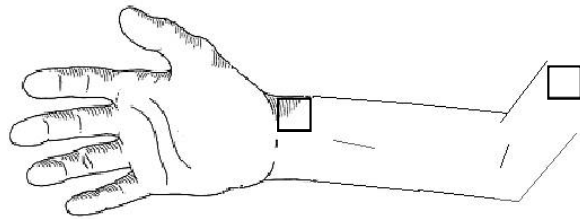
Alternate Placement

ELBOW & FOREARM PAIN

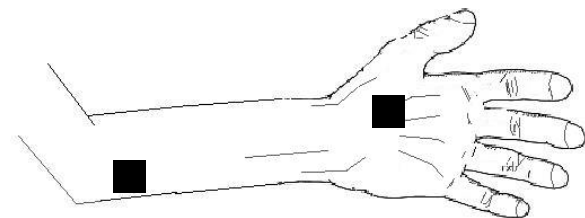


Primary Placement

UPPER EXTREMITY PAIN (REFLEX SYMPATHETIC DYSTROPHY)

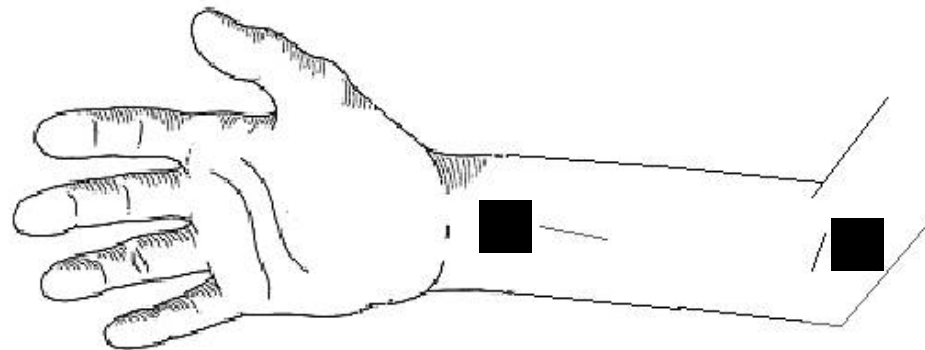


Primary Placement



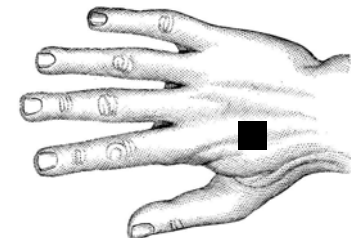
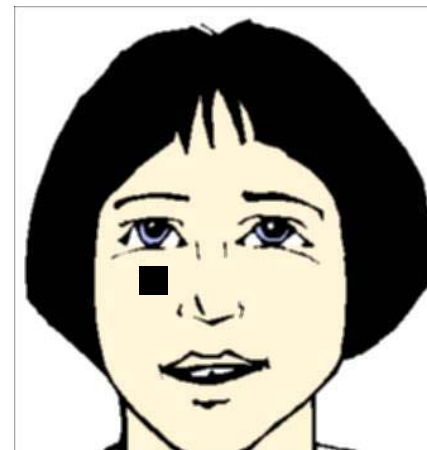
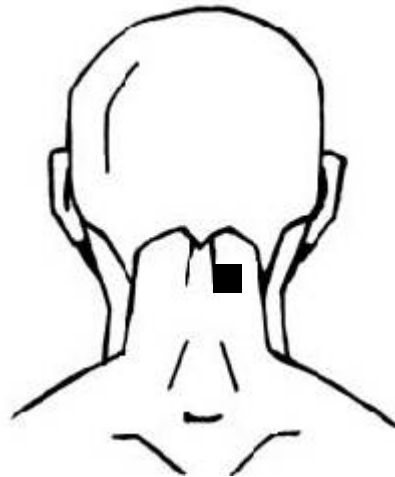
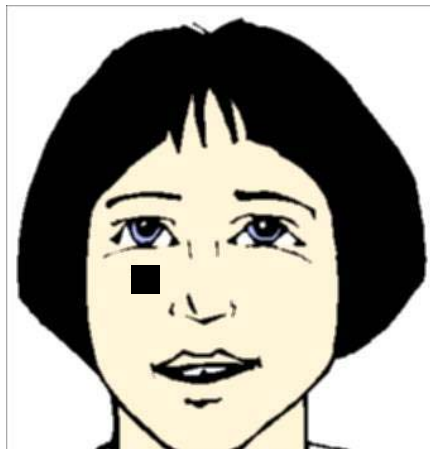
Alternate Placement

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.**



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
Masectomy – 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