An Easy Guide to TENS Pain Relief
LOW BACK PAIN

¾ Setting

MODE: C Mode

PULSE WIDTH: 260

PULSE RATE: 50-80Hz

OUTPUT: Adjust to the most comfortable intensity that the muscles feel.

¾ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.
HIP NEURALGIA

¾ Setting

**MODE:** M Mode

**PULSE WIDTH:** 150-260

**PULSE RATE:** 80-120Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available for the first 4 days.

4 hours per day thereafter.

[Diagram showing primary and alternate placements for treatment]

[Logo: LGMedSupply.com - Live Pain Free, Live Good Today]
PHANTOM LIMB, LOWER EXTREMITY

3/4 Setting

**MODE:** C Mode or M Mode

**PULSE WIDTH:** 160 - 200

**PULSE RATE:** 50 - 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

3/4 Treatment Session

24 hours everyday for a week is available.

30 minutes, 3 times daily thereafter.
SCIATICA

¾ Setting

MODE: M Mode

PULSE WIDTH: 260

PULSE RATE: 150Hz

OUTPUT: Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.
**BICIPITAL TENDONITIS**

¾ **Setting**

**MODE:** M Mode

**PULSE WIDTH:** 150 - 160

**PULSE RATE:** 50Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

¾ **Treatment Session**

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.

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Live Pain Free, Live Good Today!
TEMPORAL MANDIBULAR JOINT PAIN (TMJ)

¾ Setting

**MODE:** M Mode

**PULSE WIDTH:** 220

**PULSE RATE:** 10Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available for the first 2 days.

6 hours daily thereafter.
SHOULDER PAIN

¾ Setting

MODE: M Mode
PULSE WIDTH: 260
PULSE RATE: 80 - 100Hz
OUTPUT: Adjust to the most comfortable intensity level.

Treatment Session

24 hours is available until initial relief.
20-30 minutes, 3 times daily thereafter.
REFLEX SYMPATHETIC DYSTROPHY

¾ Setting

**MODE:** M Mode

**PULSE WIDTH:** 100 - 150

**PULSE RATE:** 80 - 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available for the first 4 days.

4-6 hours daily thereafter.
TRIGEMINAL NEURALGIA

¾ Setting

MODE: M Mode

PULSE WIDTH: 70

PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.
20 minutes, 3 times daily thereafter.
CERVICAL PAIN

¾ Setting

MODE: C Mode

PULSE WIDTH: 100 - 150

PULSE RATE: 60 - 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.
CHRONIC CERVICAL STRAIN

¾ Setting

MODE: M Mode

PULSE WIDTH: 160

PULSE RATE: 30Hz

OUTPUT: Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available for the first 4 days.

4-5 hours daily thereafter.
**CHRONIC CERVICAL SPINE PAIN (Postlaminectomy)**

### Setting

**MODE:** M Mode  

**PULSE WIDTH:** 200  

**PULSE RATE:** 10Hz  

**OUTPUT:** Adjust to the most comfortable intensity level.

### Treatment Session

24 hours is available for the first 4 days.  

4-5 hours daily thereafter.
CERVICAL OSTEOARTHRITIS

¾ Setting

**MODE:** C Mode

**PULSE WIDTH:** 100 - 150

**PULSE RATE:** 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.

20-30 minutes, 3 times daily thereafter.
UNILATERAL CERVICAL SPINE PAIN

¾ Setting

MODE: M Mode

PULSE WIDTH: 100

PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.
MASECTOMY – RIGHT SIDE

¾ Setting

MODE: M Mode

PULSE WIDTH: 260

PULSE RATE: 120Hz

OUTPUT: Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.

15 minutes, 3 times daily thereafter.
DEGENERATIVE ARTHRITIS: CERVICAL AND LUMBAR

\[ \frac{3}{4} \text{ Setting} \]

- **MODE:** C Mode
- **PULSE WIDTH:** 100
- **PULSE RATE:** 100Hz
- **OUTPUT:** Adjust to the most comfortable intensity level.

\[ \frac{3}{4} \text{ Treatment Session} \]

- 24 hours is available until initial relief.
- 30 minutes, 3 times daily thereafter.
LATERAL RIB CAGE PAIN

¾ Setting

**MODE:** C Mode

**PULSE WIDTH:** 150

**PULSE RATE:** 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.
CHRONIC HIP PAIN

3/4 Setting

MODE: M Mode
PULSE WIDTH: 200
PULSE RATE: 100Hz
OUTPUT: Adjust to the most comfortable intensity level.

3/4 Treatment Session

24 hours is available until initial relief.
30 minutes, 3 times daily thereafter.
HERPES ZOSTER NEURALGIA

¾ Setting

MODE: C Mode

PULSE WIDTH: 150

PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.
ACUTE MUSCLE AND LIGAMENT TEAR - ANKLE

¾ Setting

**MODE:** C Mode

**PULSE WIDTH:** 100

**PULSE RATE:** 100Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.

Place one set of electrodes on medial side and one set on lateral side.
POST-PODIATRIC SURGERY (involving lateral toes)

¾ Setting

MODE: C Mode

PULSE WIDTH: 100 - 150

PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available for the first 4 days.

4 hours daily thereafter.
KNEE PAIN – POST-OP

¾ Setting

**MODE:** M Mode

**PULSE WIDTH:** 100 - 150

**PULSE RATE:** 120Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.
DEGENERATIVE ARTHRITIS - KNEE PAIN

¾ Setting

**MODE:** C Mode

**PULSE WIDTH:** 220

**PULSE RATE:** 80Hz

**OUTPUT:** Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.
RECURRENT PATELLAR SUBLAXATION

¾ Setting

MODE: C Mode
PULSE WIDTH: 220
PULSE RATE: 80Hz
OUTPUT: Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available for the first 4 days.
4 hours daily thereafter.

Primary Placement

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

¾ Setting

MODE: C Mode or M Mode
PULSE WIDTH: 160
PULSE RATE: 30 - 80Hz
OUTPUT: Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.
30 minutes, 3 times daily thereafter.
LOWER LEG PAIN (DIABETIC NEUROPATHY)

¾ Setting

MODE: M Mode
PULSE WIDTH: 100 - 160
PULSE RATE: 60 - 100Hz
OUTPUT: Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.
30 minutes, 3 times daily thereafter.
CARPAL TUNNEL SYNDROME

¾ Setting

MODE: C Mode

PULSE WIDTH: 260

PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.

20 minutes, 3 times daily thereafter.
WRIST PAIN

¾ Setting

MODE: C Mode

PULSE WIDTH: 260

PULSE RATE: 30 - 50Hz

OUTPUT: Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.
ELBOW & FOREARM PAIN

¾ Setting

MODE: C Mode

PULSE WIDTH: 100

PULSE RATE: 100Hz

OUTPUT: Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.
UPPER EXTREMITY PAIN (REFLEX SYMPATHETIC DYSTROPHY)

¾ Setting

MODE: C Mode or M Mode

PULSE WIDTH: 220

PULSE RATE: 30 - 50Hz

OUTPUT: Adjust to the most comfortable intensity level.

SUGGESTION: Initial treatment begins with a low pulse width. Look for reduction in swelling and temperature.

¾ Treatment Session

24 hours is available until initial relief.

30 minutes, 3 times daily thereafter.
ULNAR NERVE LESION

¾ Setting

MODE: C Mode
PULSE WIDTH: 100
PULSE RATE: 100Hz
OUTPUT: Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.
30 minutes, 3 times daily thereafter.
ATYPICAL FACIAL PAIN

¾ Setting

MODE: M Mode
PULSE WIDTH: 260
PULSE RATE: 100Hz
OUTPUT: Adjust to the most comfortable intensity level.

¾ Treatment Session

24 hours is available until initial relief.
30 minutes, 3 times daily thereafter.
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