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.
PHANTOM LIMB, LOWER EXTREMITY

¾ Setting

MODE: C Mode or M Mode
PULSE WIDTH: 160 - 200
PULSE RATE: 50 - 100Hz
OUTPUT: Adjust to the most comfortable intensity level.

¾ 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.
Primary Placement

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.

Alternate Placement
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

3/4 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)

¾ Setting

**MODE:** M Mode

**PULSE WIDTH:** 200

**PULSE RATE:** 10Hz

**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.
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

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.
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

¾ Setting

MODE: M Mode

PULSE WIDTH: 200

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.
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.
Primary Placement

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

ACUTE MUSCLE AND LIGAMENT TEAR - ANKLE

3/4 Setting

**MODE:** C Mode

**PULSE WIDTH:** 100

**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.
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.

Primary Placement
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.**