

TENS Unit Patient Application and Instructions

1. Pad set-up

- Can be placed on either leg
- Red wire- place electrode (pad) behind ankle bone
- Black wire- place 2-3 fingers above first electrode (pad)

2. Wire set-up

- Connect one wire to each electrode (pad) (black on top, red on bottom)



3. TENS unit set-up and use -see picture

- Slide off the outer case, insert the battery (Remember to remove plastic wrap)
- Width (left side nob: set at 200)
- Rate (right side nob: set at 80)
- Top horizontal adjustment: Switch to the letter "**M**" (for **Modulate**)
- Bottom horizontal adjustment: Switch to the number "**30**" (for 30 minutes)
- Remember you are given 2 sets of electrode wires and pads-you only are using one set at a time and the other is a backup/extra)
- Use the above diagram to place the pads. Make sure you have 2-3 finger in-between pads
- Once pads are in place, connect the electrode single end to the input at top of the tens device. Turn the top knobs closest to the input area slowly until you get a comfortable buzzing/tingling sensation in your foot. This should be a comfortable sensation.
- You may sit or recline during your treatment. The timer will automatically shut off after 30 mins.
- The timer will shut off automatically, however you still need to turn the knob off by turning it to zero

- Use once per week for 30 minutes or up to once per day for 30 minutes. Do not use more frequently than once per day for 30 minutes. Do not use the same day as your maintenance appt.
- We will be sending a questionnaire to you every 6 months for the next 2 years to follow your progress.

4. Precautions

- Don't go to sleep while using the unit
- Only use one leg at a time.
- Do not use more than once a day.
- Don't shower, swim, or sit in a sauna while using the unit
- Don't operate a motor vehicle while using the unit
- Keep electrodes (pads) in the refrigerator (for longer electrode life)
- Don't use on skin that is broken down
- Don't apply to pads to an ankle that has any hardware in that foot or ankle
- If you develop a relapse of your original symptoms, please contact the office for a follow up with your doctor. 916-474-2510