



TENS Unit Instructions- TENS 7000

Transcutaneous electrical nerve stimulation (TENS) is one of the most commonly used forms of electro-analgesia (pain relief using electricity). Research has shown that TENS units can be beneficial for the relief of low back pain, muscle pain, arthritis, nerve and other pain syndromes. However, as with all forms of pain management, pain relief is not consistent patient to patient and requires some investigation by the user to find the most beneficial settings. Below is information to help you feel more comfortable with your TENS unit. Inside your case is the manufacturer's instruction booklet also for your reference. Various online websites can be good resources for further understanding.

Your TENS unit has the capability, like all electro-stimulation units, to produce an anesthetic effect by interrupting painful nerve transmission to your brain. It's essentially a physiological trick on your nerves to put your body into a healing state by making you unaware of the painful stimulus. If your body is less defensive, you're basically increasing your body's healing potential. When used for pain relief, patients are instructed to try different frequencies and intensities to find those that provide them with the best pain control. Optimal settings are subjective and therefore determined by trial and error. Electrode positioning is quite important. Generally, the electrodes are placed on the skin across the painful area, turned up to a tolerable intensity level and left on up to 30 minutes at a time. There is a belt clip on your unit allowing you the ability to wear it while you work and move around.

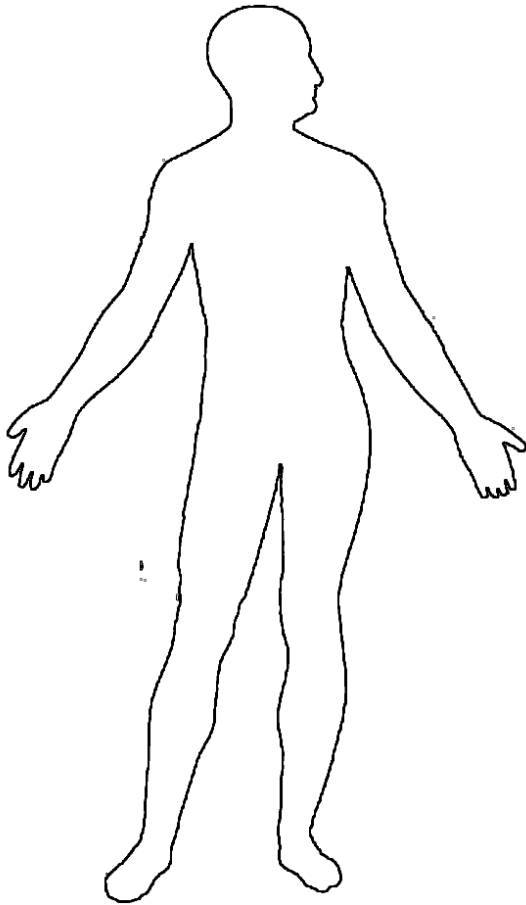
Conventionally, the unit is set at a Hz (hertz) between 40-150 and pain relief is immediately experienced when the machine is turned on. Pain relief may return when the stimulation stops, but usually at a lesser intensity. Patients often use their TENS unit 3-5 times a day to promote comfort.

DO NOT use the machine if you think you are pregnant, while you are sleeping, over completely numb areas (without assistance from a medical professional), over open wounds or if you have a pacemaker. If you have an implanted stimulator, **DO NOT** use the TENS unit over the same location **OR** while your stimulator is on!

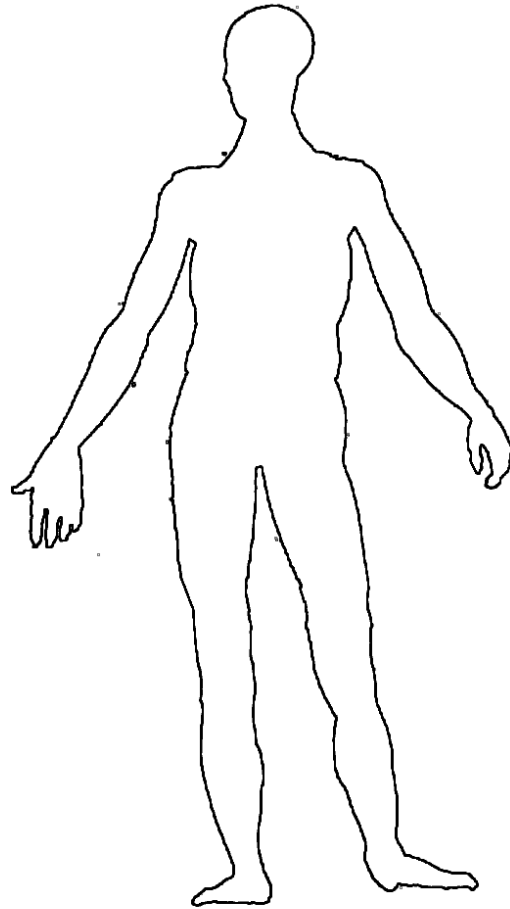
Basic Set-up:

- Attach the pads to the wires, and then the wires to the unit** located on top of the machine.
- Before attaching the pads to the skin first remove lotions, dirt or sweat with soap/water** and allow the skin to dry or dry it yourself.
- Attach the pads to the skin where treatment is needed.** (Refer to the backside of this sheet for visualization)
- Turn the # 1 dial up slightly and then turn it up slowly to a light buzzing sensation. Then do the same with dial #2. The unit is already set to a "normal" setting which is appropriate for your needs.** If you experience a burning or stinging sensation, turn the dials down a bit, and if pain continues then immediately **STOP** treatment by turning the dials all the way down. The pads may be defective.
- The treatment times are set for 30 minutes. If a different length of time is needed, open the front cover, press the SET button until the time flashes, then press the up or down arrows to change the time.**
- Close the top cover to protect from an accidental increase in intensity during treatment.**
- When treatment is finished, turn down dials until they click (off position) then place the pads back on the plastic sheet for protection. Replacement pads are available at the office when needed.**

Where to place your TENS electrodes:



Front



Back