Instruction on the use of TENs

This information is not intended to replace the Instruction manual supplied with the device. Please read the manual also.
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What does TENS do?

- It stimulates the release of Endorphins – the bodies natural pain killers
- It helps to relax muscles and ease tension
- It is a form of distraction from your pain

Expectation

- It is not a CURE
- Work on the principle of soothing and calming the pain
- Look for a reduction in the pain to a more comfortable level

Electrode Placement can be either:-

You will need to try each of the above until you find the most appropriate position for you ie the position that gives you the best relief.

Whatever positions you use ensure the electrodes are near to each other but not touching

FP/Tens/FIPMS
Electrode Placement for your pain

Electrode Care

- They are Hypoallergenic
- The Electrodes are self adhesive and reusable
- They have a Life span of 2-2½ Weeks per pair
- For reuse moisten with cold water straight from the tap
- When not in use store in a dry cool place away from sources of heat
- PLEASE READ CARE INSTRUCTIONS ON THE BACK OF THE ELECTRODE PACKET
Changing the Battery

- Slide cover down
- Give a gentle tug to remove the cover completely exposing the battery
- Remove used battery
- Remove rubber cap off the new battery
- Slot new battery in ensuring the + terminal is nearest to the dials as per the illustration

Rechargeable batteries can be used with this device.

Getting started

- Connect each cable wire to an electrode by inserting the lead wire into the pin connector on the pre-wired electrode
- Remove the electrode from the protective liner, position and adhere firmly each electrode to the relevant treatment site on the body
- Connect the cable/cables to TENS unit by pushing the plug end of the wire into the jack/jacks on the stimulator
Adjust pulse width dial to 120Hz

Switch on

Turn the intensity dial up until a pulsing sensation is felt comfortably
Setting the Stimulation

Gently turn the Pulse rate dial up to 70 until a rapid tingling massaging sensation is felt, assess how this feels to you.

If the sensation feels nippy, burning or uncomfortable, adjust the Pulse width dial by turning it down slightly ie anticlockwise
By altering these dials you should be able to obtain a sensation that is
soothing, comforting and relaxing

**The Mode Control**

There are 3 settings:

- **B** for burst stimulation – pulse effect
- **N** for constant stimulation
- **M** for modulation – wave effect

Try each one and then use the mode or modes that prove effective in
helping your pain.
How to use TENs

- Position the electrodes as you feel appropriate
- Switch on the TENS and obtain a comfortable setting
- Leave on for about 1½ - 2 hours
- Switch off, assess how the pain feels
- If the pain is comfortable leave the unit switched off
- When you feel the pain starting to increase, switch the unit back on
- You can use TENS intermittently throughout the day
- Carry on with normal daily activities
- Ensure TENS is on whilst carrying out any activity that increases the pain
- There is No right way or wrong way of using TENS
- It’s what you find beneficial

A TENs unit is an electrical device and should not be allowed to get wet