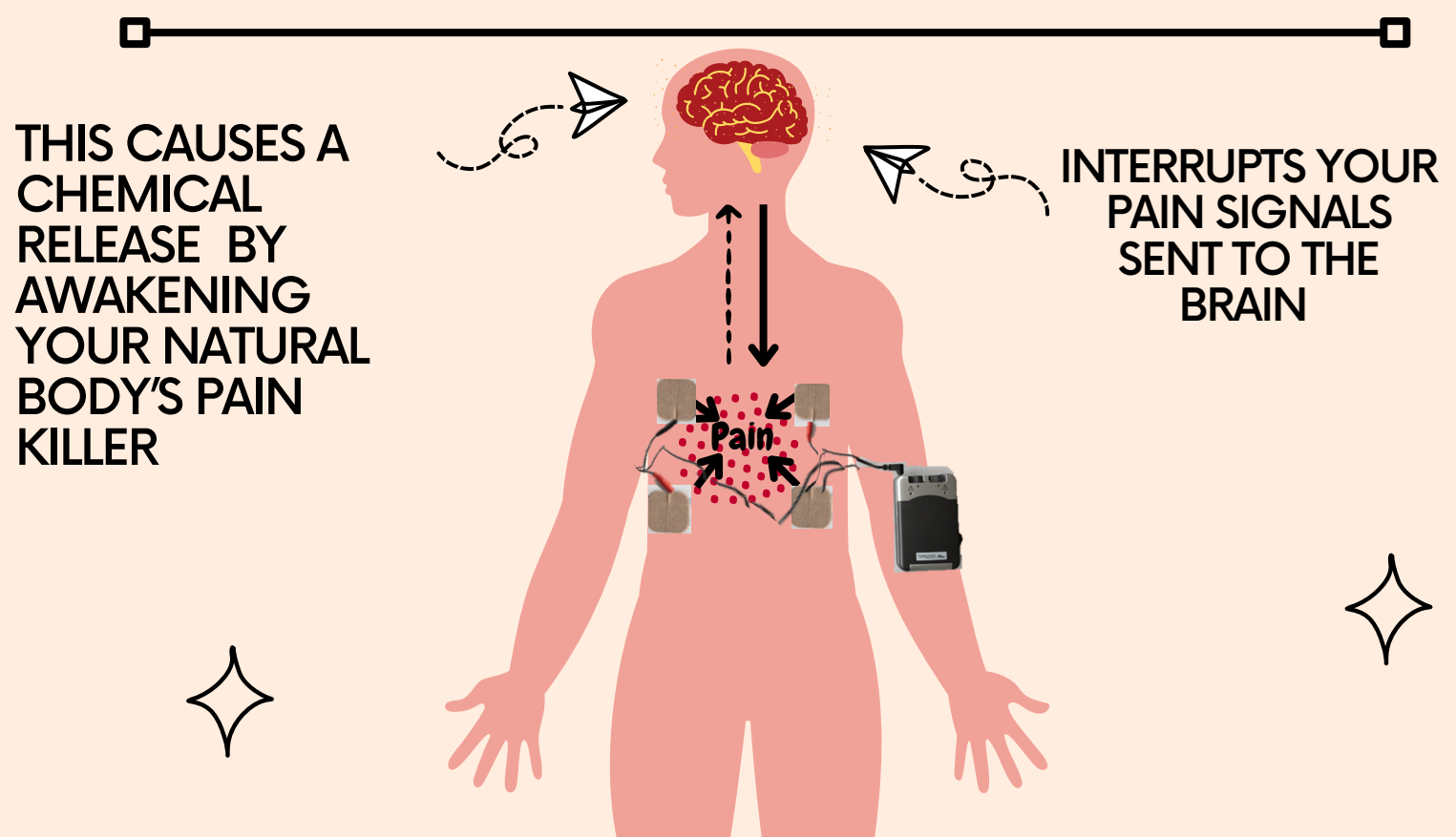
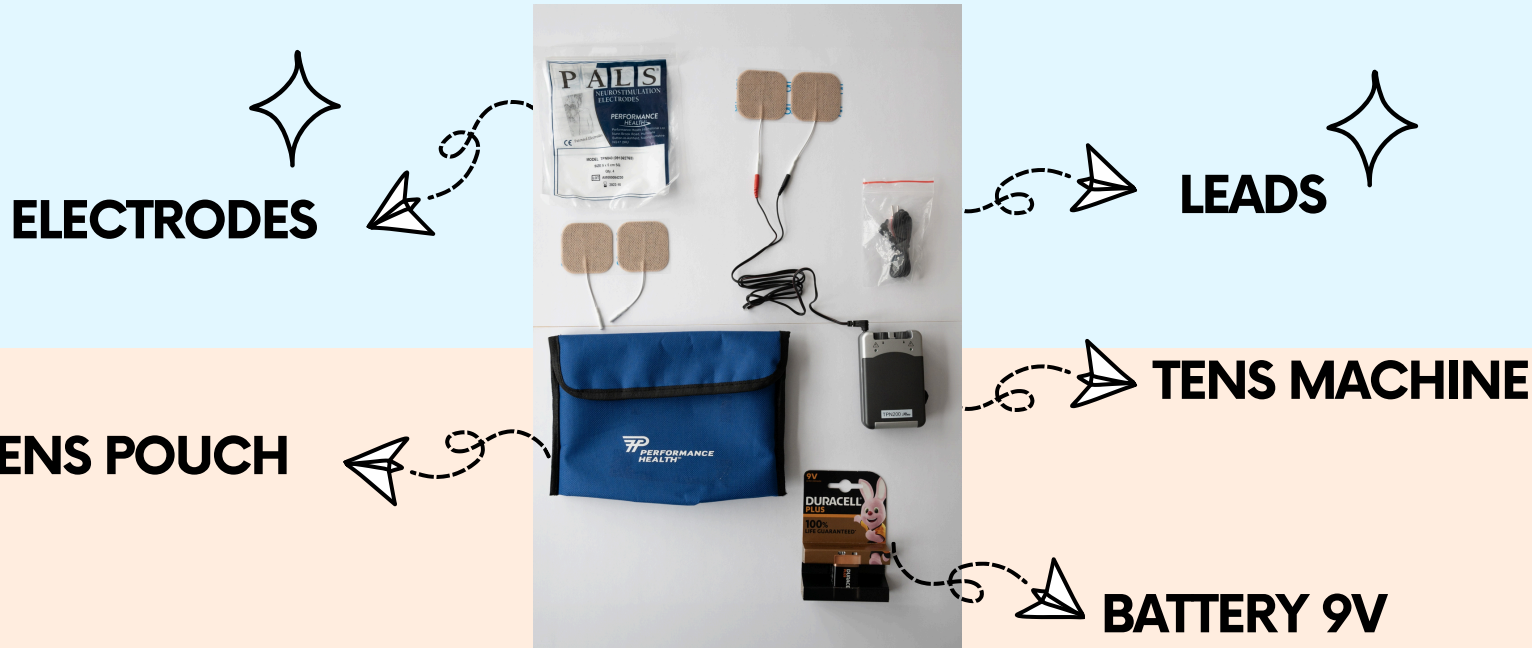


# TRANCUTANEOUS ELECTRICAL NERVE STIMULATION (TENS)

A TENS MACHINE DELIVERS ELECTRICAL PULSES ACROSS THE SURFACE OF THE SKIN TO INITIATE NERVE STIMULATION



FREQUENTLY

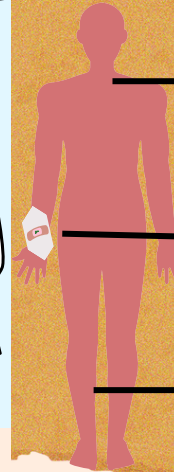
QUESTIONS

ASKED

## Contraindications

- Heart Conditions
- Pacemaker insitu
- Pregnant
- Have epilepsy

## Avoid placing electrodes

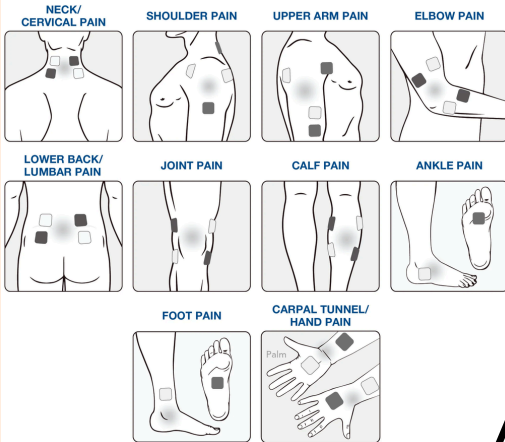


AROUND the Face, Neck or chest

Avoid broken skin or open wounds

Avoid Joints such as :  
knee elbow or ankle

## Electrode Placement



Do not use only one electrode



Always place electrodes around the area of pain (Orange X)



Please always consult with your healthcare provider if you have any contra-indications highlighted above.

# FIVE STEPS ON

## How to use a TENS MACHINE



# 1

### Connection

- Connect your lead wires to each electrodes (pad).
- Connect each lead wire to the device. Double check the lead wires are connected properly.

### Placement

- # 2
- Place Electrode **around** the target area
  - Each electrode should be at **least 1"** **apart** and away from any object / clothing.
  - Further electrode placement means weaker stimulation experienced



### Machine Settings

- # 3
- Place Battery in flip compartment - Holder
  - Turn the intensity level up

**Open Flip compartment**

**Adjust Pulse width between : 190-220 uS**

**Adjust Pulse Rate between : 95-115Hz**



# FIVE STEPS ON

## How to use a

# TENS MACHINE



# 4

**Mode selection:**

**CMB**

(C)Continuous - Provides a constant stimulation

(M)- Modulation- Provides Wave like simulation

(B)Burst - Pulse Like Modulation

### Using the Machine

- Aim for a Strong but comfortable Sensation
- Select Most comfortable Mode
- **Do not Use Device Longer than 2 hours at a time.**
- **WARNING : Using the device for more than 2 hours at a time can cause irritation to the skin!**

# 5

Remember to take at least an hour break in-between each session ( Prolong use can irritate the skin )



Please Note: We do not provide extra electrodes, batteries or TENS MACHINES.

These items can be purchased at any pharmacy or online  
**For any Concerns with the TENS machine Provided please contact the number below**

**CHELSEA PAIN MANAGEMENT TEAM: 02033158076**