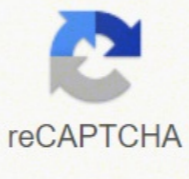


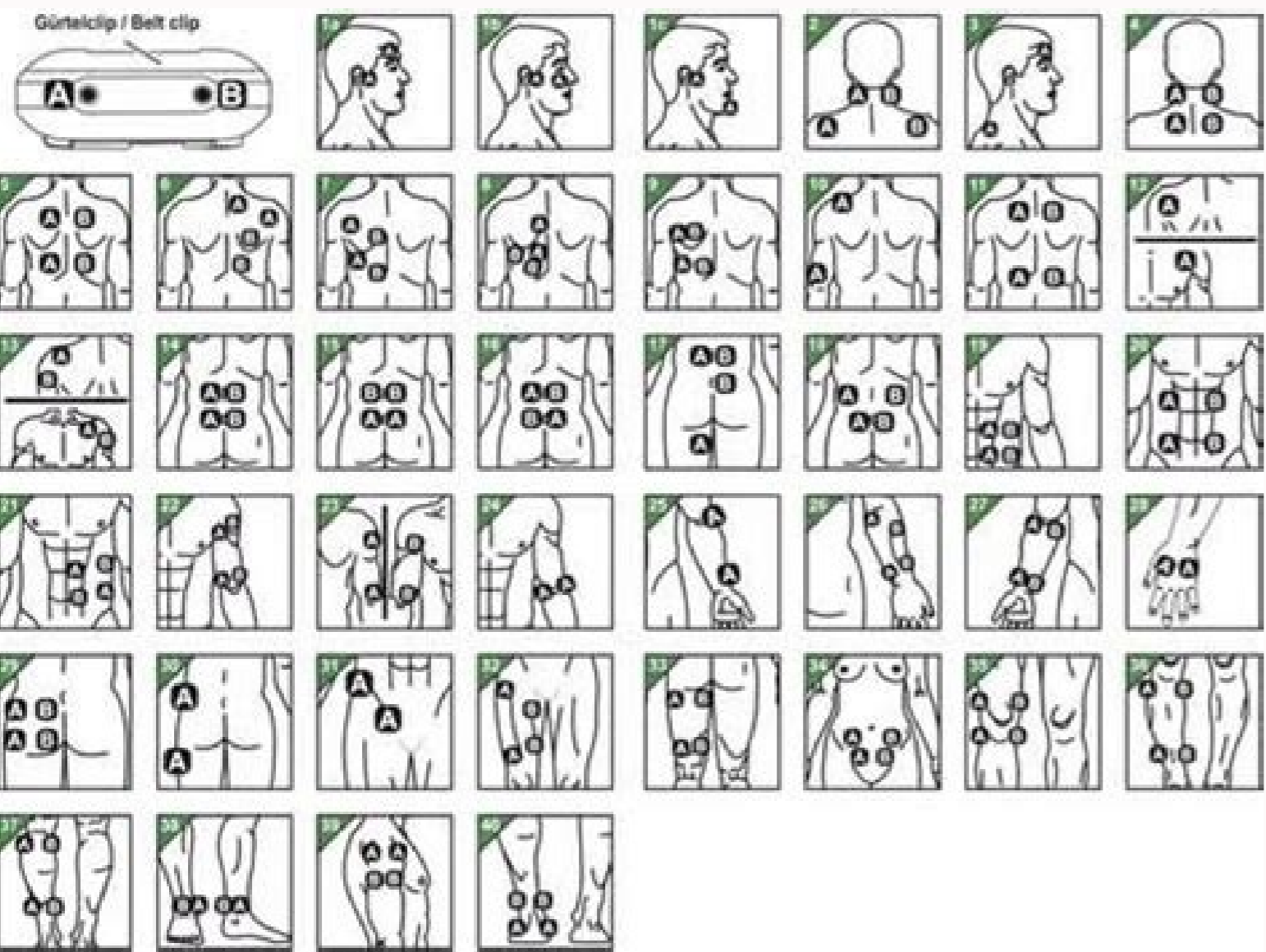
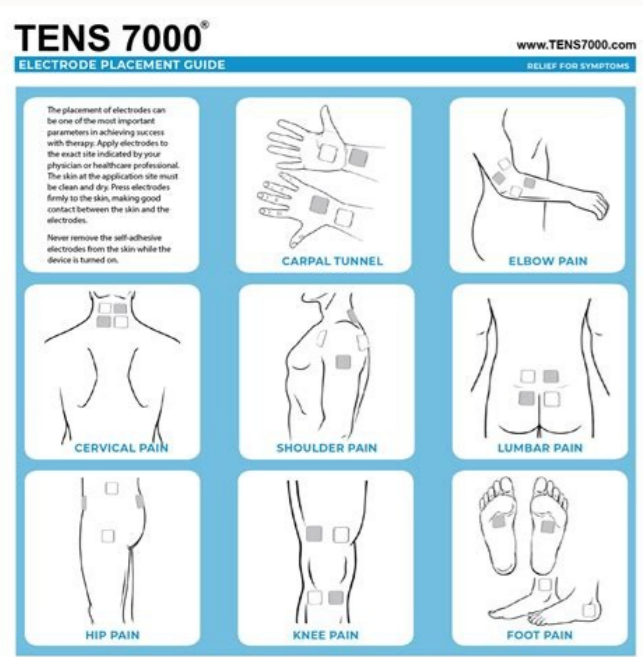
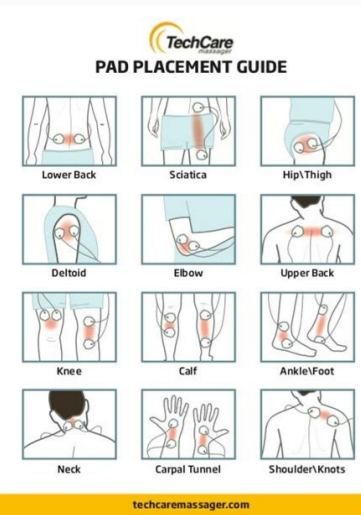


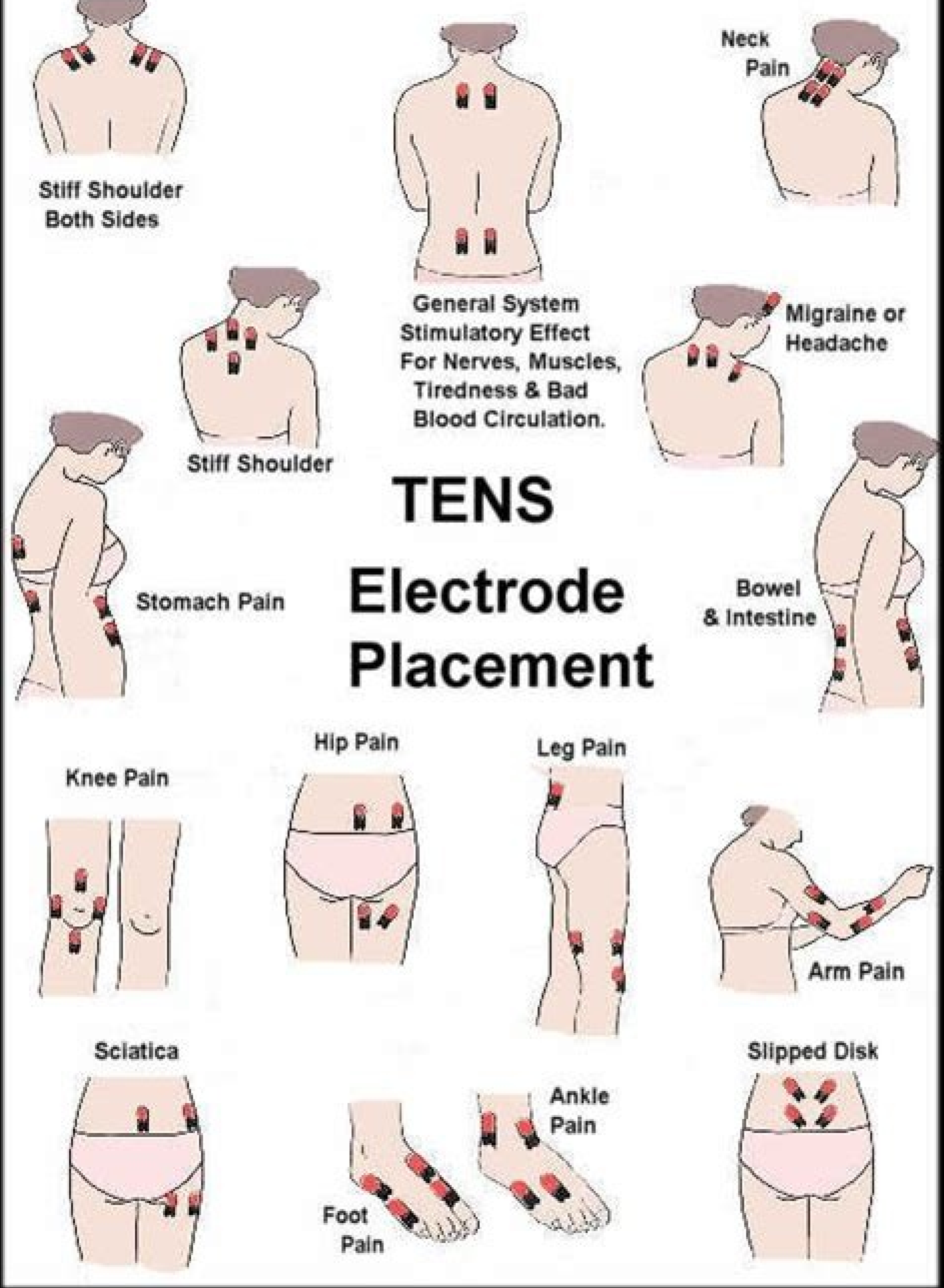
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# Tens machine pad placement guide





Best placement for tens pads. How to apply tens machine pads. Where to apply tens unit pads.

Get Additional Information on Electrodes Electrode Skin Care Application of Re-usable self Adhesive Electrodes Use this chart as a reference to guide you in placing your tens unit or ems unit electrodes. If irritation occurs, discontinue use and consult your physician. Wipe the area with the skin preparation your clinician has recommended. If you consult with a medical professional about using your tens unit, they will likely be able to assist you further in determining where to place your tens unit electrodes. Very Important! Do not apply to broken skin. Never apply electrodes over irritated or broken skin. Potential condition: Stiffness, soreness, muscle or nerve pain. If you need any help with placement of TENS pads please feel free to contact us or check out more information in our blog. Apply electrodes as directed. Note: Pads should not be placed simultaneously on the calves of both legs. Potential condition: Swelling, stiffness, sore or achy, muscle or nerve pain. Electrode Skin Care Wash the area of skin where you will be placing the electrodes, using mild soap and water before applying electrodes, and after taking them off. It is also highly recommended you read our documentation for those who should not use a TENS and EMS unit. Note: Do not put the pads on the bottom of both feet at the same time. Attach one pad to the sole and another one to the calf. To prevent this, apply electrodes from center outward, avoid stretching over the skin. The electrodes are intended for single patient use only. Over Saturation with water will reduce the adhesive properties. Attach the pads to upper and lower calf. This site is not available in your country Use this TENS unit placement chart as a handy reference to guide you when placing your TENS or EMS electrodes on your body during pain relief treatments. It may be helpful to rub skin lotion on electrode placement area when not wearing electrodes. 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Swelling and fatigue of the calf is presumably caused by congestion of blood and accumulation of fatigue substances in that region. Place the electrodes on the liner and remove the lead wire by twisting and pulling at the same time. Potential condition: Swelling, fatigue, stiffness, muscle or nerve pain, chills, sore or achy feeling. Swelling and fatigue of feet is presumably caused by the poor reflux of blood and body fluid. Removal Lift at the edge of electrodes and peel; do not pull on the lead wires be cause it may damage the electrodes. Attach the pads symmetrically to the regions you feel pain with the backbone as the center. Back pain is caused by various reasons. [Source: IBM Information center] See also PAD. If you consult with a medical professional about using your TENS unit, they will likely be able to assist you further in determining the best place to put your electrodes for your specific pain symptoms. The electrodes should be discarded when they are no longer adhering. To minimize eAAApulling stressAAA, tape extra lengths of lead wires to the skin in a loop to prevent tugging on electrodes. It may be helpful to improve repeated application by spreading a few drops of cold water over the adhesive and turn the surface up to air dry. OMRON pain relievers must not be used with other devices like a pacemaker, implanted defibrillator, or other implanted metallic or electronic devices, together with a life-supporting medical electronic device such as an artificial heart or lung or respirator or with electronic medical devices attached to the body, such as electro-cardiographs. Please consult the instruction manual for further contraindications. Insert the lead wire into the pin connector in the pre-wired electrodes. Attach both pads on either side of the joint or .esu esu erofeb renouitcarp lacidem a tunsoc ot elbasivda si ti taht wonk dluoys emit tsrif eht rof SNET gniredisnoc si ohw nosrep A .sedortcele fo noitacilppa ot roirp retaw dna paos htwi ylhguorht aera debircserp eht ta niks eht yrd dna naelC noitacilppa sedortcele evisehda fles elbasu-eR fo noitacilppa .DAP cilbup a sa seithilapac emas eht sah dna NDSP 52.X etavirp ro cilbup a ot detcennoc eb nac ecived elbaliava yllaicremmoc siht .llew niks yrd dna ylhguorht ffo paos esnir ot erus eB .htworg riah fo noitceord eht ni gnillup yb evomer syawla ,sedortcele gnivomer nehW .yrd siht teL .noitacilppa erofeb sedortcele evisehda-fles fo esu rof noitcurtsni eht daeR .niap htwi

I purchased a inTENSity 10 machine and am using it on my lower back after surgery. I am also trying to use it on my right foot to help my neuropathy. I need some instructions on placement of pads. My painful area is all my toes and back top of my foot about 3 inches. I would be grateful for a diagram showing the pad placement. Thank You.  
 24/02/2022 · About TENS 7000. Pain sucks. It affects millions of people each year with adverse physical and mental side effects. TENS 7000 provides tools to combat pain and let people live life on their terms, pain-free. Our TENS 7000 TENS Unit is one of the top-rated over the counter TENS unit having sold over a million since 2008. Stop letting aches and pain hold you back — live life ... Start studying saunders safety exam 2. Learn vocabulary, terms, and more with flashcards, games, and other study tools. EMS Electrode Pad Placement Charts The diagrams below can be used as a guide to demonstrate where to place pads on different muscle groups during your EMS treatment. Please Note: consult your physician / healthcare professional before using an Electric Muscle Stimulator .

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