



# Tens Unit – “How-To”

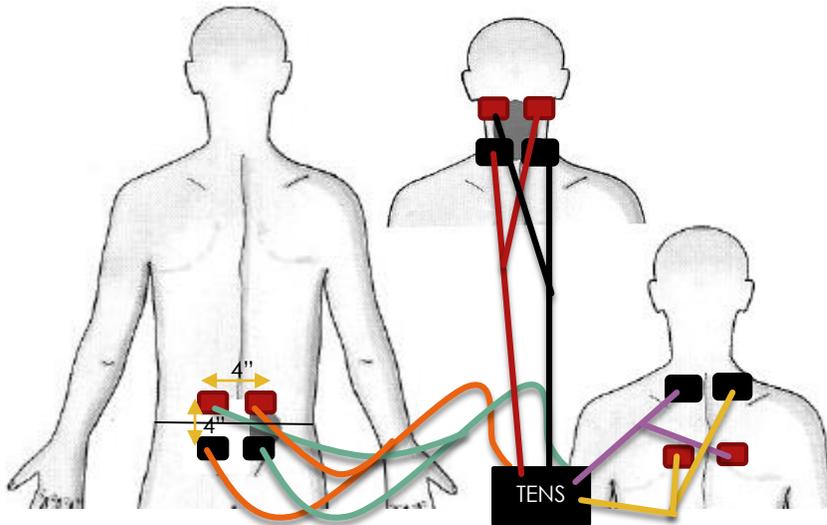
## Note:

The more you wear the tens unit – the better. Do not wear in water, pool, while doing your assigned exercises (after your ½ way exam), do not wear if skin is irritated from pads, and do not wear to bed.

## Proper Tens Placement

Each Tens unit has 2 wires, each wire has 2 leads (a red and a black) so the placement of the 4 pads can vary based on what area(s) you are treating.

For decompression in our office, tens pad placement looks like this:



Low Back: Ensure that the “tails” on the two bottom pads are pointing up (coming up out of your pants), and on the top pads the tails point down (down out of your shirt). Neck and Upper Back: All “Tails” point down.

Turn off tens unit if you experience anything uncomfortable – as a pad may have come off and therefor increased the signal thru the other pad.

Turn off tens unit prior to removing pads.

## Proper Tens Care

It is best to buy a rechargeable 9V battery as using the tens unit daily for 8 hours or more will cause the batteries to die quickly.

Be sure to replace the tens pads each night onto the plastic piece that was included in your tens unit. If you have misplaced it, please use a mirror or similar to put your tens pads onto each night.

If pads lose their “stickiness” – just let staff know and you can purchase a new set of pads for \$10.