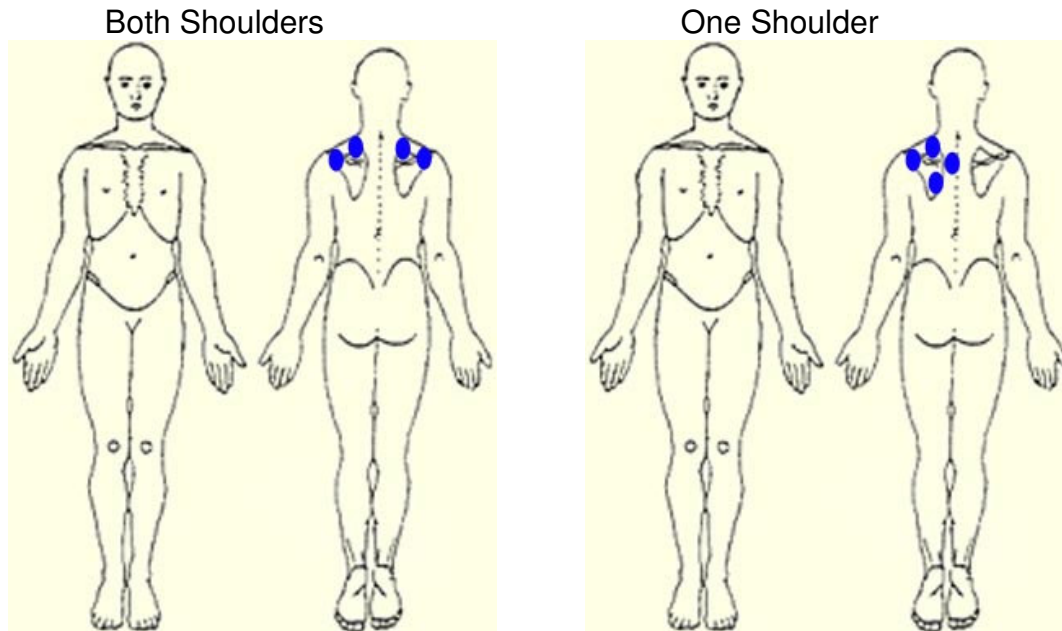


THE TENS ELECTRODE PLACEMENT ATLAS

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Shoulder Pain

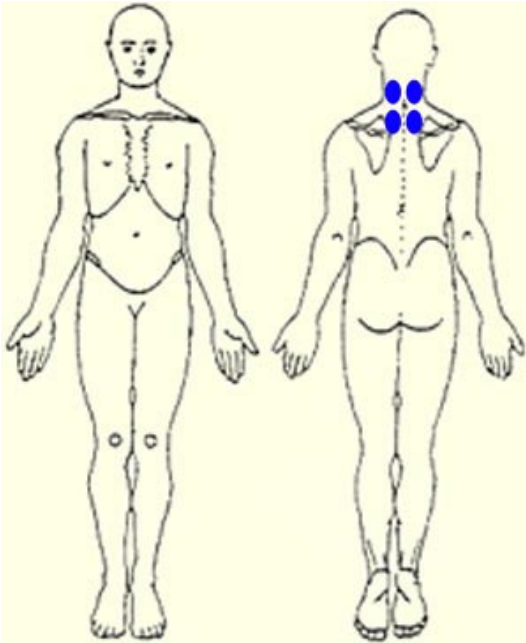


As seen in the pictures above, the electrodes are placed on the shoulders according to the pain you are experiencing. If both shoulders are stiff/sore, one electrode is placed on the bulk of the muscle close to the neck and the other is placed closer to the edge of your shoulder.

The electrode closer to your shoulder should not be over the top of the bone. You can feel whether it is over a bone by pressing lightly on the area you wish to place an electrode. If it is soft and springy, you are in the right place.

If only one shoulder is stiff/sore, arrange the electrodes as seen in the picture above right. The higher electrodes will remain in the same place as in the two shoulder configuration, and the electrodes from the other shoulder will be moved over to be underneath them. Again, aim for the muscles close to the spine and over the top of your shoulder blade.

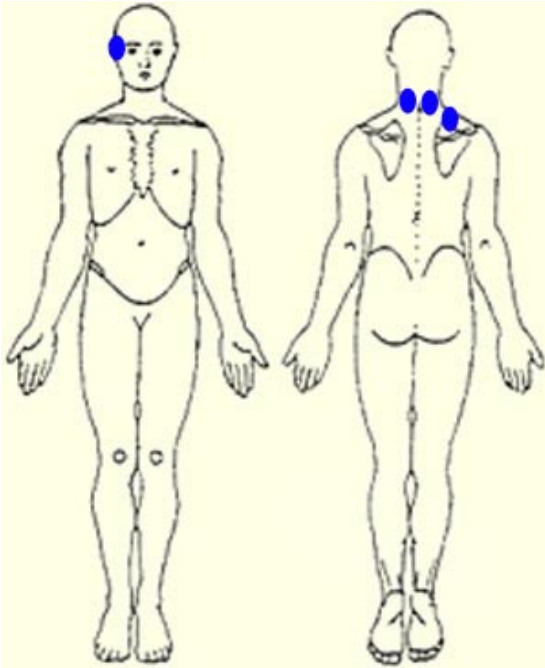
Neck Pain



To relieve neck pain, place two electrodes either side of your spine high on your neck, just underneath your skull. Follow this by placing the other two electrodes about 5cm underneath them.

Remember not to place the electrodes directly over your spine, as this will diminish the effect of the TENS.

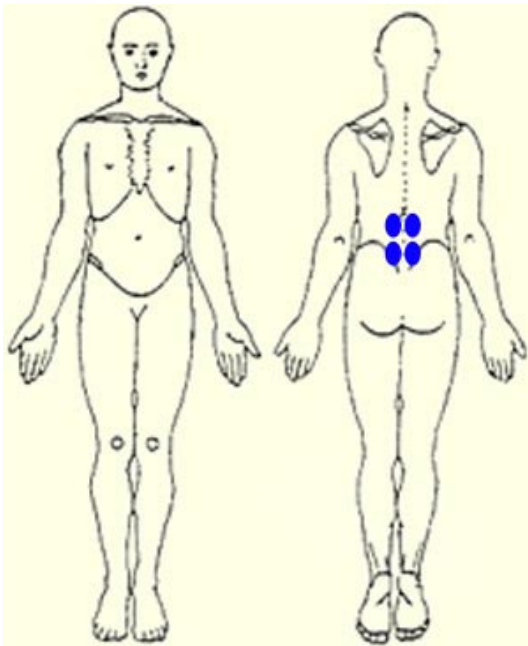
Headaches/Migraines



If you are suffering from headaches or migraines, place two electrodes on your upper neck and one high on your shoulder beside your neck on the side that is experiencing the pain. Finally, place an electrode on the temple of your affected side.

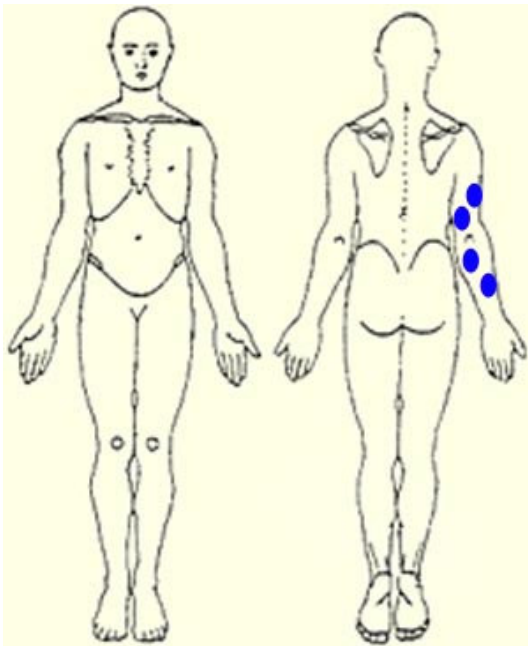
Do not turn the TENS up too high, as this will increase your discomfort. Make sure it is at a nice level that you can feel but is not too strong.

Back Pain



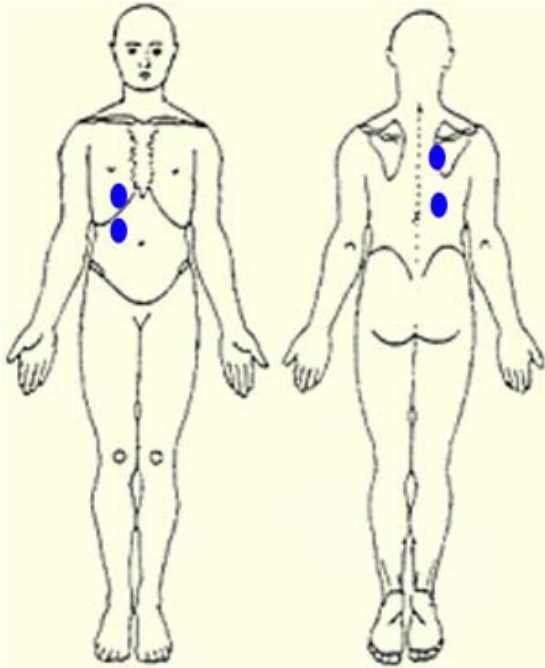
Place the electrodes in a square formation on or around the area that is causing you discomfort. Remember, the electrodes should not be sitting directly on top of your spine, so check to see if the tissues underneath the electrodes are nice and soft and springy before placing them on.

Arm Pain



Place two electrodes on either side of the elbow on the back of your arm. Then place one electrode higher than those and on the side of your arm. Finally, place the last electrode below all the others and again, on the side of your arm.

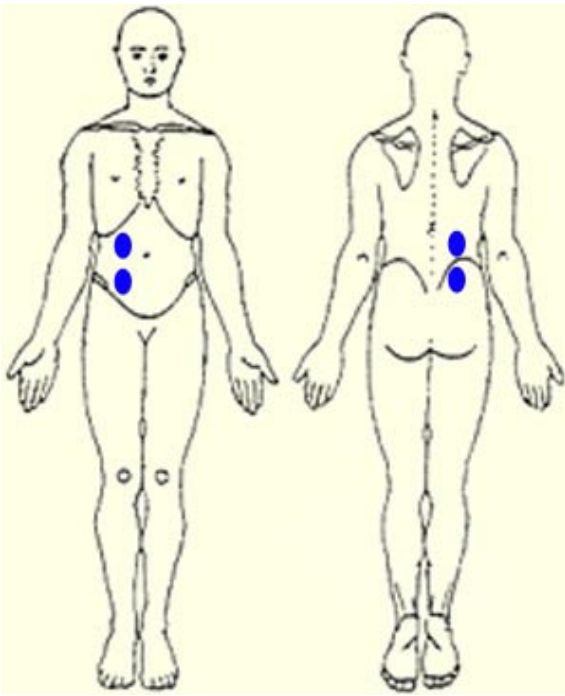
Stomach Pain



Place two electrodes on the affected side between your belly button and nipple on your tummy side. Then, place one electrode right at the bottom or just under your shoulder blade and the other at the level of the bottom of your ribs on your back.

Rather than try and place these electrodes on your back by yourself, find someone who can make sure they are placed in the correct position before placing them on.

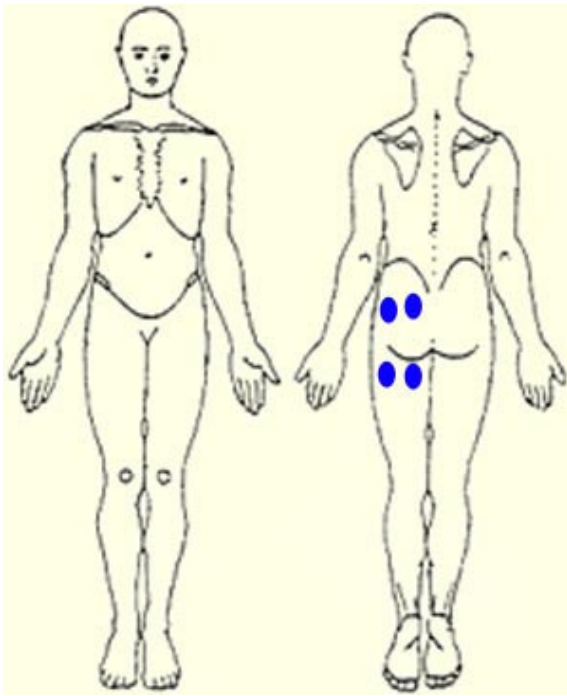
Bowel/Intestinal Pain



The front and back electrodes will be placed directly opposite each other on the affected side. One should be around belly button level with the other one a few centimeters below.

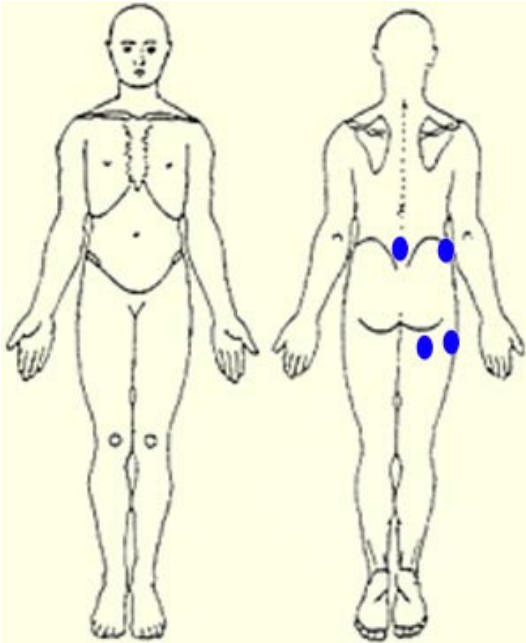
As above, find someone to help you put the electrodes on your back for you if you are having difficulty placing them in the correct position.

Hip Pain



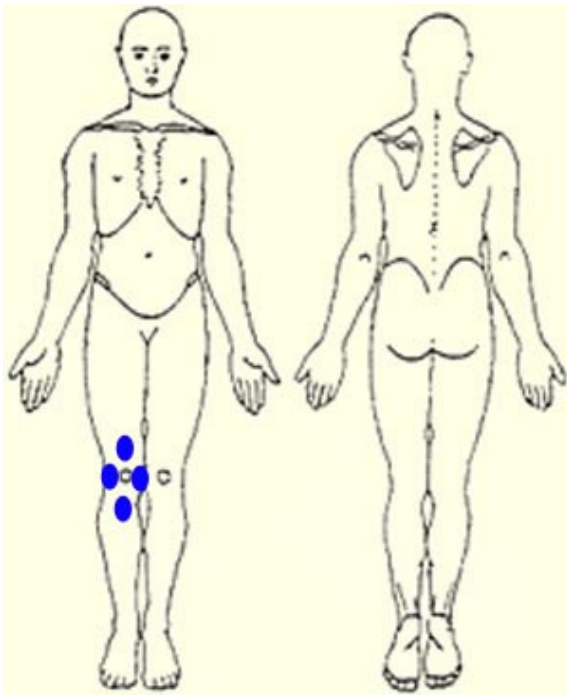
Place two electrodes on the upper part of your buttocks and two just below as seen in the picture.

Sciatica



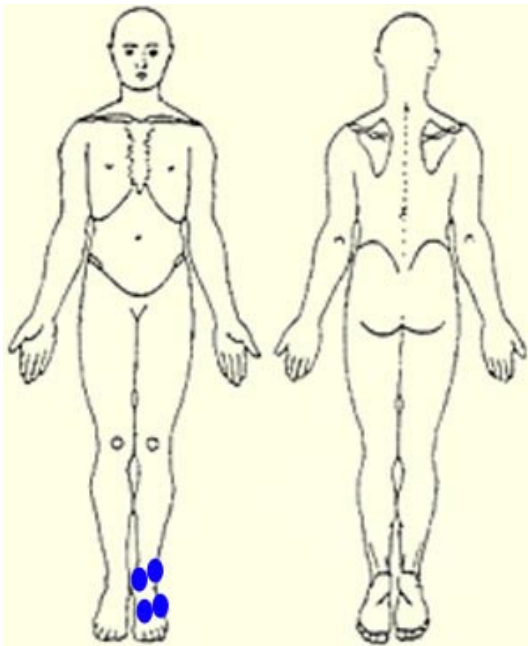
Unlike the previous placements, in this one we want an electrode over your spine. To find where to place it, feel for the bones at the back of your pelvis. Find where they join your spine and place the electrode just above that point. Then trace a line straight out to the side of your pelvis and place another electrode there. Finally, place two electrodes below the buttock as seen in the picture above.

Knee Pain



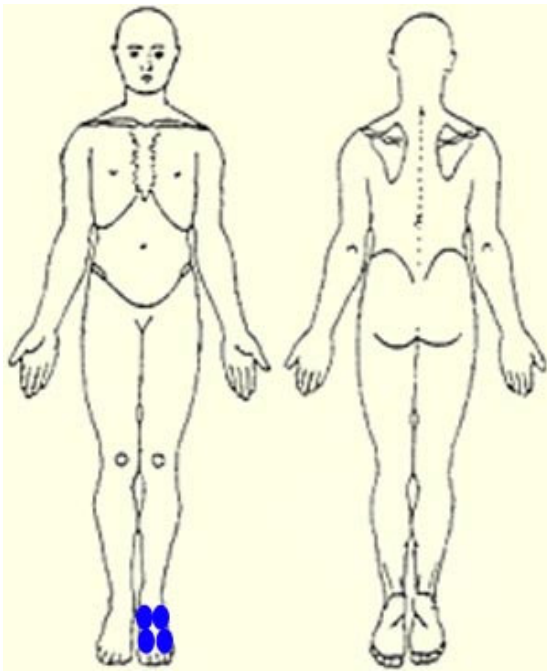
Quite simply, place all four electrodes around the knee in the diamond pattern shown above, with one above, one below and one on either side of the knee.

Ankle Pain



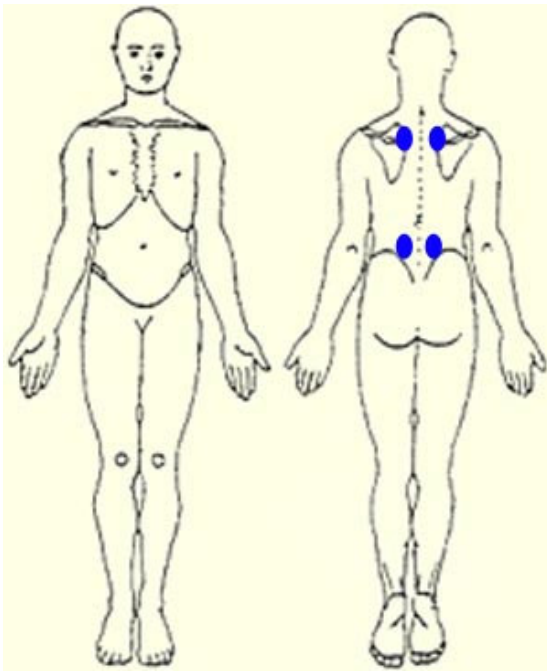
To relieve ankle pain, place two electrodes on the top surface of the foot, one on the front of the ankle joint and one on the outside of the ankle, just above the bony bit that sticks out.

Foot Pain



As seen above, the four electrodes are all placed in a square design on the top surface of the affected foot.

Fatigue/Relaxation



Placing the electrodes in this arrangement results in general stimulation that may help increase your energy levels or just relax your after a long, hard day.