



## *TENS Therapy*

Model #: \_\_\_\_\_

Provider Name: \_\_\_\_\_

Serial #: \_\_\_\_\_

Phone #: \_\_\_\_\_

Date: \_\_\_\_\_

Contact Person: \_\_\_\_\_

### **Setting up your equipment:**

- Install the battery.
- Connect one pair of electrodes to each output channel using the lead wires supplied.



### **Using your equipment:**

1. Clean the skin where the electrodes are to be placed.
2. If the electrodes do not contain gel, then gel should be applied to the skin where the electrodes will be applied.
3. Place the electrodes on the desired area according to your physician's instructions.
4. Turn the unit on.
5. Adjust the intensity, duration, and number of pulses as directed by your physician.
6. Turn unit off before removing the electrodes from your skin.

### **Frequent Replacement Items:**

- Lead wires (every 6 months or as needed)
- Electrodes (every month)
- Disposable batteries



**Maintenance:**

- Clean the case with isopropyl alcohol or cleaning agent.
- Do not submerge the device in liquid or use excessive liquid to clean the unit.

**Safety Issues:**

- TENS devices can adversely affect the operation of demand-type cardiac pacemakers.
- Do not use TENS if you are pregnant.
- TENS is not recommended for patients with known heart disease without a physician's evaluation of risk.
- Do not stimulate over the eyes or carotid sinus nerves.
- Do not place electrodes in a manner that causes current to flow through the head.
- Electronic equipment such as ECG monitors and ECG alarms may not operate properly when TENS is in use.
- Avoid adjusting controls while operating machinery or vehicles.



**Please contact your equipment provider for any questions, adjustments, or repairs.**

Your Local Provider:



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