

31. How to Use a TENS Unit with Wrist Pain. Correct Pad Placement.

If you are using an iReliev TENS unit we provide step-by-step video instruction on how to use the following types:

iReliev 1313

iReliev 5050

iReliev 8080

Just go to the program section at BobandBrad.com and click on the TENS series. Under the series look for the videos with the 1313, 5050, or 8080 TENS units.

If you are using a TENS unit from another manufacturer you will need to follow the instructions provided with the product.

Where to Place the Pads:

There is NOT a specific right way to position or place the pads. The best approach is to place the pads wherever they relieve pain the most. Experiment and see what will work best for you.

General Guidelines for Small Area of Wrist Pain:

Use one channel and two pads. Place one pad (either one) directly on the pain. Place the other pad directly below the pad (at least a pad's width apart) or above the pad.



Use one channel and two pads. Place one pad directly above the pain and one pad directly below the pain or place one pad on each side of the pain.



General Guidelines for Larger Area of Wrist Pain (Back or Front):

In our examples channel one has yellow pads and channel two has green pads.

Back of Wrist

One pad from channel one is placed above the area of pain and one pad is placed below the area. One pad from channel two is placed in front of the area of pain and another pad from channel two is placed behind the area of pain. This arrangement forms a cross pattern.



Front of Wrist

One pad from channel one is placed above the area of pain and one pad placed below the area. One pad from channel two is placed in front of the area of pain and another pad from channel two is placed behind the area of pain. This arrangement forms a cross pattern.



Reminder: Do not place pads over open wounds or areas with excessive hair.
Clean the area with soap and water prior to placement of the pads.

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Wrist Treatment: With your opposite hand grab the side with the painful wrist and apply some traction. While applying traction rotate your forearm back and forth. Do this for 20 to 30 seconds only if this can be done pain-free.