

33. Using a TENS Unit after Stroke, with Multiple Sclerosis, Fibromyalgia, CRPS, RSD, or other Ailments.

Using a TENS Unit after: Stroke, Multiple Sclerosis, Fibromyalgia, Complex Regional Pain Syndrome, Reflex Sympathetic Dystrophy, Phantom Limb Pain, Spinal Cord Injuries, and other Ailments.

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.

Some general rules or guidelines for placement of two or four pads:

1. Before each use of the pads, you should clean your skin with gentle soap and water. This helps remove any of the natural oils that may take away some of the stickiness on the electrode pads.
2. After each use, the pads should be placed back on the plastic piece from which you originally got it.
3. Once the pads wear out you can purchase new ones separately. You can replace the old pads by simply detaching them from the leads (wires). If you find you are purchasing a lot of pads you may want to consider joining the iReliev Dollar Electrode Pad Club to help you save money.

4. If using the pads on an area that is hairy you may want to shave it first. The hair could interfere with the conductivity of the pads.
5. If the person who is using the TENS has a stroke or has multiple sclerosis, they should see a health professional before using. They may have areas on their body with decreased sensation or increased tone/spasticity. Either way they should be guided by a knowledgeable health professional. The other concern is decreased cognition. Individuals with decreased cognition may have a reduced ability to understand why and how the TENS is being used.
6. We have created videos to guide you on placement of pads for nearly all body parts (back, neck, shoulder, knee, etc.) Go to BobandBrad.com and then navigate to the program section. Next go to the TENS program and look for the titles that are appropriate for you.
7. If the area of pain is small (hand or wrist), you may want to use only two pads and one channel.
8. If the area of pain is large (back or quadricep), you may want to use four pads and two channels. 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 should be 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.



Another option for four pads: one pad from channel one is placed in the upper right corner of the area of pain and one pad from channel one is placed in the lower left corner of the area of pain. One pad from channel two is placed in the upper left corner of the pain and one pad is placed in the lower right corner of the pain. This arrangement forms an X pattern. However, one can experiment with the placement of the pads if they are following all precautions and warnings.

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9. If using just two pads one might try to place one pad directly on the pain and the remaining pad above or below it. Experiment and see what will work the best. You can also place pads on each side of the pain.
10. The pads may cause a contraction of the muscles around the painful area. This is fine but it should not increase your pain. TENS is supposed to be comfortable and reduce your pain.