20. How to Use a TENS Unit with Shin Pain (Lower Leg Pain). Correct Pad Placement.

How to Use the TENS Unit:

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.

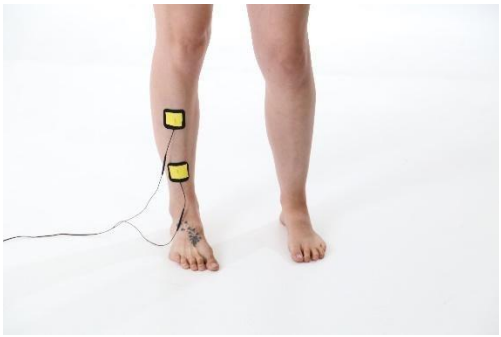
If you are using a TENS unit from another manufacturer you will need to follow the instructions provided with the product.

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 a Small Area (Shin or Lower Leg- Front):

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



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 Pain Referred from Another Area:

An example would be shin pain that is coming (referred) from the back. Using channel one, place the two pads along the nerve pathway.

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.

Treatment recommendation: cross-fiber massage using the Renpho massage gun