

32. How to Use a TENS Unit with Hand 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 correct 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 Back of Hand:

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

See Photo for Example

Use one channel and two pads. Place one pad on each side of the pain (at least a pad's width apart).



General Guidelines for Pain Referred from Another Area:

An example would be hand pain that is coming (referred) from the neck. Use of two channels and four pads. Using channel one (yellow pads), place the two pads along the nerve pathway. Using channel two (green pads), place one pad on the pain and one below the pain (at least a pad's width apart).

See Photo for Example

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.

Hand Treatment: Hand Range of Motion (6 pack) (Do 5 Repetitions)

1. Finger abduction (spreading apart)
2. Tabletop
3. Claw
4. Full curl into fist
5. Touch each finger with thumb
6. Touch tip of thumb to base of fifth finger