

30. How to Use a TENS Unit with Neck 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.

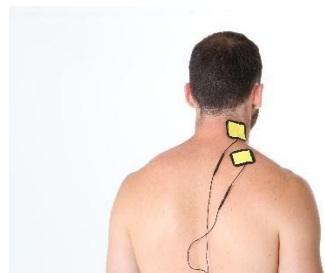
If you are using a TENS unit from another manufacturer you will need to follow the instructions provided with the product.

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 One Sided Neck 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.

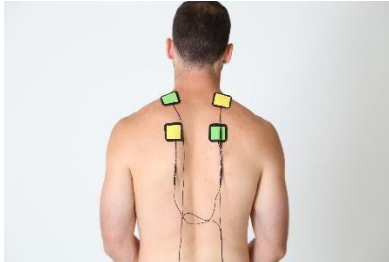


Use one channel and two pads. Place one pad directly above the pain and one pad directly below the pain.

General Guidelines for Neck Pain (Both Sides):

In our examples, channel one has yellow pads and channel two has green pads. Place one pad from channel one in the upper right corner of the area of pain and

one pad from channel one in lower left corner of the area of pain. Place one pad from channel two in the upper left corner of the pain and one pad in the lower right corner of the pain. This arrangement forms an X 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. Do not place pads over the carotid arteries!

Neck Pain Treatment: Neck extensions with towel.