

TENS Unit Guidelines for Patients

- The TENS machine works by sending small electrical signals through sticky pads attached to the skin. This is NON-INVASIVE. We encourage you to think of it as a massage.
- Our hope is that the TENS machine will help reduce your pain after surgery or Injury.
- See the diagram below and the back of this page for step-by-step instructions for the machine we provide. Match the colored arrows to their colored circle counterpart.
- See the back of this page for general guidelines to set up your TENS unit if you chose to use your own machine from home.



How To Use the Machine We Provide:

1. Turn on the TENS Unit with the power button (**red arrow**). Make sure to turn the channel knobs on top (CH1 and CH2) (**orange arrow & circles**) until they are solid orange. Keep turning the knobs until you begin to feel vibrations or tingling.
2. Press and release “Mode” button (**blue arrow & circle**) until you reach the **P7** setting. Make sure your machine is on the **P7** setting every time you use it. This mode lets you change how strong the electrical signals are to fit your body.
3. **VERY IMPORTANT:** Set the signals to be as strong **as you can tolerate before it becomes painful**. You may find that your body gets used to one signal strength and you may need to increase it.
 - a. To increase or decrease the signal strength, use the UP/DOWN PR arrows (**green arrows & circle**). This changes the Hz (frequency), which you will feel as MORE or LESS intense electricity. Adjust up or down as needed for your comfort.
 - b. We recommend trying to **keep the Hz between 70-150 HZ**.
4. Press and release “Timer” button (**yellow arrow & circles**) and set the session time to the amount of time you desire. We recommend 45 minutes.

*We recommend using the machine **2-4 times a day for 45 minutes at a time**.
You can use the machine more than 4 times a day if needed*

If You Choose to Use Your Own Machine:

1. Set your machine to **MANUAL MODE** so you can adjust the strength of the electrical signals.
2. Set the signals to be as **strong as you can tolerate before it becomes painful**. You may find that your body gets used to one signal setting and you may need to increase it.
3. We recommend trying to **keep the Hz (frequency) between 70-150 Hz**.

*We recommend using the machine **2-4 times a day for 45 minutes at a time**.
You can use the machine more than 4 times a day if needed*