****

**TENS THERAPY**

Setting up your equipment:

* Install the battery
* Connect one pair of electrodes to each output channel using the lead wires supplied.

Using your equipment:

* Clean the skin where the electrodes are to be placed.
* If the electrodes do not contain gel, then gel should be applied to the skin where the electrodes will be applied.
* Place the electrodes on the desired area according to your physician’s instructions.
* Turn the unit on.
* Adjust the intensity, duration and number of pulses as directed by your physician.
* Turn unit off before removing the electrodes from your skin.

Maintenance:

* Clean the case with isopropyl alcohol or cleaning agent.
* Do not submerge the device in liquid or use excessive liquid to clean the unit.

Safety issues:

* TENS devices can adversely affect the operation of demand-type cardiac pacemakers.
* Do no use TENS if you are pregnant.
* TENS is not recommended for patients with known heart disease without a physician’s evaluation of risk.
* Do not stimulate over the eyes or carotid sinus nerves.
* Do not place electrodes in a manner that causes current to flow through the head.
* Electronic equipment such as ECG monitors and ECG alarms may not operate properly when TENS is in use.
* Avoid adjusting controls while operating machinery or vehicles.

Frequently replaced items:

* Lead wires (every 6 months or as needed)
* Electrodes (every month)
* Disposable batteries