

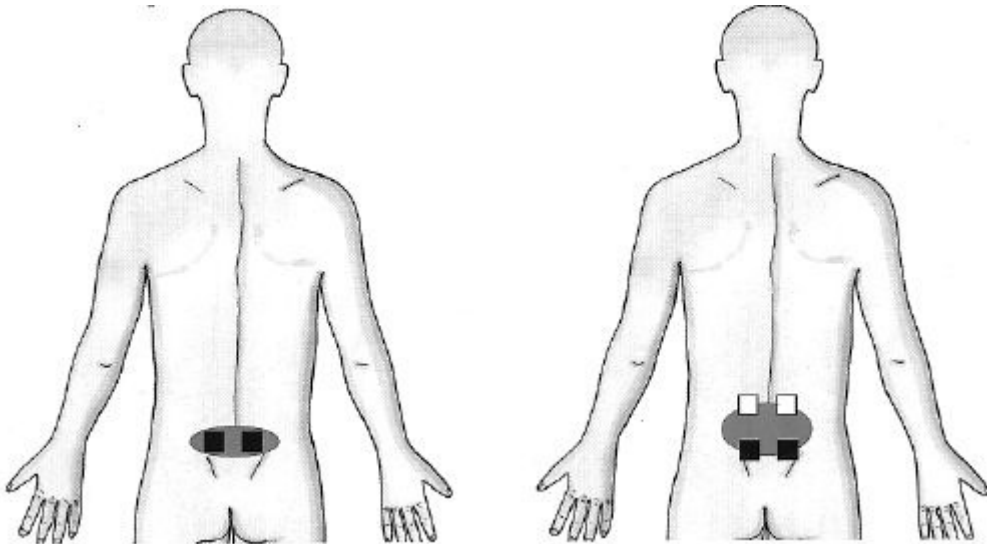
“Call the Experts!”

TENSexperts@gmail.com

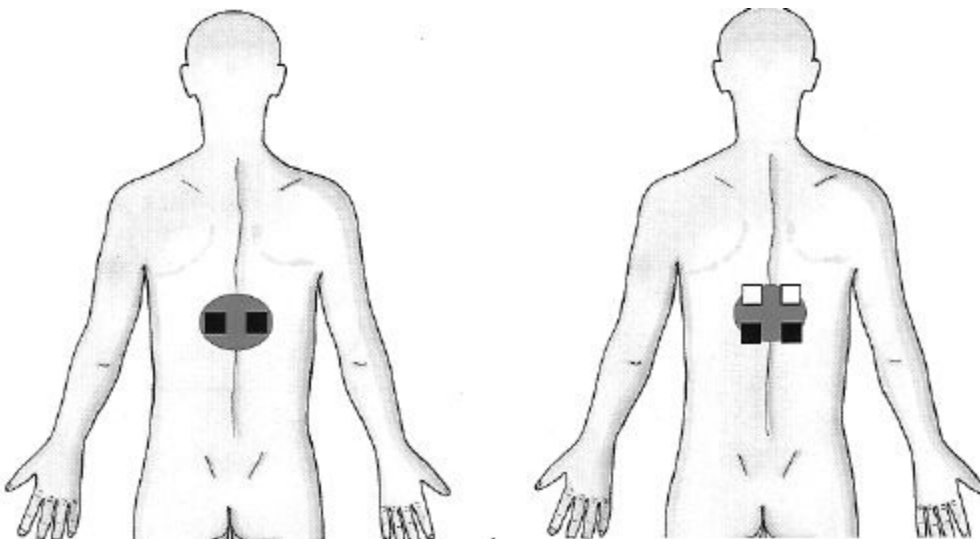
Phone: 613.800.2525

TENS Electrode Placement

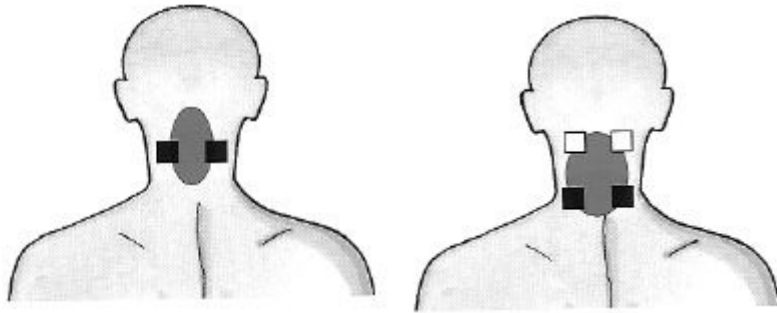
TENS can treat a variety of pain conditions. These simple diagrams will show you how to place your electrodes to treat some different kinds of conditions. The pictures with 2 black squares show electrode placements when using a single TENS channel and the pictures with white and black squares show where to place electrodes for the standard dual channel TENS units. Make note of the colour of the cable ends so the pattern can be repeated.



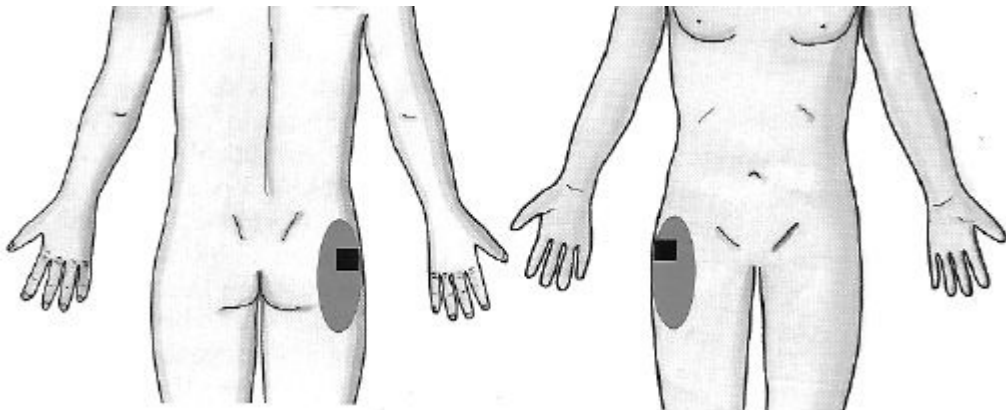
Electrode placement for lower back pain.



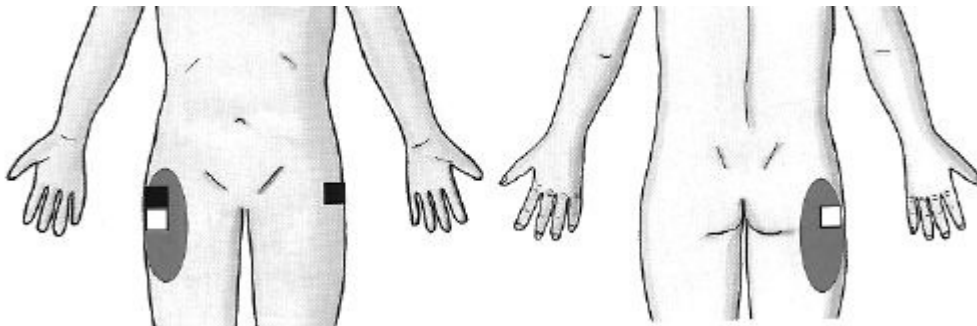
Electrode placement for upper back pain.



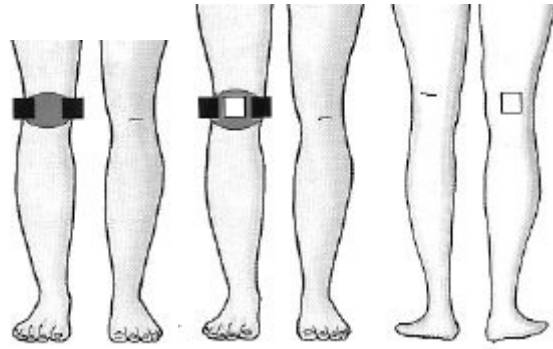
Electrode placement for neck pain and whiplash.



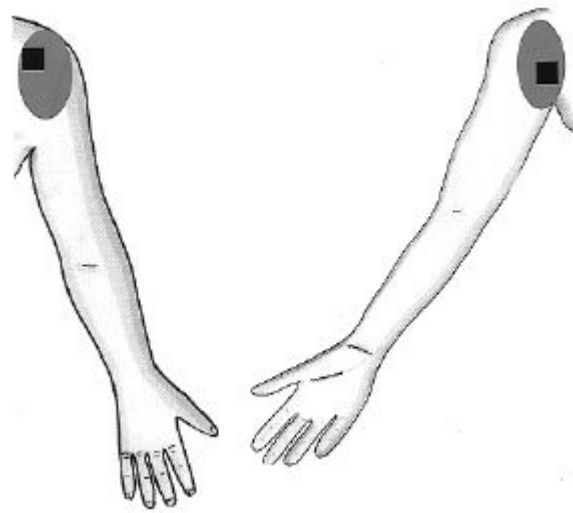
For hip pain, place the electrodes on the front and back of your hip.



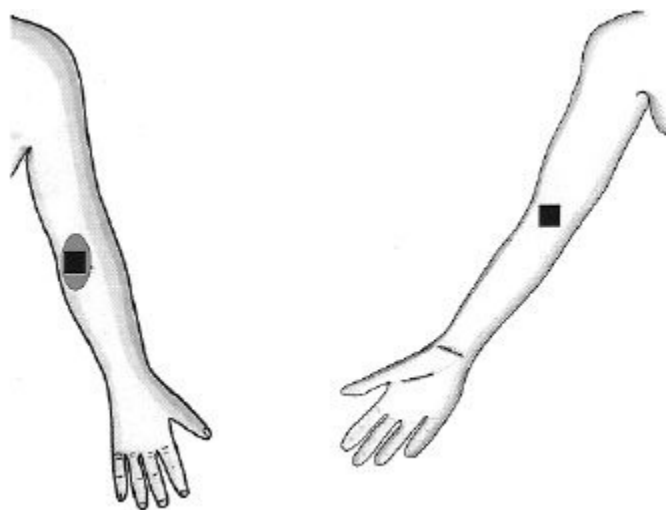
Hip Pain electrode placement.



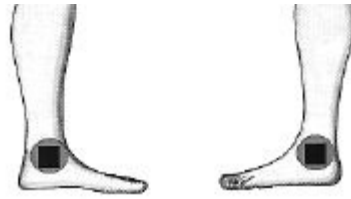
Electrode placement for knee pain. For 4 electrodes, the 2nd pair goes on the front and back of the knee.



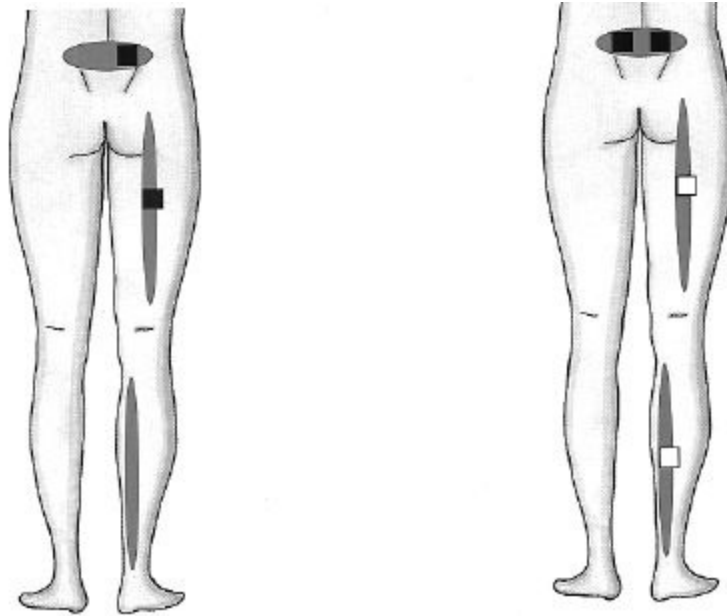
Electrode placement for shoulder pain. Place electrodes on outside and inside of shoulder.



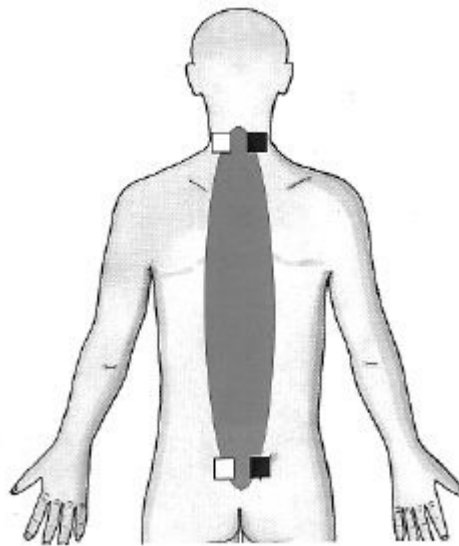
Electrode placement for tennis elbow.



Electrode placement for ankle pain.



Electrode placement for back pain with sciatica.



Electrode placement for Ankylosing Spondylitis.

NOTES:

- Generally electrodes are placed in a “criss-cross” fashion so that the effect is more focused in the centre of the source of the pain.
- Think in terms of the TENS stimulation passing through the painful area instead of being placed right on top of that area.

- Call **613.800.2525** for any specific questions on TENS or NMES applications.

- [Link to TENS Experts Website](#)