

Prescription for BioMedical TENs unit use

The TENs signal is a brain distractor; it allows for pain-free active, normal daily movement, and restoration to normal daily activities. When you move about your day without pain, you are re-wiring your brain against the attention/expectation to pain that will improve the treatment process. Use for 3-4 weeks, up to 8 hours per day or night. TENs is not a muscle stimulator, it is a skin stimulator using a different nerve pathway.

Wear the TENs most of the day, not while exercising or sweaty. Instead, use a vapocoolant such as Biofreeze during walking/exercises/activity when your skin is moist. Wear the TENs at night if you have night pain. If you are not in pain, turn the TENs off. Keep the TENs away from kids, and do not use on kids.

1. SET-UP: While the TENs unit is powered-off:
 - Apply the TENs pads to the recommended areas. (1 pair or 2 pair)
 - Apply to clean, dry/un-lotioned skin (use alcohol to clean, pat dry)
 - Apply each square sticky lead pair at least 1" apart (no more than 2" apart) with the leads facing in downward direction.
 - Never apply pads across the spine left to right, apply only on the same side.
 - HINT: Wrap cohesive tape or sports tape to keep the pads firm to the skin.
2. Plug-in each 'red-black lead pair wires into a channel 1/2
3. Set the TENs to 100 Hz and 70 μ s, + CONST mode.
4. Start with the mA set at 1-4 per channel, then increase to a maximum of 7 mA per channel as tolerable. Do not use mA over 7, more is not better. The treatment is working even if you do not 'feel' the signal.
5. Store the TENs pads on the proper side of the clear film.
6. Place the pads/film inside the air-tight zip-locking parcel.
(you can put the wire leads in the parcel as well.)
7. The pads should be replaced when they get soggy, or don't stick.
8. DO NOT stop wearing the TENs when you feel better.
Contact the doctor to get follow-up instructions.
9. Caution: seatbelt buckle grab wires!

