



Department of Physical Therapy

## Continuum TENS

Follow these 7 steps to make the best use of your TENS device:



1. Apply electrode pads as shown. Always make sure the pads are flat and stick to the skin while using the device. Replace electrode pads that do not properly stay on the skin. Turn off the device before removing or adjusting electrode pads. Plug lead wires firmly into the pads. Red lead wires plug into the top electrode pads, and black wires plug into the bottom electrode pads using an "X" pattern.
2. Press the ON/OFF button to turn on and to turn off the device.
3. The device is pre-programmed to help manage your pain.
4. Start the device by pressing the UP button on the left side of the screen (channel 1). Slowly turn up the intensity until you feel mild-to-moderate tingling. This stimulation should be comfortable—never painful. Repeat for channel 2 on the right side of the screen.
5. The keypad automatically locks after 10 seconds. To unlock the keypad, push the DOWN button on channel 1 or channel 2.
6. Let the program run the length of the timer, which is 1 hour. Wait about 1 hour before starting the program again. Repeat this hour on/hour off program as needed during the day for pain control. Do NOT sleep with the device on.
7. Use the device about 30 minutes before and 30 minutes after each physical therapy visit to help with pain control. Please wear the device to your visit so that your physical therapist knows you have it.

If you have questions about your TENS unit, do NOT call your doctor or physical therapist. Instead, refer all questions (including returning options) to \_\_\_\_\_.

For all electrode and supply orders, call 1-800-328-2536.