



Department of Physical Therapy

Phoenix TENS



Using the Phoenix TENS device helps with pain management.

Follow these 7 steps to make the best use of your Phoenix 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 RED button to turn on and to turn off the device.
3. Press the P+ or P- buttons until you see P3 on the screen. P3 is the program for pain control.
4. Start the device by pressing the UP button on the left side of the device. Slowly turn up the intensity until you feel mild-to-moderate tingling. This stimulation should feel comfortable—never painful. Repeat this process using the UP button on the right side of the device.
5. The keypad automatically locks after 10 seconds. To unlock the keypad, push the DOWN button on either side of the unit.
6. Use the device 3-5 times a day for 1-2 hours each session to help manage your pain. **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 management. Please wear the device to your visit so that your physical therapist knows you have it.

If you have questions about your Phoenix TENS unit, please **DO NOT CALL** your doctor or physical therapist. Instead, refer all questions (including returning options) to **(864) 884-9786**.

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