

NuLife Med TENS Stimulation Therapy

Patient User Guide

Basic Purpose of TENS (Transcutaneous Electronic Nerve Stimulation) Therapy

To provide controlled electronic stimulation to areas of chronic pain for pain relief. TENS accomplishes this at low wave frequencies.

Use for _____ minutes _____ times per day for _____ days.

Default utilization directions: Use for treating pain as needed. TENS will typically require no more than a 30-minute session. Settings should be placed to comfort where pain relief is sensed.

Your Settings (for your handy reference)

Your beginning TENS settings:

amplitude: _____
pulse width: _____
timer: _____
frequency: _____
stimulation modes: _____

The goal is pain relief, not maximum frequency or twitch. Settings should always be placed on parameters that give you relief from pain.

Basic Patient Guide for Use of TENS after delivery

- Step 1. Place electrodes in areas where current will directly transverse the region of pain.
- Step 2. Turn on amplitude buttons for every channel you are using.
- Step 3. Adjust amplitude buttons slowly to effective treatment without pain levels.
- Step 4. If pulse width, time, frequency or stimulation modes need to be adjusted, adjust them slowly.
- Step 5. When pain has subsided, turn down the amplitude buttons to off.
- Step 6. Remove electrodes and place them back on dura-stick plastic film.



Basic Troubleshooting

- **If needing to stop in mid therapy:**
Turn amplitude knobs off. Pull up on connectors to disengage cables.
- **If therapy seems weak:**
Open the case by pulling downward. The 9V battery may need to be replaced.
- **If electrodes losing stick:**
Clean silicone rubber electrodes with soap and water. Dry before using.

For all other questions: Contact _____ at _____.
(Rep Name)