

You can purchase TENS 7000 products including TENS 7000 replacement pads, and TENS 7000 lead wires in many online retailers including TENS 7000 com, Amazon, Walmart.com, and eBay. Purchasing through TENS 7000 guarantees our one-year warranty should anything go wrong with your TENS unit as well as customer service support to offer tips and advice should you have any questions. Where to by a TENS 7000: The most in-depth TENS unit use guide, showing you how to pick the best settings, modes, pad placement, and more to make the most of your TENS therapy. Ready to conquer your pain? Author: Brandon Landgraf July 07, 2023 START READING Getting your Trinity Audio player ready... TENS therapy is one of patients' and healthcare professionals' most commonly used pain relief methods. Extensive studies and research has gone into understanding how these devices work and why they're effective. And while more research is needed, these devices continue to be a "go-to" for those treating pain. However, using these devices can be a tad confusing. Many factors contribute to TENS therapy's success. This includes: Device settings: pulse rate, pulse width, intensity, and modePad placementAnd the use of complementary treatments. Whether TENS therapy is right for you, you've come to the right place. This guide will go in-depth into everything you need to know to properly use a TENS machine instructions, and more. By reading this, you'll not only know how to set up your TENS machine but be able to incorporate it into your rehabilitation.Watch the Video Form of This ArticleBefore we get into the nitty-gritty of using your device, it's essential to understand what this treatment is and how it blocks pain. TENS therapy is a drug-free method of pain relief. It involves using an electrotherapy machine called a TENS unit to deliver small electrical pulses to your nerves through electrodes attached to your skin. Pain relief is achieved in two ways: Pain gating: The electrical pulses activate your body's large nerve fibers, inhibiting the small nerve fibers from sending signals to your body to release endorphins, the body's natural pain killer. These chemicals create a morphine-like effect to relieve pain. You can set your TENS unit to prioritize one result over the other. Later in this guide, we'll show you the exact settings. These devices have a significant advantage over medications (besides being non-addictive and safer) because they can target the pain directly. TENS units can treat various body parts and injuries such as: Back pain Knee pain ArthritisFibromyalgiaBursitis And more. If you're interested in learning what conditions these devices eliminate pain from, our "TENS unit uses" article goes in-depth with studies, experts, and user feedback. While TENS therapy does not promote healing, it does make movement easier. This is a crucial reason physical therapy.By nature, TENS thera settings and pad placement to relieve pain. Below, we highlight common mistakes users make when using their device, Inexperienced users often place their electrodes over the area in pain. While this reasoning makes sense, it's incorrect. TENS therapy relies on sending an electrical current through the nerves to block the pain. This is most effective when the pads are placed around the pain center, allowing the current to travel through the pain area. For the current to travel through the pain area. For the current to travel through the pain area. contact points to conduct a current. The intensity level refers to the amount of electricity produced. Starting at too high of an intensity level and gradually increase it as needed. As mentioned earlier, TENS therapy does not promote healing. It only blocks pain from being felt. For best results, it's best to add other rehabilitation methods. This includes, but is not limited to, hot & cold therapy, stretching, and exercise. The two primary purposes of TENS therapy should be to: Mitigate painAnd make movement easier. More often than not, users complain of a defective device after their first trial of TENS. By nature, TENS therapy requires trial and error to find the ideal settings and placement. No pain is the same. Most devices are made with this in mind to be customizable to create a different effect. For example, acute pain requires trial and error to find the ideal settings and placement. No pain is the same. explain later). In short, have patience. Your therapy most likely will need trial and error. But have hope. Our modes, settings for your pain. As with any medical device and treatment, safety comes first. Before starting treatment, it's vital to understand the safety measures to prevent injury. While TENS therapy is generally safe, you should take a few TENS machine precautions. When first using your devices, be aware of TENS therapy. Twitching muscles: When set at a higher intensity, your muscles may twitch, which is normal. However, if your TENS unit is causing muscle spasms, your intensity and settings may need adjusting. Skin redness or irritation from using the pads: This is another typical electrotherapy side effect. While harmless, be aware of this as it might indicate allergies to your electrodes. If redness/irritation persists, halt treatment and seek a doctor's advice.Nausea: Sometimes, TENS units cause nausea, specifically in younger users. This is usually temporary and goes away on its own. You may experience it with the first use, which will disappear as your body adapts. If prolonged nausea occurs, stop treatment and seek a doctor.Burn marks: A common question is, "can a TENS unit cause burns?" Yes, the device can burn your skin when used on sensitive skin or at higher settings. However, it is usually mild and can be remedied with burn ointment. If your burn is severe, seek a doctor. Because TENS therapy provides a calming effect, they're effective in allowing users to rehabilitate muscles more comfortably when stretching. You should avoid using a TENS device if you: Have a pacemaker or defibrillator Have a spinal cord stimulator Have a spinal cord stimulator Have a spinal cord stimulator have in-dwelling pumps or monitors of these devices with pacemakers. Two studies looked at this topic and concluded: "Patients with cardiac pacemakers should not be excluded from the use of TENS, but careful evaluation and extended cardiac monitoring should be performed." - 1990 study"electrical stimulation should be used with caution in patients with pacemakers and implanted cardioverter defibrillators." - 2017 systematic reviewWhile these studies are promising, you should consult your doctor as everyone's condition differs. Talk to your doctor if you: Have cancer Have diabetes Are cognitively impaired Have epilepsyOr are pregnantCOMMON QUESTIONWhile we must preface that you should consult your doctor first, one study found promising results. They found TENS to "be beneficial in 69.7% of patients over the course of 2 months." However, more studies are needed to research its effect. Today, studies are inconclusive about the long-term impact of TENS on cancer patients. While these devices are known for being a convenient method of pain relief anytime, anywhere, there are a few settings they should not be used. These include: In or around water: TENS devices emit electrical pulses which do not mix well with water. Using your device where water is present can damage you and your device. While sleeping: Using your device while asleep can cause electrodes to lose attachment to your skin and "zap" you. While driving or using heavy machinery: TENS devices can cause your muscles to contract or twitch, which can interfere with operating moving vehicles. As mentioned prior, electrode placement is vital to TENS therapy success. This applies to TENS safety as well. Never place your electrodes on: Open wounds/rashes Swollen, red, infected, or inflamed skin Cancerous lesions, or close by Skin with irregular feeling Any part of the head or face Any part of the throat Both sides of the chest or trunk simultaneously Directly on your backbone (spine) If you have pain in any of the areas mentioned above, consult your device to target pain nerves on your chest is safe. However, it's important not to place pads directly or near your heart. Follow these general TENS safety measures to protect yourself from injury and infection: Turn the device off before removing or moving electrode placement. Failure to do so can result in your device "zapping" you.Don't share pads with others. Electrodes can hold germs and bacteria from your skin which can cause infection when transferred to others. Keep out of reach of children.Only use the device as instructed by your doctor or the user manual. Electric devices such as EKG monitors and alarms may not work correctly while in use.COMMON QUESTIONNo, you cannot. TENS devices are highly safe to use as often and as long as needed. However, taking a 10-minute break for every hour of TENS therapy is highly versatile and customizable, making it great for treating pain (as no pain is the same). However, finding the perfect TENS parameter to ease your pain can be confusing. This section focuses on the TENS unit's setup, use this section to decide which mode and settings are ideal for your pain. Most TENS units come with a preset collection of modes that set the device's pulse rate and width for you. These are great for those new to TENS therapy or looking for a quick setup. The most common modes equipped in TENS devices include normal, burst, and modulation. Below, each TENS unit mode is explained in terms of its effect, the type of pain type it's ideal for. Pain Type: AcuteEffect: Provides constant stimulationIdeal for: Those new to TENS therapy or with acute painIn normal mode, your device will send out consistent pulses which never regulate. This mode gives you complete control over the pulse rate and width.Pain type: AcuteEffect: Provides a constant stimulationIdeal for: Those new to TENS therapy or with acute pain.In bursts of pulses with a break in between. The burst TENS parameters include an adjustable burst rate, adjustable pulse width, and a fixed pulse rate. This means that the device gives you options to adjust the rate of bursts and their width while setting the pulse rate for you. Pain type: Chronic Effect: Provides bursts of stimulationIdeal for: Those with chronic pain intensity at higher than normal levels. In modulation mode, your device cycles between pulse width and rate to shock nerves for pain intensity at higher than normal levels. In modulation mode, your device cycles between pulse width and rate to shock nerves for pain intensity at higher than normal levels. In modulation mode, your device cycles between pulse width and rate to shock nerves for pain intensity at higher than normal levels. In modulation mode, your device cycles between pulse width and rate to shock nerves for pain intensity at higher than normal levels. In modulation mode, your device cycles between pulse width and rate to shock nerves for pain intensity at higher than normal levels. In modulation mode, your device cycles between pulse width and rate to shock nerves for pain intensity at higher than normal levels. In modulation mode, your device cycles between pulse width and rate to shock nerves for pain intensity at higher than normal levels. 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Pain type: Acute or chronic Effect: Cycles between pulse width and rate setting. When using your device, you'll have the option to customize the mode and its pulse rate, width, and intensity. Learning how to use your TENS unit's settings is essential as each has a different effect on your body. Use this in unison with your device's manual to find the best setting for your pain type (acute, chronic, and condition). - Dictates how frequently you receive electrical stimulation - Small: Chronic pain & endorphin release -Large: Acute pain & pain gate effectYour device's pulse rate refers to how often it sends an electrical stimulation. Pulse rate is measured in hertz (Hz), or pulses per second. 35 Hz equates to 35 pulses per second, whereas 120 Hz means the device will deliver 120 pulses each second. The chart below highlights different frequency ranges and what they're ideal for. Pulse Rate RangeIdeal For2-5 HzEndorphin Release (your body's natural morphine) 2-10 HzChronic Pain35-50 HzModerate Pain80-120 HzAcute Pain90-130 Hz (most commonly used)Creating a Pain Gate Effect (blocks pain nerves from sending messages to your brain, so you don't feel pain)Caution: Higher TENS frequency settings can cause skin irritation occurs, limit your treatment time. It should also be noted that lower frequencies may be ineffective if you have an opioid tolerance. Measured in microseconds (us)Dictates the length of the pulse being delivered Small(Acute Pain) to LargeChronic Pain, Blood Circulation, & Muscle Contraction.Pulse width, also called pulse duration, is the length of the pulse width delivers a stronger stimulation. When setting your pulse width, be wary of your pulse rate. Having both at a high setting may be uncomfortable. You may want each set to be opposite of the other. For example, set your device to a high frequency and a low duration or vice-versa. Pulse Width RangeIdeal For70-150 psAcute Pain120 psChronic Pain175-200 psMost recommended 260 psBlood circulation and muscle contract pulse width, a low setting is typically better for pain relief. In contrast, a high setting will increase blood flow and contract muscles. When selecting your mode and settings, it's essential to be aware of the following: Higher pulse rates tend to cause discomfort when used in modulation or burst mode. Normal mode is typically okay regardless of the TENS unit frequency and width.Your device's intensity level refers to the strength of the electrical pulse emitted. This answer varies as the ideal intensity level will depend on a few things: Your body's reception of TENS therapy Some are more or less sensitive to electrical stimulation. You may require higher intensity levels if you've built a resistance to opioids. Your tensity level producing a different amount of microamperes. Your target body part. Certain areas of the body are more sensitive to TENS therapy. You should always start at the lowest intensity level and gradually increase it until the pain eases. Your treatment should be comfortable. If discomfort occurs, lower the intensity level. Be aware that muscle contractions and twitching will occur at higher levels. Pulse Width (Duration) - Dictates the length of the pulse being delivered. - Small: Acute pain - Large: Chronic pain, blood circulation, and muscle contraction. Consider the following Your body's reception to TENS therapy. Your level of pain Your Tens Divice Your target body part. Regarding pulse rate and intensity combinations, there have been a few discoveries on their effects. The table below highlights what each combination achieves. Intensity LevelPulse RateEffectLow to Moderate intensity level combined with a pulse width of 80-100 Hz is ideal for fast pain relief. A high-intensity level combined with a pulse rate of 2-5 Hz will provide longer-lasting pain relief. More immediate pain relief may be suitable to prevent sleep interruptions or for long activities such as social functions. Because of its high degree of safety, TENS therapy can be used as long and associal functions. Because of its high degree of safety, TENS therapy can be used as long and associal functions. Because of its high degree of safety, TENS therapy can be used as long and associal functions. Because of its high degree of safety, TENS therapy can be used as long and associal functions. Because of its high degree of safety, TENS therapy can be used as long and associal functions. often as needed. However, it should be noted that higher settings may require frequent breaks to give your skin and muscles breaks. Failure to do so can irritate your skin and cause muscle soreness. It's a good practice when first using your device to limit treatment to 30 minutes. Regarding length and frequency of treatments, experts and studies have found:40 minutes is the ideal time for best results. Chronic pain is best treated for 20-60 minutes, up to four times daily. Chronic pain should be treated for 20-30 minutes, up to five times weekly. Because of its high degree of safety, as often as needed.What studies & experts have found:First Time Users: 30 minutes While actively moving. It's less effective while inactive during treatments. In regards to when you do your TENS therapy, consider these factors: When do you typically experience your pain? If possible, can you wear your device while doing said activities? It's essential to be aware of these factors to make your best effort to keep your pain levels down. It can be very beneficial to start your treatment when the pain is low or non-existent. By nature, TENS therapy is a science. Each setting's pulse width, rate, intensity, timing, and placement, there are quite a few variations you can use. The chart below lists various TENS unit settings and techniques as their use. In the "use" column, we identify whether the TENS setting is for chronic pain or acute pain and if it has a specific effect. MethodPad PlacementModePulse RatePulse WidthIntensity LevelDuration of TreatmentUseGeneral SettingsAt the site of PainNormal60-150 Hz70-100µsBased on you pain level30 min.Most types of painGeneral SettingsAt the site of PainNormal150 Hz260µsBased on you pain level15 min.Acute PainCommon Beginner Setting(Used by NHS pain clinics for the first 3-4 days)At the site of PainNormal80 Hz150µsLow1-1.5 hrsMost types of pain, when using TENS for first timeConventional TENS (C-TENS) - Low intensity, high frequency At the site of PainNormal50-100 Hz50-200µsLowAs long as needed Most types of pain, to produce strong but comfortable TENS treatment Acupuncture-Like TENS (AL-TENS) - Low intensity, high frequency At the site of PainNormal50-100 Hz50-200µsLowAs long as needed Most types of pain, to produce strong but comfortable TENS treatment Acupuncture-Like TENS (AL-TENS) - Low intensity, high frequency At the site of PainNormal50-100 Hz50-200µsLowAs long as needed Most types of pain, to produce strong but comfortable TENS treatment Acupuncture-Like TENS (AL-TENS) - Low intensity, high frequency At the site of PainNormal50-100 Hz50-200µsLowAs long as needed Most types of pain, to produce strong but comfortable TENS (AL-TENS) - Low intensity, high frequency At the site of PainNormal50-100 Hz50-200µsLowAs long as needed Most types of pain, to produce strong but comfortable TENS (AL-TENS) - Low intensity, high frequency At the site of PainNormal50-100 Hz50-200µsLowAs long as needed Most types of pain, to produce strong but comfortable TENS (AL-TENS) - Low intensity, high frequency At the site of PainNormal50-100 Hz50-200µsLowAs long as needed Most types of pain, to produce strong but comfortable TENS (AL-TENS) - Low intensity, high frequency At the site of PainNormal50-100 Hz50-200µsLowAs long as needed Most types of pain, to produce strong but comfortable TENS (AL-TENS) - Low intensity, high frequency At the site of PainNormal50-100 Hz50-200µsLowAs long as needed Most types of pain, to produce strong but comfortable TENS (AL-TENS) - Low intensity, high frequency At the site of PainNormal50-100 Hz50-200µsLowAs long as needed Most types High intensity, low frequencyOver muscles, acupuncture points, or trigger pointsNormal or Burst2-4 Hz100-400µsHigh15-20 min, up to 3 times/dayAcute or Chronic PainProduce strong but comfortable muscle contractionsIntense TENS - High intensity, high frequencyOver nerves arising from painNormalUp to 200 PPS200-250µsHigh10 min.Chronic Pain Produce maximumly tolerable (painful) TENS treatment Where you place your pads is another crucial component to successful TENS pain relief. Your electrodes include: It may take 3-4 tries before finding the ideal placement. Pads should be placed at least 1" apart. The closer the pads, the stronger the stimulation. Always wash and dry your target area before placing. Make sure each pad is firmly placed with no parts unadhered to your skin mid-treatment. Before placing your electrodes, you'll want to find the area in pain first. To do so, start lightly touching your target area and note where most of the pain is. This is going to be the center of your pad placement. Next, locate the surrounding areas with less pain. These areas will be where you'll want to place your electrodes. When Using Multiple Channels Cross Aligned ("x"): Current from each channel crosses where most of the pain stems from Parallel: Each channel is parallel to one another, allowing for a broader area of pain to be covered. Multiple Areas/Body Parts: Each channel is parallel to one another, allowing for a broader area of pain to be covered. Multiple Areas/Body Parts: Each channel is parallel to one another, allowing for a broader area of pain to be covered. Multiple Areas/Body Parts: Each channel is parallel to one another, allowing for a broader area of pain to be covered. Multiple Areas/Body Parts: Each channel is parallel to one another, allowing for a broader area of pain to be covered. Multiple Areas/Body Parts: Each channel is parallel to one another, allowing for a broader area of pain to be covered. Multiple Areas/Body Parts: Each channel is parallel to one another, allowing for a broader area of pain to be covered. Multiple Areas/Body Parts: Each channel is parallel to one another, allowing multiple Areas/Body Parts: Each channel is parallel to one another, allowing for a broader area of pain to be covered. Multiple Areas/Body Parts: Each channel is parallel to one another, allowing multiple Areas/Body Parts: Each channel is parallel to one another, allowing multiple Areas/Body Parts: Each channel is parallel to one another, allowing multiple Areas/Body Parts: Each channel is parallel to one another, allowing multiple Areas/Body Parts: Each channel is parallel to one another, allowing multiple Areas/Body Parts: Each channel is parallel to one another, allowing multiple Areas/Body Parts: Each channel is parallel to one another, allowing multiple Areas/Body Parts: Each channel is parallel to one another, allowing multiple Areas/Body Parts: Each channel is parallel to one another, allowing multiple Areas/Body Pa placement, there isn't a "wrong" area to place them (aside from the areas to avoid). You may have also noticed that some techniques in the section focus on placing pads over areas such as pressure points, muscles, or simply over the pain. Simply put, the correct placement will be dictated by if the pain is still being felt and how comfortable the treatment is. Before we cover placement, it's essential to note your device's channels. This refers to the number of lead wires plugged in simultaneously. If using more than one channel, it's essential to be strategic with how each is refers to the number of lead wires plugged in simultaneously. If using more than one channels allow you to target more or larger pain areas simultaneously. placed. There are three methodologies when considering multi-channel placement: Cross-aligned ("X"): This method involves placing electrodes so that each channel to cross-align where most of the pain stems from. Parallel: With this placement, each channel involves placing electrodes so that each channel to cross-aligned ("X"): This method involves placing electrodes so that each channel involves placing electrodes so that each channel involves placement. placed parallel to one another. The current from each channel does not cross. This placement method allows for a broader area of pain to be covered. Multiple body parts: Using more than one channel is ideal if your pain is widespread or you have multiple body parts. multiple pain areas to be treated simultaneously. Below, we've highlighted standard pad placement by body part. Your pad placement may vary depending on the location and cause of your pain. For an ideal TENS unit application, follow these steps: Identify the area in pain by softy touching it. Identify where most of the pain is and the surrounding area; this is where you'll place your pads. Once identified, clean your skin of oil or lotion and thoroughly dry the target area; ensure each pad is firmly placed and no edges are protruding (protruding edges can cause your skin to be "zapped"). Each pad should be at least 1" apart and not be touching each other or any other object. Connect your lead wires to each pad. Connect each lead wires to the device. Double check the lead wires to the device on at its lowest intensity level. Choose your desired settings. Turn the intensity level up until you stop feeling pain. Your muscles may start to contract. After the initial minutes of treatment, stimulation may weaken. This is called "accommodation" and is normal as your body gets used to TENS. Turn the intensity level up to keep the effect strong but comfortable. Identify your pain area. Clean the target area with soap and water and dry after. Place electrodes around the target area, at least 1 least 1 apartConnect your lead wires to each pad.Connect each lead wire to the device.Turn the device on at its lowest intensity level may need to be increasedTry a different setting. Reposition the electrodes (make sure to turn the device). If pain returns during treatment, intensity level may need to be increasedTry a different setting. off first) - incorrect positioning may not allow the current to travel through the target nerves. Turn the intensity up. Check that the pads are placed firmly over your skin. Call your healthcare provider if you still can't get relief. Check your electrodes: are they firmly sticking to your skin? You can attempt to reactivate their sticky surface by wetting your fingertip, gently rubbing the pad surface, and then letting it dry for one minute. If this is ineffective, new pads might be required. You can attempt to reactivate their sticky surface by wetting your fingertip, gently rubbing the pad surface, and then letting it dry for one minute. If this is ineffective, new pads might be required. You can attempt to reactivate their sticky surface by wetting your fingertip, gently rubbing the pad surface, and then letting it dry for one minute. dry for one minute. If this is ineffective, new pads might be required. Try using a skin prep wipe before placing electrodes. These remove oils and lotions to allow the pad to stick better. Reposition your electrodes if they're over a joint. Try to sit still during treatment: Target areas closer to the joints can cause pads to unstick with movement. If you're sweating during treatment, try to place medical tape over the electrodes. As mentioned prior, TENS therapy does not promote healing, it can make movements much more manageable. This can make any rehabilitation, such as stretching and exercise, more manageable. If you're recovering from an injury or surgery, rehabilitation can be challenging if the pain is severe enough. This is where healthcare professionals most commonly use TENS devices. Physical therapists will frequently use a TENS unit before an injury or surgery. during, and even after rehabilitation sessions. These devices reduce patient pain to make movement easier, allowing for a broader range of motion. When used after exercise, they can be used to delay the onset of muscle soreness and any pain from movement. Here are a few ways to incorporate TENS therapy with stretching and exercise: Before movement: Use your device at least 15 minutes before moving to allow the treatment to take effect. Locate your area of pain and set your device to your device during movement: Using your device during movement can keep the pain away throughout your regimen Just be sure to be cautious of your TENS equipment. Your electrodes can come undone, and lead wires may pose a trip hazard. If your device has a belt clip, it might be ideal to utilize it. After movement: Athletes regularly use TENS units post-workout to minimize pain and treat sore muscles. One study involving 50 participants found it to reduce delayed onset muscle soreness effectively. Because your muscles tend to get sore after movements, it's important to avoid setting your pulse to around 260µs. In this setting, it can cause muscles to treat and make the soreness worse. Hot and cold therapy, also called contract therapy, involves alternating hot and cold temperatures to treat and injury. Hot temperatures improve blood circulation, minimize cramping, and relieve pain. Cold temperatures minimize swelling, and relieve pain. It's important to alternate each to cancel out adverse side effects of each (heat can create more swelling, and cold can cause muscle spasms). Using a TENS machine before or after hot and cold therapy can help relieve pain and improve blood circulation to the pain. You should never use these treatments simultaneously as moisture from your target area before applying electrodes is also essential. Below, we've taken our step-by-step instructions for using your TENS unit with heat & cold therapy: Apply TENS therapy for 10-15 minutes Apply cold for 1 minutes of heat Again use 1 minutes of heat Again use 1 minutes of heat Again use 1 minutes of coldSwitch back to heat for 3 minutesUse 1 minutes of cold Finish treatment with 10-15 minutes of TENS therapy. One of the many advantages of TENS therapy is its ability to minimize (and even remove) the dependency on prescription medications. One study found TENS therapy to be an effective method of non-opioid pain relief, offering a source of pain management for patients in their emergency department. How you incorporate TENS therapy into your pain relief, offering a source of pain management for patients in their emergency department. How you incorporate TENS therapy into your pain relief, offering a source of pain management for patients in their emergency department. How you incorporate TENS therapy into your pain relief, offering a source of pain management for patients in their emergency department. How you incorporate TENS therapy into your pain relief, offering a source of pain management for patients in their emergency department. How you incorporate TENS therapy into your pain relief, offering a source of pain management for patients in their emergency department. How you incorporate TENS therapy into your pain relief, offering a source of pain management for patients in their emergency department. How you incorporate TENS therapy is the pain relief. condition and doctor's recommendations. One approach is to use your device before taking pain medications. After treatment, wait to see if your pain comes back, and then take your medicine. This method is excellent for using pain medications. After treatment, wait to see if your pain comes back, and then take your medicine. and can even be covered by insurance. Your electrode storage and care are crucial to keeping your costs low. Below, we highlight a few methods of extending the lifespan of your pads. Taking the time to clean your skin before treatment can significantly extend the life of your electrodes. Your electrodes should come in a seal-tight bag and on plastic sheets. Their packaging is designed to do two things: keep moisture in and give them a clean surface to stick to. Ensure the bag is tightly shut when storing your pads to keep air from drying them out. For added convenience, you might want to consider an electrode holder. These offer an easier way to store your pads. Oils and hair can cause electrodes to lose their stick quicker than usual. Be sure to wipe your pads with antiseptic spray or TENS wipes after each use. This will remove any oils or hair that came into contact with your pads during treatment. What does TENS therapy feel like? While using your TENS unit, you may feel tingling, tapping, buzzing, or muscle twitching. Sometimes, treatment may feel weaker or stronger as your body adjusts to the effect. No, it shouldn't hurt. If you set it at too high of a setting, it may cause discomfort. If electrodes are not placed firmly, this can cause a zapping sensation. Can TENS cause bodily harm? No, the electrical impulses from the device are not strong enough to cause ill effects. However, some skin irritation can occur from the electrodes. Yes, turning your device up to a higher setting can cause harm. You can cause harm. You can cause a surprising shock and create discomfort. However, the dosage is not intense enough to cause harm. while in use Your electrodes are not firmly placed and are protruding from your skinYou touch damaged wiresDoes the electrode placement matter?Yes, TENS therapy relies on sending the electrical current through the pain. This means you need to place the pads around the target area to direct the current to that area. It's also vital to place electrodes on fleshy areas of the body and not over bones. What should I do if the electrodes fall off? Turn the device off and disconnect the pads. Ensure your skin and the pads are clean, and reapply. If they continue to fall off? Turn the device off and disconnect the pads are clean, and reapply. If they continue to fall off? Turn the device off and disconnect the pads. it's not uncomfortable. Just note that causing your muscles to twitch for 30 minutes or longer can tire them out and create soreness. Will it be effective if I turn it to a level where the pain is no longer felt. Why can't I wear my device while sleeping? While it's okay to wear it before bed, using your device while sleeping can cause wires to get tangled or unplugged. Your pads can also come off and cause you to get zapped. You also should let your skin rest from wearing your pads. Is daily use necessary? Or can I take a break? One of the most valuable benefits of TENS therapy is it can be used as often as needed. Taking breaks is perfectly okay, or you can use them daily. Why can't I share my electrodes? The skin can be a breeding ground for germs and bacteria. Sharing electrodes can cause transmission. While sharing a device is okay, you should never share electrodes.Why should I not use it while showering?This puts you at risk of electrical shock and can cause damage to your device. How many pads should I use?A minimum of two pads should be used. Pad usage should be used. Pad usage should be used. Pad usage to your device. How many pads should I use?A minimum of two pads should be used. Pad usage to your device. equate to stronger stimulation which provides more significant pain relief. Does insurance cover d by insurance policy, and device. To learn how to get your device covered, read our article on getting a TENS unit covered by insurance policy. insurance.Where can I get more electrodes?Additional electrodes can be purchased here or elsewhere online. It's essential to check your device's electrode type as there are many types of pads. The most common types are pigtail and snap-on.Regarding pain relief, TENS therapy is an excellent option for those who want to block pain without using addictive drugs. These devices are portable for use anywhere and have become highly affordable. We've covered a lot in this TENS unit training. To recap, consider these TENS unit training. To recap, consider these th practices.Incorporate other rehabilitation methods to make the most of your therapy.Keep track of your sessions by making notes of your device settings, pad placement, and before/after pain level. This will help you track what works.Be sure to clean and store your electrodes properly to extend their lifespan.Be aware of your pain. Know when it typically occurs or when you might be doing activities that may cause pain. TENS therapy can quickly become a staple for any exercise or rehabilitation regimen when used correctly. What experience have you had with your device? Have you found specific settings or placements that work best for your pain? Leave a comment below; we'd love to know! Brandon Landgraf is the Digital Marketing Manager for Carex Health Brands. He finds passion and fulfillment in creating content that enhances, improves, and enlivens others' quality of life. All of his written work is formulated to not only offer essential advice and tips but back it with proven studies and experts. His mission is to connect with readers and provide steps to make their lives better. You can connect with him on LinkedIn here. Carex is your one-stop shop for home medical equipment and for products that assist caregivers with providing the best possible support and care for their loved ones. Carex Health Brands has been the branded leader in in-home, self-care medical products for over 35 years. Our goal is to improve the lives of our customers by bring them quality products that bring dignity back to their lives. With our three nationally distributors and medical dealers. Pain is a warning system and the body's method of telling us that something is wrong. Pain is essential; without it, abnormal conditions may go undetected, causing damage or injury to vital parts of our bodies. Even though pain is a necessary warning signal of trauma or malfunction in the body, nature may have gone too far in its design. Aside from its value ir diagnosis, long-lasting persistent pain serves no useful purpose. Pain doesn't begin until a coded message travels to the brain where it's decoded, analyzed, and then reacted to. The pain message goes from the injured area along the spinal cord to the brain. The pain message is then interpreted, referred back, and the pain is felt. Brandon LandgrafJune 13, 2022 As a core area of our mission, we warrant our products that deliver on their promise. Below, you'll find our limited warranty, which includes what is and isn't covered and how to request a repair or replacement. Limited Warranty As an expression of our products, TENS 7000 warrants its products to be free from defects in materials and workmanship during normal use by the original purchaser of the product. If a TENS 7000 item proves defective in materials and workmanship during normal use by the original purchaser of the product, TENS 7000 will arrange for replacement, write to TENS 7000 Customer Service, 6753 Engle Road, Middleburg Heights, OH 44130, or email to support@TENS7000.com to arrange for warranty service. Repair or replacement is at the option of TENS 7000, and warranty may not include labor charges incurred in replacement part(s) installation, repair of any such product, or shipping expenses. The warranty does not cover problems arising from the normal wear, product abuse, modification, failure to adhere to the accompanying instructions, improper operation, misuse, commercial use or the use other than for personal, family or household purposes and excludes shipping and handling charges. TENS 7000 SHALL NOT BE LIABLE FOR ANY CONSEQUENTIAL OR INCIDENTAL DAMAGES WHATSOEVER. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation of exclusion may not apply to you. This warranty gives you specific legal rights and you may also have other rights, which vary from state to state or country to country. Write a review Like the 9VDC power no hassle with USB Charging Wanted this unit because of the power supply. I find it easier to change a battery than to plug into a USB port to charge constantly, plus the 9VDC provides the extra current so this unit can run at its rated 100mA output if needed. Works well, easy connections to the unit, and controls are easy to use. Massive Help! I received it 3 days ago. In that time using it has eradicated 99% of the pain in my shoulder...it certainly works. I have not tried it on my knee but I am confident that it will reduce the pain. Do I recommend TENS 7000? Yes, without a shadow of a doubt. I have suggested to some of my friends at the gym that they should consider getting it. One suggested to some of my friends at the gym that they should consider getting it. the medical field have provided us with a host of new technologies to help meet a wider variety of conditions than ever before. For instance, TENS machines. Thus, learning the dos and don'ts of using TENS units can help patients get the most out of their experience with this incredible technology. The Dos of Using TENS units. Do Prepare the Skin First Doing skin preparation before applying an electrode will help ensure proper electrical flow for a more effective treatment. Before you place an electrode, follow these instructions: Wash the area with soap and water. Dry the area thoroughly. Put a small amount of gel under the electrodes. Cover the electrodes with medical tape if not self-adhesive. Be sure to examine the skin where you intend to place the electrode. Avoid placing your electrodes in injured or infected areas, such as open wounds, inflamed spots, or numb areas. Do Focus On Areas of Pain Before applying electrodes on either side of the pained area, using either two or four electrodes at a time. As with bandages, you can place electrodes horizontally, vertically, or at an angle. If you have pain in your joints, professionals recommend placing the electrodes on the soft muscle below or above the joints instead of directly on them. Do Adjust the Current There isn't a one-size-fits-all solution as far as the intensity levels go for TENS units. You'll have to experiment with different levels until you find one that works best for you. Generally, it's best to start with a lower intensity at first. As you get used to it, you can increase it. You should feel a tingle on your skin where the electrodes sit. However, if your muscles contract too much or feel uncomfortable, you should choose a lower level. Do Use the Device for as Long as Necessary There is a specific amount of time you can use most medical treatments before they become dangerous. Because TENS units are non-invasive and don't utilize any drugs, you can use them as long as you need while doing other daily tasks. If you're unsure how long you should use your TENS unit, you can use them as long as you need while doing other daily tasks. If you're unsure how long you should use your TENS unit, you can use them as long as you need while doing other daily tasks. become more used to the unit and decide to utilize it longer, you can adjust how long you leave it activated. The Don'ts of Using TENS Units The following are things to avoid when using TENS units. Don't Use a TENS Unit with Specific Medical Conditions You can use TENS units to treat various medical conditions, such as arthritis or diabetic neuropathy. However, there are several conditions that you shouldn't combine with a TENS treatments may potentially trigger seizures as well. TENS treatments may also throw off pacemaker functions for a similar reason. Women in the early stages of pregnancy should also hold off from undergoing treatments until they're closer to giving birth. Don't Place Electrodes on the Head. Neck, or Spine Our nervous system produces a significant amount of electricity—enough to power a 15 to 20 watt light bulb. Consequently, it's never advisable to place an electrode on your head or directly on your spinal cord. You should also avoid placing electrodes on the back of your neck for effective pain relief, but you shouldn't put them on your throat. Don't Use a High-Voltage Unit for TMJ Some patients want to use TENS units to help treat TMJ (temporomandibular joint) disorder symptoms and issues related to other conditions that cause a locked jaw. While this is possible, it's only safe if you use a low-voltage machine. Be sure to talk with the manufacturer and your doctor before using a unit for a TMJ disorder. Don't Overlap Electrodes TENS units work in similar ways to car batteries. The two electrodes are necessary to complete the entire circuit for an electric charge. This is why you need at least two electrode—both sides need to touch your skin. It's also the reason why you should never overlap your electrodes when you place them on a site. When you place electrodes too close together, one side's charge may diminish while the other becomes too strong. As long as you keep the electrodes at least one inch apart, they should still be effective. Don't Store Electrodes too strong. As long as you keep the electrodes at least one inch apart, they should still be effective. this will lead your electrodes to dry out. The adhesive can also become damaged. Keep the following principles in mind when storing your electrodes off in the refrigerator briefly after use. But you shouldn't store them in extreme temperatures indefinitely. them from drying out. Keep electrodes in cool, dark areas out of direct sunlight. Don't wash electrodes with soap to avoid removing the adhesive. Use a small amount of water to replace it. Here at TensUnits.com, we have TENS unit replacement pads to fit various units. Don't Use a Unit Near Water It's common knowledge that electricity and water don't mix without disastrous results. So naturally, you should avoid moisture while using a TENS unit. Before putting electrodes on, make sure your skin is entirely dry, and avoid using them near the bathtub or in the shower. Are TENS Units Right for You? TENs units offer pain relief for various scenarios. For instance, they can help treat health conditions, such as fibromyalgia or diabetic neuropathy, and recurring pain from injuries or menstruation. However, there are a few situations where electrotherapy isn't a good idea. Knowing the dos and don'ts of using TENS units is the first step to deciding whether these treatments are right for you. When in doubt, consult your primary care physician. Our customer service representatives here at TensUnits.com also offer an invaluable wealth of information for all the ins and outs of electrotherapy. Drop us a line Have a question about TENS therapy or your existing TENS 7000 TENS unit? Fill out the form and our team will get back to you. Be sure to visit our TENS 101 page which covers frequently asked questions about our TENS Unit and TENS Therapy. You can also call us at 800-526-8051. TENS 7000 QUICK REFERENCE GUIDE Top Front 7 8 6 ELECTRODES LEAD WIRES For more information about your TENS 7000^{IM} unit, please visit us online at www.compasshealthbrands.com or call 1-800-376-7263. Im The purpose of this guide is not intended to replace or substitute the TENS 7000TM Instruction Manual. PLEASE READ THE INSTRUCTION MANUAL COMPLETELY BEFORE USING THIS DEVICE. contraindications, warnings, cautions and operating instructions found on pages 4 - 5 of your instruction manual. Always follow the operating instructions as listed in the manual. 2 1 4 3 5 SPECIAL FEATURES The placement of electrodes can be one of the most important parameters in achieving success with TENS therapy. If the initial results are not positive, speak to your physician about alternative stimulation settings for future reference. The TENS 7000TM features two protective covers that prevent unintentional changes to settings. Turn on device by turning dial counterclockwise to O. Low battery indicator low. Replace battery when stimulation feels weaker. Read, understand and practice the Side 9 10 signals when battery is *The battery included is designed to be a starter battery. This battery is only intended to last 30 minutes to one hour before needing to be replaced. TENS 7000 UNIT 1 Lead connector sockets - 2 channels 3 Panel cover with reference guide 4 Liquid crystal display (LCD) 5 Mode selection button 6 Set selection button 7 Increment control / increase button 8 Increment control / decrease button 9 Protective cover 10 Belt clip INSERT BATTERY Press arrow and slide battery should be placed on top of the compartment ribbon to allow easy battery removal. PAGE 1 Write a review Like the 9VDC power no hassle with USB Charging Wanted this unit because of the power supply. I find it easier to charge constantly, plus the 9VDC provides the extra current so this unit can run at its rated 100mA output if needed. Works well, easy connections to the unit, and controls are easy to use. Masssive Help! I received it 3 days ago. In that time using it has eradicated 99% of the pain in my shoulder...it certainly works. I have not tried it on my knee but I am confident that it will reduce the pain. Do I recommend TENS 7000? Yes, without a shadow of a doubt. I have suggested to some of my friends at the gym that they should consider getting it. One suggestion, there should be alittle case to carry the electrodes in and a spare lead wire.