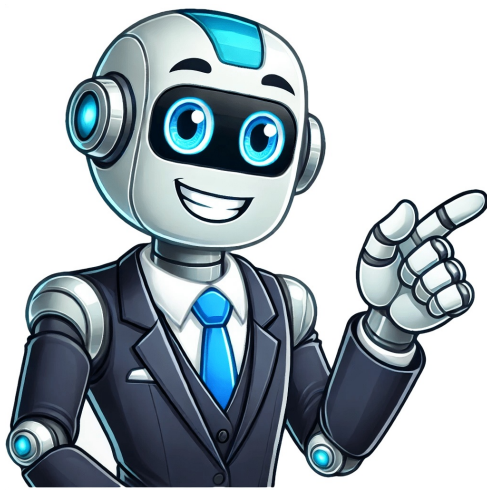


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You can purchase TENS 7000 products including TENS 7000 TENS units, TENS 7000 replacement pads, and TENS 7000 lead wires in many online retailers including TENS7000.com, Amazon, Walmart.com, and eBay. Purchasing through TENS 7000 guarantees our one-year warranty should go wrong with your TENS unit as well as customer service support to offer tips and advice should you have any questions. Where to buy a TENS 7000: The most in-depth TENS unit user 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

TENS therapy is a form of electrostimulation used by physical therapists 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 mode; Pad placement: And the use of complementary treatments. Whether you're still trying to decide on a device, have already purchased one, or are deciding whether TENS is right for you, this guide will help you understand how to use your device effectively. While it's important to know what your body needs, it's also important to know what your device can do. Incorporate it into your rehabilitation Watch the Video Form of This Article Before we get into the nitty-gritty of using your device, it's essential to understand what this treatment is and how it works. 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 brain. This causes you not to feel pain. Endorphin release: The electrical pulses activate and cause your body to release endorphins, the body's natural pain killer. These chemicals create a morphine-like effect to relieve pain. You can see 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 Arthritis Fibromyalgia Bursitis 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 therapists and chiropractors use them on patients. Later in this guide, we'll review the complimentary treatments that pair well with TENS therapy. By nature, TENS therapy may require trial and error to find your "TENS sweet spot." Your sweet spot comprises the ideal device 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 electrodes are 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 gaps between the pads and your skin. Never place pads over bones or joints. This can cause discomfort and cause the electrodes to lose their adhesion 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 targets a different area or body part, allowing multiple pain areas to be treated. While there are a few best practices for pad placement, there isn't a "wrong" area to place them (aside from 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. One channel equates to two electrodes. More channels allow you to target more or larger pain areas simultaneously. If using more than one channel, it's essential to be strategic with how each is placed. There are three methodologies when considering multi-channel placement: Cross-aligned ("X"): This method involves placing electrodes so that each channel crosses one another, creating an "X". This placement allows the current from each channel to cross-align where most of the pain stems from. Parallel: With this placement, each channel is placed parallel to one another, allowing for a broader area of pain to be covered. Multiple Areas/Body Parts: Each channel targets a different area or body part, allowing 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 softly 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. Remove the electrodes from their packaging and place each pad firmly placed and 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 wire to the device. Double check the lead wires are connected properly. Turn 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 twitch 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. 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