



HELPFUL HINTS FOR USING YOUR ANALOGUE TENS MACHINE.

**Do not use TENS if you have a pacemaker or epilepsy. Speak to your doctor first.
Please check other contra-indications before using. These are listed on our website as a guide only.
Always consult your treating health professional for individual advice**

1. To operate the unit, insert the battery supplied. **Ensure battery is inserted the correct way.**
2. Select desired parameters using the front panel. To access panel, slide the cover downwards, you may need to gently press inwards as you slide downwards.
3. Pulse width (uS) and Pulse rate (Hz) are selected by turning the dials to point towards required level.
4. Timer can be set by pushing the button to 15 or 30 OR can be left on continuous.
5. MODE selection should be on N (continuous) unless told otherwise by your treating health professional.
6. Attach the lead/s to the channels left or right on the top of the unit, attach electrodes to leads.
7. Ensure skin, in the area electrodes will be applied, is clean and dry.
8. Peel electrodes carefully from plastic backing and apply to area of treatment.
9. Electrodes plugged into the left side are controlled by the dial on the top left side of the machine and those on the right are controlled by the dial on the right side of the machine. Gently turn clockwise, you will hear a click when you go from OFF to 1. Turn up until desired intensity/sensation is felt. It should always be comfortable.
10. Once at desired level, flip the plastic lid back over and clip into place to prevent knocking the dials and changing the intensity by mistake. If you need to increase intensity during treatment, unclip the plastic lid, adjust intensity then replace the flip lid.
11. To turn off, gently turn dial anti-clockwise until you hear the click to ensure it is off. If not fully off the unit will drain the battery.
12. If using both channels you need to turn each channel on and off separately.

*You may be a bit nervous about turning up the intensity at first. Make your first session a learning one to get the feel for the machine and the sensation. This also applies every time you are trying out new settings.

SOME COMMON PROGRAMS USED

**These are a guide only. Please consult your treating health professional for individual advice.

- Bladder and bowel urgency: 10 Hz (pulse rate) 200uS (pulse width) 30 minutes with electrodes on tibial nerve at inner ankle.
See [video](https://www.pelvicfloorexercise.com.au/resources/post/how-to-set-up-ttns-transcutaneous-tibial-nerve-stimulation) on our website for usual set up <https://www.pelvicfloorexercise.com.au/resources/post/how-to-set-up-ttns-transcutaneous-tibial-nerve-stimulation>
- Pain: often treated with either high or low frequency (pulse rate)
High Frequency 80-100Hz using a pulse width around 50-80uS
Low frequency 1-4 Hz using a pulse width around 100-200uS

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