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Empi select tens unit electrode placement

Preferably, I use high-quality Empi electrodes to complete my electrotherapy system. I've used other brands, but have always gone back to Empi. These electrodes are engineered to match Empi TENS and NMES systems perfectly. There are many styles available to accommodate special needs such as; sensitive skin, high humidity, high temperature, and active lifestyles. I'll go over some of them here. However, you must consult with your physician or medical provider when selecting the correct electrodes. All of the electrodes mentioned here are Empi brand. StimCare Premium Electrodes use, believe it or not, a pure silver conductive layer to provide uniform electrical current distribution. I have used cheap electrodes in the past that had a sharp knife edge type of burning sensation at the edges. The Empi has no such feeling. The pure Aloe vera, thick, hypoallergenic pads are skin friendly. The Carbon Foam Electrodes are more flexible and use a resilient adhesive. Together they provide longer electrode life in high-temperature use. Carbon Cloth Electrodes are for use where a low profile yet comfortable pad is needed. They are also breathable. Do you have sensitive skin? Yup, there's an app. I mean electrode pad for that. The Blue Gel Sensitive Skin Electrodes are tailored just for you. They incorporate a thicker gel pad which yields more comfort for sensitive skin. The reason I was prescribed a TENS unit was for my degenerative joint disease, which has led to nerve damage and fused vertebrae. This next pad is one of my favorites; the Lower Back Electrode. Empi has designed this one to cover larger areas of the lower back and to stay in place better than small pads. They are also shaped to fit your back and hence be more, you guessed it, comfortable. I haven't used the EasyWear™ Conductive Wrap, but it provides quick easy placement of the electrodes. It is as simple to apply as a Velcro back support. It's great for on the go people, at home or at work. The SnapEase® electrode is a small pad used for localized treatment. It features snap connectors for use with snap leads. A specialized adhesive gel leaves no residue. ComfortEase® Multi-Day Electrodes utilize a durable adhesive to achieve multiple days use from one electrode. They are however not reusable. I have used these about as much as I have reusable ones. They are not designed for wearing in the shower, yet mine has stayed put through a couple of showers. Disconnect the pads from the TENS unit before showering. Do not take the TENS unit in the shower! Placement positions Empi also makes carbon rubber electrodes, The NeuroAid®, designed specifically to withstand high heat and high humidity. And last, on my list of Empi electrodes are the Active TENS™. They are made for use with Empi Active TENS™ Unit. They incorporate a supportive wrap to give the support and comfort needed for highly active people. Such as might be required in sports medicine. Empi also has a complete line of skin care products. They improve adhesion, reduce irritation, and lengthen the electrode life. And naturally, they have lead wires, batteries, and chargers for use with their products. Everything they make is intended to be used as a system. Like I said I've used the rest, but have always gone back to the Empi brand. A prescription is recommended for the use of any TENS units. Using our affiliate link to Amazon helps support our sites and costs you nothing extra. Do you suffer from muscle pain? It's possible that your muscle pain came from an injury, strain or overuse. Today, many Americans turn to (transcutaneous electrical nerve stimulation) TENS Unit Therapy to relieve muscle pain in the lower back, hips and arms. The use of a TENS Unit at home may be part of the overall treatment program developed by a physical therapist like myself, a physician or chiropractor. These professionals understand the musculoskeletal system and know how to most effectively place the electrode pads onto your skin for optimal pain relief. You can also buy a TENS unit over the counter (OTC) from your local drugstore or purchase an At Home TENS Unit online from a recognized retailer. Yet, without the advice and training of a healthcare provider, you may not feel comfortable about where to place the electrode pads. I would like to allay some of your fears with a little professional advice about electrode pad placement. In order to obtain the best degree of pain relief with TENS, I recommend the following TENS pad placement guidelines: 1. Take note of exactly where your pain is located. Outline the most concise and tender area of the pain. 2. Always use two pads (one channel) or four pads (two channels) at the same time depending upon the type of TENS unit that you have as it will not work with just one pad. 3. You can alter the flow of the electrical sensation if you change the distance between the electrode pads and/or the direction of the pads. 4. The pads can be placed in one of three directions 1. vertical 2. horizontal 3. angulated. 5. The pads should never touch and should be at least, 1 inch apart. As the distance between the two pads increases the effectiveness decreases. 6. It is advisable not to place the pads directly over a joint such as the knee, elbow or ankle as its movement can alter the adherence of the pad. Here's some advice on which direction to place the pads: 7. When the pain extends across a significant distance of your body (e.g. low back to just above the back of the knee): Place one of the pads vertically at the top of the pain and the other pad vertically at the bottom of the pain. (see sciatic) 8. When the pain is more focused over a smaller area (e.g. calf pain): Place pads in parallel on each side of the pain. (see calf) 9. When the pain overlaps a joint (e.g. elbow pain): Place each pad on the muscle or soft tissue just above and below the joint in a horizontal and parallel direction. (see elbow) 10. When the pain is wide (e.g. between your shoulders below the neck): Place the pads to the left and right side of your spine in a vertical direction. If pain extends out even further above or below the shoulder area, the pads can be angulated to encompass the region of discomfort. For more details on pad placement, electrotherapy and at Home TENS Units, go to The Omron Electrotherapy and TENS Units section of their Website. Do you experience muscle pain? It's possible that the pain was caused by an injury, overuse or strain. Today, a lot Americans turn to TENS (transcutaneous electrical nerve stimulation) Unit Therapy to relieve their muscle pain in the hips, lower back, and arms. Using a TENS Unit in the home may be a part of the complete treatment program recommended by a physical therapist, a chiropractor or a physician. These professionals know the musculoskeletal system as well as how to effectively place the pads onto the skin for pain relief. TENS units can be gotten over the counter from a local drugstore or online from a licensed retailer. Without any recommendation from your healthcare provider, you might not be comfortable about where the electrode pads should be placed. In order to attain the best degree of relief with TENS, it's recommended that you follow these TENS pad placement guidelines below. • Take note of the spot where the pain is located. Highlight the most tender area where it hurts. • Always use two pads or four pads at the same time subject to the kind of TENS unit you have because it won't work with a single pad. • You can modify the flow of electrical sensation if you alter the distance between the pads or the direction as well. • The pads can be positioned in one of three ways. Vertical, horizontal and angulated. • The pads shouldn't come in contact with each other and should be 1 inch apart at least. When the distance between both pads increases, the effectiveness also decreases. • It's advisable not to position the pads over a joint directly such as the elbow, knee, or ankle as this movement can affect the effect of the pad. Below are some tips on how to place the electrode pads: When the pain you're experiencing extends across a substantial distance of your body such as the low back to above the back part of the knee. Place a single pad vertically at the main area of the pain while the other pad should be placed vertically at the lowest part where the pain occurs. However, when the pain focuses more on a smaller area such as calf pain, place the pads in parallel on every side where the pain occurs. If the pain overlaps your joint such as elbow pain, place one pad on the soft tissue or muscle below or above the joint in a parallel and horizontal direction. If the pain is wide, for instance, between your shoulders, and below the neck, fix the pads on the right or left side of the spine in a perpendicular direction. If the pain extends out further below or above the shoulder region, the pads can be arranged to cover the region of the discomfort.

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