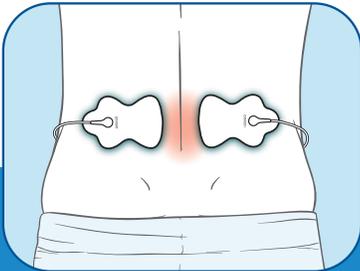


Pad Placement Guide

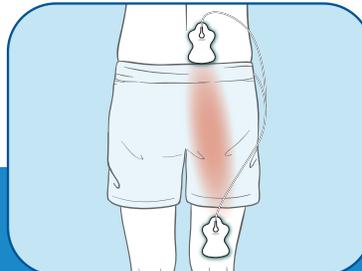


Omron® electroTHERAPY is easy to use and gives you drug-free pain relief exactly where you need it. It's one solution for multiple body pains.



Lower Back

Attach both pads on the lower back with the backbone in the center. Do NOT place on the backbone or spine.



Sciatic

Attach one pad below and above the region in pain, both on same side (NOT on spine).



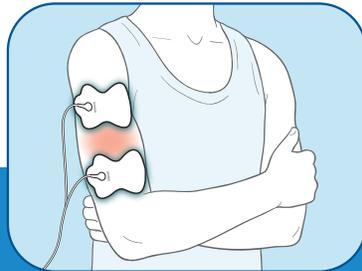
Hip/Thigh

Attach both pads on either side of the area where you feel pain.



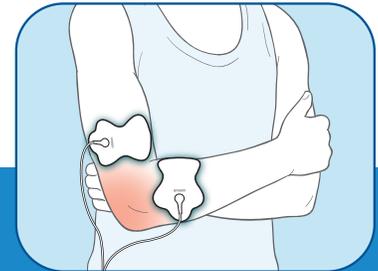
Deltoid

Attach one pad in front and one pad in back of the muscle.



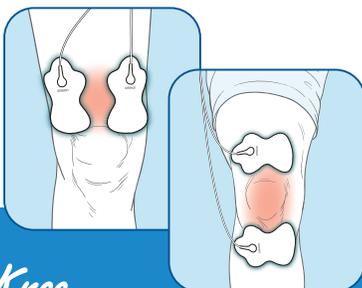
Upper Arm

Attach both pads on either side of the area where you feel pain.



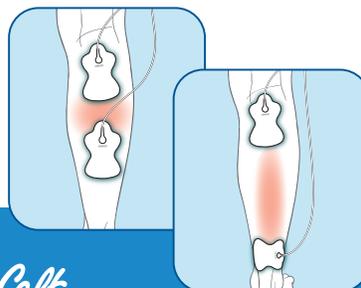
Elbow

Attach both pads on either side of the joint with pain.



Knee

Attach both pads above the knee or above and below the joint with pain.



Calf

Attach both pads on the calf/leg where you feel pain. (Do NOT place electrode pads on both legs at the same time).



Ankle/Foot

Attach pads per the illustration on the left for pain on the outside of your ankle/foot. Attach pads per the illustration on the right for pain on the inside of your ankle/foot.

NOTE: Place pads at least 1 inch apart on clean, dry, healthy skin.

Do not use on your head or face, neck or throat or near your heart. Do not use with an implanted or attached electronic medical device, on children or on unhealthy or damaged skin.



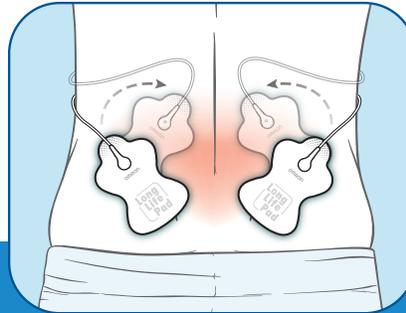
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Lower Back Pain Pad Placement Guide

Professional advice to get the best results.

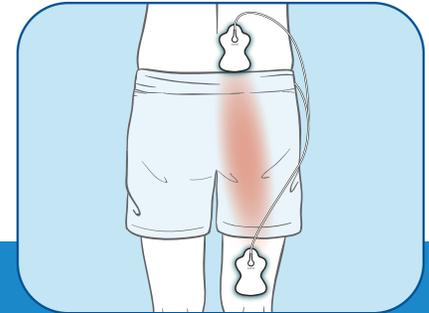
Simple Pad Placement Rules:

- Outline the pain area.
- Choose vertical, horizontal or angulated pad direction.
- Place pads at least 1" apart. Never let them touch.
- Do not place pads over a joint, on your spine, head, or neck, or near your heart.



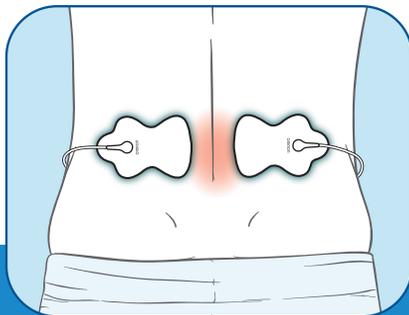
Angulated Pads for wide & narrow pain

If pain is wider on top, place pads at an angle. Reverse angle if pain is wider at the bottom.



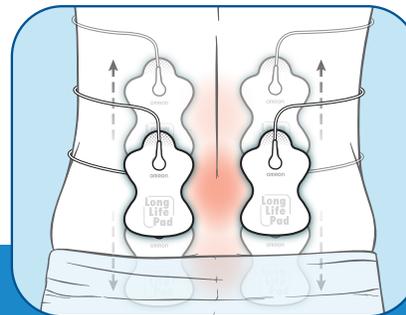
Vertical Pads for Sciatic Pain

When the pain extends across a significant distance, place one pad vertically at the top and the other vertically at the bottom.



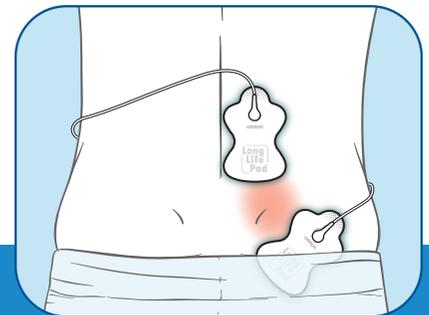
Horizontal Pads for smaller areas

When the pain is more focused, place pads in parallel on each side. (Do not place on the spine)



Vertical Pads for wider areas

When the pain spans across the back, place one pad to the left and one to the right. Move pads higher or lower as needed.



Combo vertical & angled pads

When pain is on one side into the buttocks, place one pad vertically at top and other pad angled at bottom of pain.

These professional tips were recommendations from experienced physical therapist Jeffrey S. Mannheimer, P.T., Ph.D, Co-Author: Clinical TENS, F.A. Davis, 1984

For more info: OmronPainRelief.com | General pain topics: OmronPainRelief.blog.com

