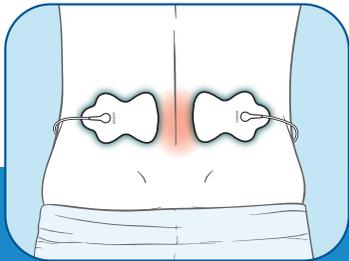


Pad Placement Guide for Large Long Life™ Pads



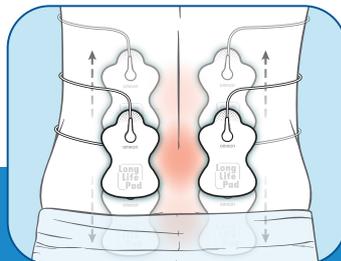
Specifically designed for larger muscles or larger body types.

These durable, comfortable pads are best used on the lower back, hips, thighs, arms and knees, and can be used with Omron's PM 3030 and PM 3031 TENS units.



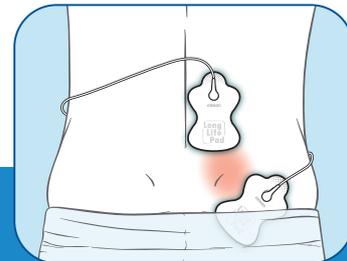
Horizontal pads for smaller areas

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



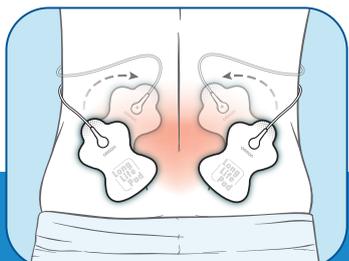
Vertical pads for wider areas

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.



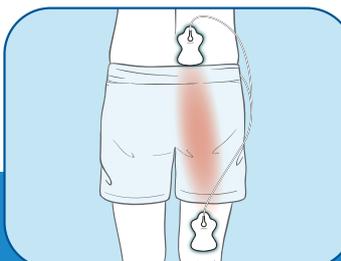
Combo vertical and angled pads

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



Angulated pads for wide and 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.



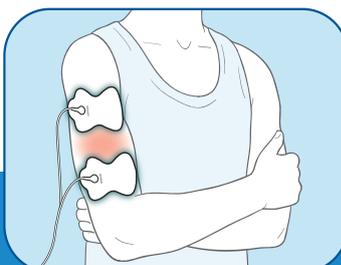
Hip/Thigh

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



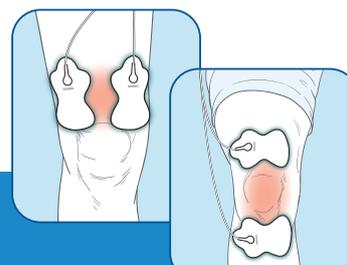
Deltoid

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.



Knee

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

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.
- Do not use with an implanted or attached electronic medical device, on children or on unhealthy or damaged skin.



For more info: OmronPainRelief.com | OmronPainRelief.com/blog

OMRON® Pain Relief Experts for 20 Years

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