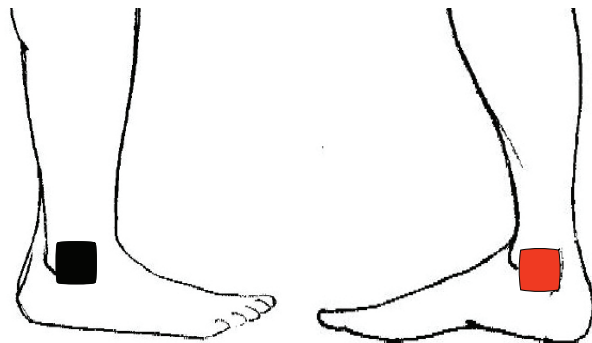


**Ankle Strain/Sprain**

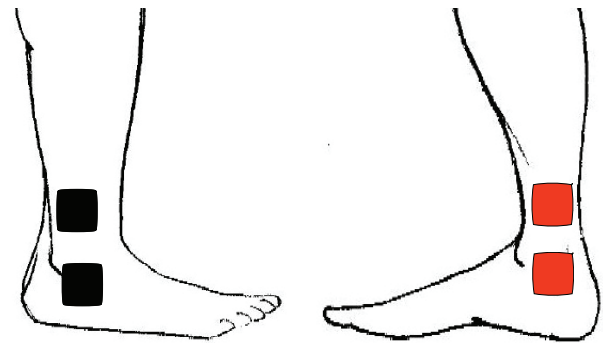
An Ankle Sprain/Strain is one of the most common injuries to the lower extremities. It is estimated that over 80% of ankle sprains are inversion sprains and therefore involve the lateral ligaments of ankle. Edema, bruising, loss of range of motion and pain are all common symptoms. TENS can be used to decrease pain and increase functional mobility for patients with this condition.

Suggested Electrode Placements**2-pad placement**

Place electrode pads over medial and lateral ankle joint OR over lateral ankle and lateral lower leg

**4-pad placement**

Place electrodes with 2 pads placed on the medial aspect of the ankle and 2 pads placed on the lateral ankle, one pad each on the ankle and the other above the ankle joint

**Suggested Treatment Parameters****Mode: Modulated****Pulse rate: 100-120 Hz****Pulse width/duration: 50-150 μ s****Amplitude: Low to moderate level stimulation****Treatment Time: Throughout the day as needed****Mode: Burst****Pulse rate: 2 Bursts/sec****Pulse width/duration: 180-200 μ s****Amplitude: Moderate level stimulation****Treatment Time: Throughout the day as needed**