



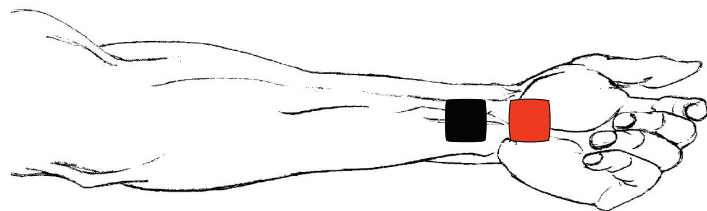
### Carpal Tunnel Syndrome (CTS)

Carpal Tunnel Syndrome (CTS) is a compressive neuropathy of the median nerve at the wrist, the most frequently encountered peripheral neuropathy of the body. CTS is caused predominantly by compression of the median nerve at the wrist because of hypertrophy or edema of the flexor synovium. Pain is thought to be secondary to nerve ischemia rather than direct physical damage of the nerve. TENS is an effective modality to reduce the symptoms of pain associated with this condition.

### Suggested Electrode Placement

#### 2-pad placement

Place electrode pads over median nerve at the wrist



### Suggested Treatment Parameters

**Mode: Modulated**

**Pulse rate: 100-120 Hz**

**Pulse width/duration: 50-150  $\mu$ s**

**Amplitude: Low to moderate level stimulation**

**Treatment Time: Throughout the day as needed**

**Mode: Continuous**

**Pulse rate: 80-100 Hz**

**Pulse width/duration: 50-100  $\mu$ s**

**Amplitude: Low to moderate level stimulation**

**Treatment Time: Throughout the day as needed**

