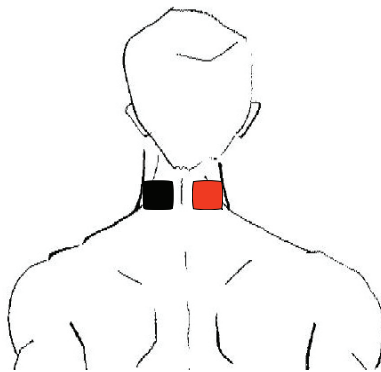
**Cervical Strain/Sprain (Acute)**

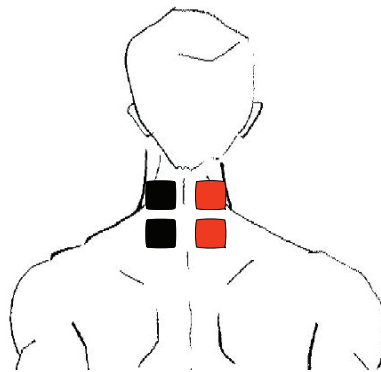
Acute Cervical Strain/Sprain is produced by an overload injury to the muscle-tendon unit because of excessive forces on the cervical spine. Injury to the soft tissues of the cervical spine (ligament, tendon, muscle) are the most likely sources of dysfunction and pain but bony, articular (disks and facets), nerve (including root and spinal cord) tissues may also be involved. TENS is an effective means for relieving some of the pain associated with this disease. With acute injuries, modalities such as cold, ultrasound, and occasionally traction can also help decrease symptoms of pain and paresthesias.

Suggested Electrode Placements**2-pad placement**

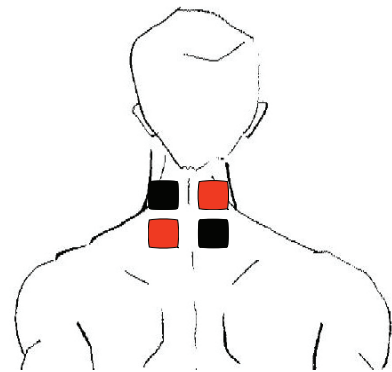
Place electrode pads over bilateral cervical spine &/or upper trapezius

**4-pad placement**

Place electrode pads across cervical spine &/or upper trapezius

**4-pad criss-cross pattern**

Place electrode pads across cervical spine &/or upper trapezius

**Suggested Treatment Parameters****Mode: Continuous****Pulse rate: 80-100 Hz****Pulse width/duration: 50-100 μ s****Amplitude: Low level stimulation****Treatment Time: Once an hour throughout the day as needed****Mode: Modulated****Pulse rate: 100-120 Hz****Pulse width/duration: 50-100 μ s****Amplitude: Low to moderate level stimulation****Treatment Time: Throughout the day as needed**