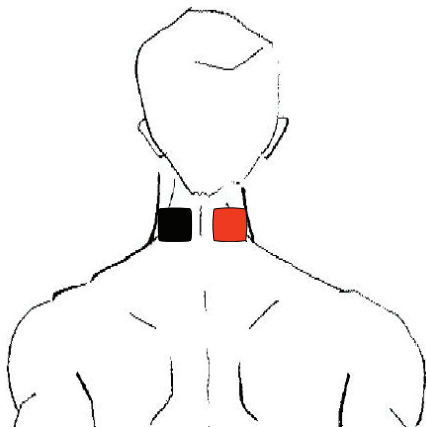


**Cervical Strain/Sprain (Chronic)**

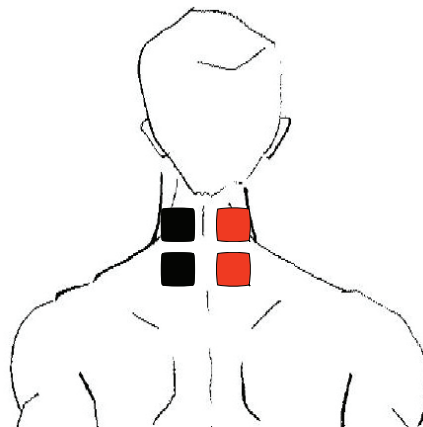
Cervical Strain/Sprain is a common result of repetitive stress or previous traumatic injury to the cervical spine. TENS is an effective means for relieving some of the pain associated with this disease. Other modalities such as cervical traction, cold, heat, ultrasound, etc. can also help decrease symptoms of pain and paresthesias.

Suggested Electrode Placements**2-pad placement**

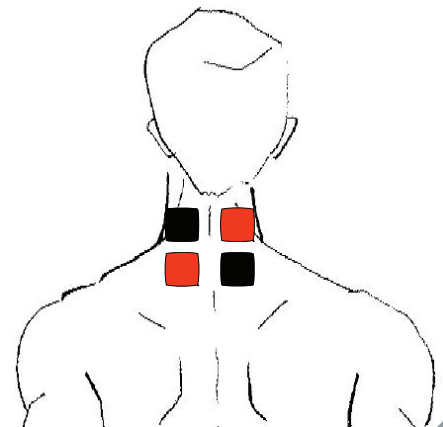
Place electrode pads over bilateral cervical spine &/ or upper trapezius

**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: 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: Continuous

Pulse rate: 80-100 Hz

Pulse width/duration: 50-100 μ s

Amplitude: Low to moderate level stimulation

Treatment Time: Throughout the day as needed

