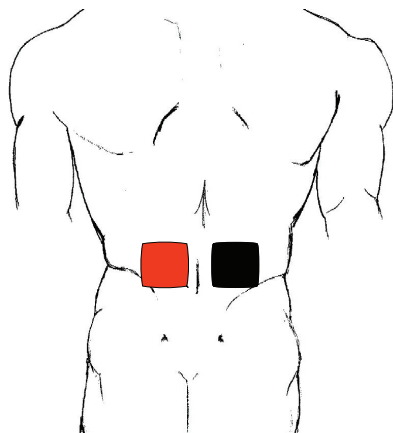


**Degenerative Disc Disease (DDD) - Lumbar**

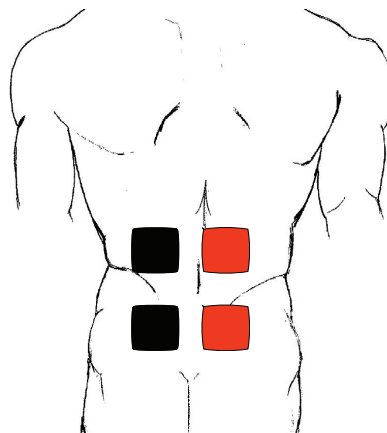
Degenerative disc disease (DDD) often leads to radiculopathy and low back pain. TENS is often used as an effective modality to reduce the patient's symptoms. Other modalities such as lumbar traction, cold, heat, and ultrasound may also be used in conjunction with TENS.

Suggested Electrode Placements**2-pad placement**

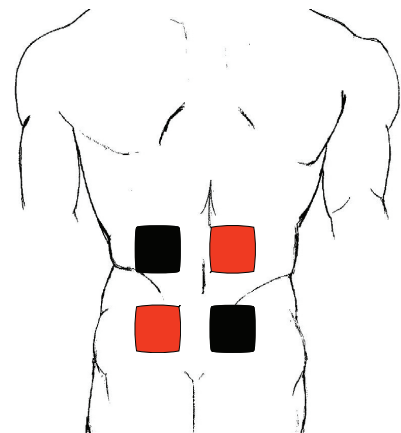
Place electrode pads over bilateral lumbar spine

**4-pad placement**

Place electrode pads across bilateral lumbar spine

**4-pad criss-cross pattern**

Place electrodes across lumbar spine

**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

