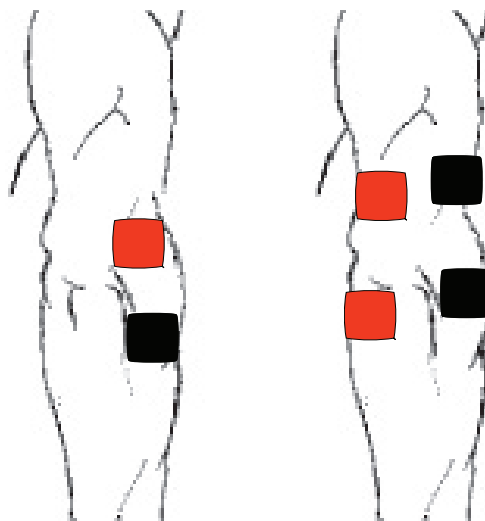


**Elbow Pain (Chronic)**

Elbow pain can be caused by a variety of problems. The elbow can be affected by inflammation of the tendons or the bursae, or conditions which affect the bones and joints, such as fractures, arthritis, or nerve irritation. A common cause in adults is tendonitis, such as tennis elbow or golfers elbow, or with other activities such as gardening, playing baseball, using a screwdriver, or overusing the wrist. This condition creates a great deal of discomfort and pain that can be decreased significantly with the use of TENS.

**Suggested Electrode Placements****2-pad placement**

Place electrode pads over anterior and posterior elbow OR medial and lateral elbow (depending on pain location)

**4-pad placement**

Place electrode pads over anterior and posterior elbow AND medial and lateral elbow

**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: Burst****Pulse rate: 2 bursts/sec****Pulse width/duration: 180-200  $\mu$ s****Amplitude: Moderate level stimulation****Treatment Time: Throughout the day as needed**