



Fibromyalgia

Fibromyalgia is a widespread musculoskeletal pain and fatigue disorder for which the cause is still unknown. Most patients describe their pain as deep muscular aching, throbbing, shooting, and stabbing. Intense burning may also be present as well as diffuse pain and fatigue (particularly in muscles), headaches, numbness and tingling in the extremities, and “tender points”—tenderness that occurs in precise, localized areas, particularly in the neck, spine, shoulders, and hips. TENS is an effective means for relieving some of the pain associated with this disease.

Suggested Electrode Placements

- 2-pad placement of electrode pads over area of pain**
- 4-pad Parallel placement of electrode pads over area of pain**
- 4-pad Criss-cross pattern placement of electrodes over area of pain**

Suggested Treatment Parameters

Mode: Modulated

Pulse rate: 100-120 Hz

Pulse width/duration: 25-100 μ s

Amplitude: Low to moderate level stimulation

Treatment Time: Throughout the day as needed

Mode: Burst

Pulse rate: 2 bursts/sec

Pulse width/duration: 100-150 μ s

Amplitude: Low to moderate level stimulation

Treatment Time: Throughout the day as needed

