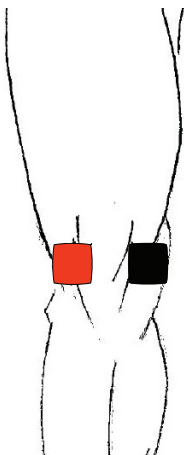


**Knee Pain (Acute)**

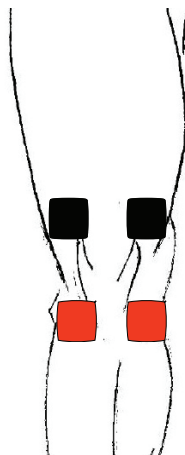
**Acute Knee Pain** can result from many different conditions—traumatic injury, post-surgery (arthroscopy, TKA), muscle strain, tendonitis, bursitis, chondromalacia, etc. TENS can be an effective modality to decrease pain and increase functional mobility.

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

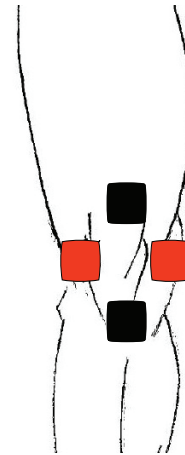
Place electrode pads over anterior knee joint

**4-pad placement**

Place electrode pads around knee joint

**4-pad criss-cross pattern**

place electrodes around knee joint with 2 pads above and below the joint and 2 pads anterior and posterior to the joint

**Suggested Treatment Parameters**

**Mode: Continuous**

**Pulse rate: 80-100 Hz**

**Pulse width/duration: 50-100  $\mu$ s**

**Amplitude: Low to moderate level stimulation**

**Treatment Time: Throughout the day as needed**

**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**

