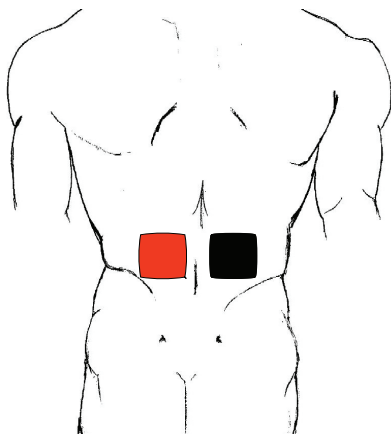


**Low Back Pain/Strain (Chronic)**

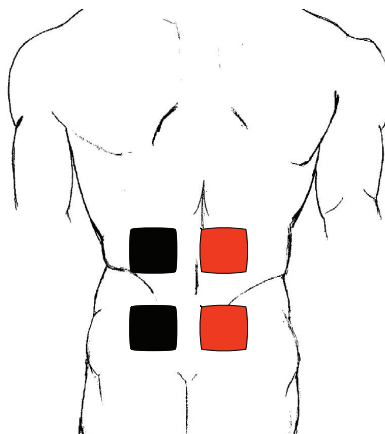
Low Back Pain or Low Back Strain is one of the most common conditions treated with TENS. It is a proven means for relieving some of the pain associated with this disorder. Other modalities such as cold, heat, ultrasound, etc. can also help decrease symptoms of pain and paresthesias.

Suggested Electrode Placements**2-pad placement**

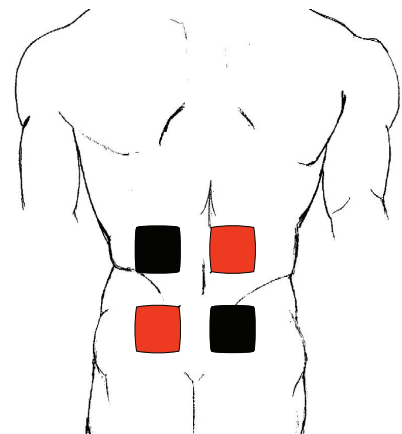
Place electrode pads over bilateral lumbar spine

**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: Burst

Pulse rate: 2 Bursts/sec

Pulse width/duration: 180-200 μ s

Amplitude: Low to moderate level stimulation

Treatment Time: Throughout the day as needed

