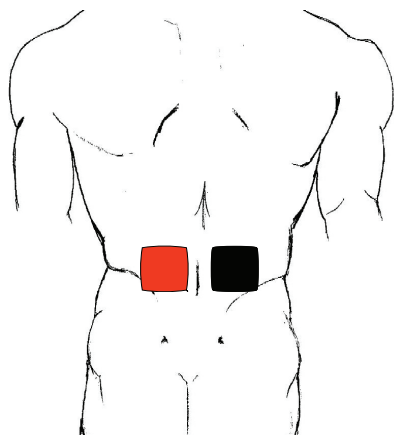


**Osteoarthritis of Lumbar Spine**

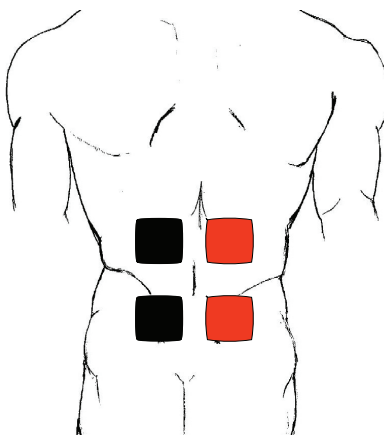
Osteoarthritis of the lumbar spine results from overuse of the lumbar spine or from the effects of traumatic injury. It typically involves the facets joints between the vertebrae but in chronic conditions progresses to degeneration of the discs between the vertebrae and can lead to lumbar spondylosis. Since osteoarthritis is usually treated conservatively, TENS is a common modality used to decrease pain and increase functional

Suggested Electrode Placements**2-pad placement**

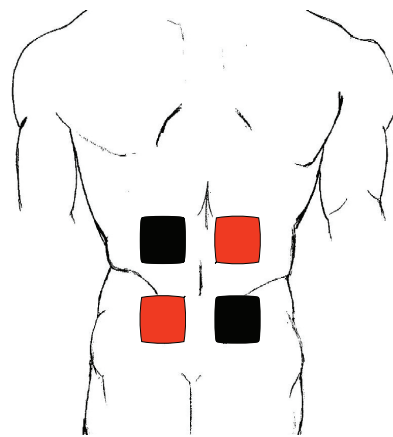
Place electrode pads over bilateral lumbar spine

**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: 100-150 μ s

Amplitude: Low to moderate level stimulation

Treatment Time: Throughout the day as needed

