



Peripheral Neuropathy (Lower Extremity)

Peripheral neuropathy affecting the lower extremities can vary widely in cause and extent. Lower extremity neuropathies range in cause from lumbar spine pathology to peripheral nerve entrapment. In many instances loss of sensation can be experienced but in other cases pain can be intense and debilitating. TENS is a common modality used to decrease pain and increase functional mobility for this disorder.

Suggested Electrode Placements

2-pad placement of electrode pads over affected region

4-pad placement of electrode pads over affected region (pads can be placed parallel or criss-crossed)

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: 50-100 μ s

Amplitude: Low to moderate level stimulation

Treatment Time: Throughout the day as needed

