



### **Peripheral Neuropathy (Upper Extremity)**

**Peripheral nerve damage affecting the upper extremities can vary widely in cause and extent. Upper extremity neuropathies range from mild carpal tunnel syndrome to severe brachial plexopathy. In nearly every case, pain is one of the most common symptoms. TENS is a common modality used to decrease pain and increase functional mobility.**

### **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  $\mu$ 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  $\mu$ s**

**Amplitude: Low to moderate level stimulation**

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

