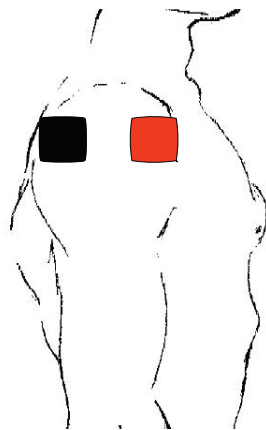


**Shoulder Pain (Chronic Pain)**

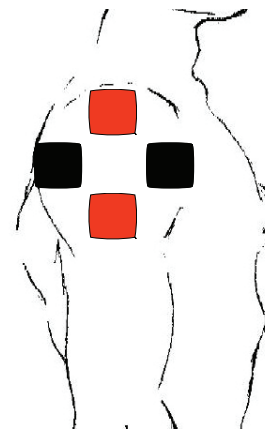
Shoulder pain can be caused by a variety of problems. Like the elbow, the shoulder can be affected by tendonitis, bursitis, fractures, arthritis, or nerve irritation. Because of our dependency on the shoulder for many functional activities, shoulder pain can be very debilitating and restrictive. The pain that is associated with this condition can be decreased significantly with the use of TENS.

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

Place electrode pads over anterior and posterior shoulder joint

**4-pad placement**

Place electrode pads on the anterior, posterior, superior and lateral aspects of the shoulder joint

**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: Burst**

**Pulse rate: 2 bursts/sec**

**Pulse width/duration: 180-200  $\mu$ s**

**Amplitude: Moderate level stimulation**

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

