www.tensaustralia.com

The TENS Specialists

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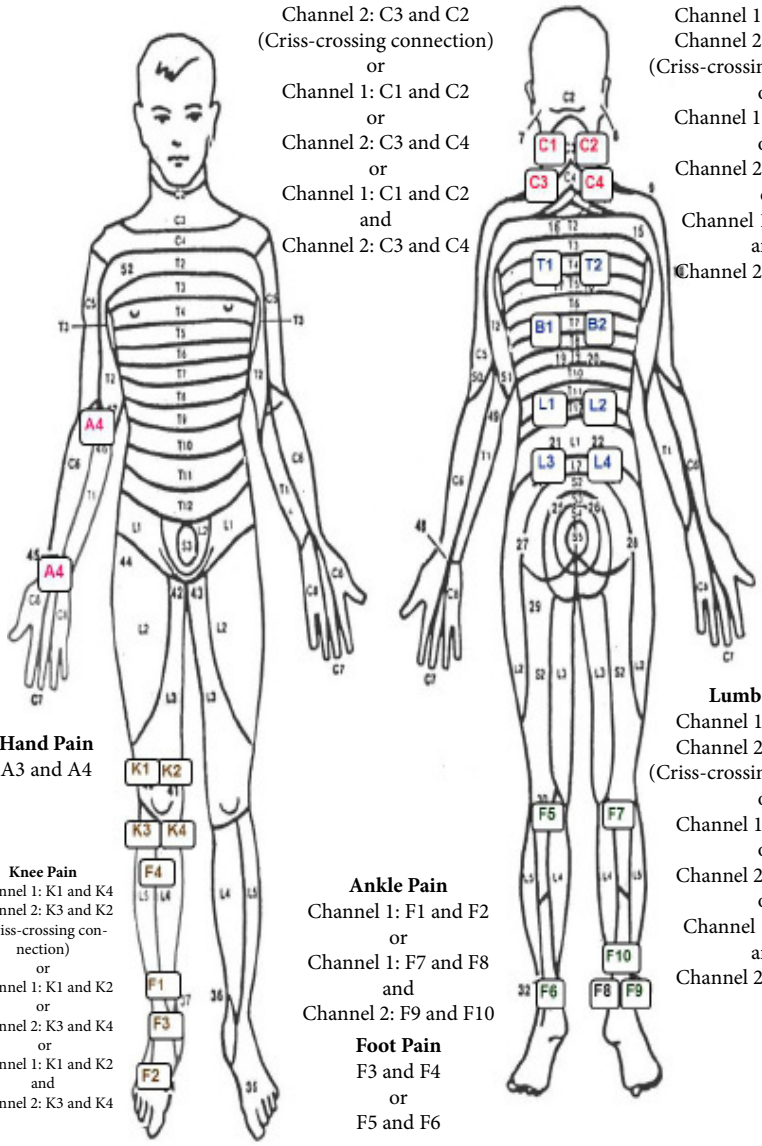
Dermatome Guidelines

COMPACT TENS

Electrode Placement

Cervical Pain
Channel 1: C1 and C4
Channel 2: C3 and C2
(Criss-crossing connection)
or
Channel 1: C1 and C2
or
Channel 2: C3 and C4
or
Channel 1: C1 and C2
and
Channel 2: C3 and C4

Thoracic Pain
Channel 1: T1 and B2
Channel 2: B1 and T2
(Criss-crossing connection)
or
Channel 1: T1 and T2
or
Channel 2: B1 and B2
or
Channel 1: T1 and T2
and
Channel 2: B1 and B2



Hand Pain
A3 and A4

Knee Pain
Channel 1: K1 and K4
Channel 2: K3 and K2
(Criss-crossing connection)
or
Channel 1: K1 and K2
or
Channel 2: K3 and K4
or
Channel 1: K1 and K2
and
Channel 2: K3 and K4

Ankle Pain
Channel 1: F1 and F2
or
Channel 1: F7 and F8
and
Channel 2: F9 and F10

Foot Pain
F3 and F4
or
F5 and F6

Lumbar Pain
Channel 1: L1 and L2
Channel 2: L3 and L4
(Criss-crossing connection)
or
Channel 1: L1 and L2
or
Channel 2: L3 and L4
or
Channel 1: L1 and L2
and
Channel 2: L3 and L4