
This information is a subsection of our eBook - **Everything You Need To Know About TENS Machines**. We strongly recommend reading both of these publications in conjunction with your tens machine user manual and advice from your health care practitioner.



What Precautions Do You Need to Take with TENS Use?

- It is not advisable to drive a vehicle or operate dangerous machinery whilst receiving TENS stimulation.
- Skin irritation from the treatment itself does not occur. However, certain skin types do react to the glue on the electrodes and, therefore, users should use hypoallergenic brands.
- Electrical stimulation should not be used on the front of the neck. Care must be used when treating to avoid the immediate vicinity of the richly innervated carotid sinus. This can be dangerous.
- People who wear pacemakers should ask their doctors about whether TENS is safe for them. TENS can interfere with the operation of some types of pacemakers. It is inadvisable to use TENS if demand type pacemaker is fitted.
- It is not clear whether TENS is safe for pregnant women. You are advised to not use a tens machine in the first 3 months of pregnancy and after that, only after consulting with your obstetrician. A TENS machine can be used during labour to ease the pain associated with childbirth.
- TENS should not be used for undiagnosed pain.
- A TENS unit should not be immersed in liquid substances.

Disclaimer

This exercise program does not provide medical advice of any type. The examples on these sheets, including all graphics, text and images, (collectively 'the content') are intended for information purposes only. The content is not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your health care professional with any questions you may have regarding a medical condition or its treatment. Never disregard professional medical advice or delay or in seeking it because of something you have read or seen on this information sheet. Always read the instructions in the user manual of your tens machine prior to its application. Cease using your tens machine if you experience any pain, discomfort, dizziness, heart palpitations or other unusual symptoms. In such event, contact your health care professional prior to continuing with any further tens use. It is a condition that you consult your health care professional before beginning any information on these sheets.

TENS & EMS Electrodes

What are the Best TENS / EMS Electrodes?

The Highest Quality TENS Electrodes

PALS wanted to offer the best electrode in the world so they created Multi-StickT, a reliable, long lasting gel that adheres when and where it should time after time... after time. All PALS electrodes are made from Multi-StickT, the adhesive gel which lasts up to 10 times longer than the standard electrode gel.

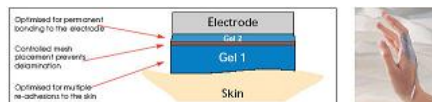
- No other electrode has Multi-StickT Gel.
- Can be repositioned multiple times without diminished effectiveness.
- Offers optimal adherence to skin and conductive material alike.
- Comfortable, non-irritating and easy to peel.
- Resists drying, binding and contamination from skin oil and debris.
- Provides maximum durability, longevity and performance.



PALS
Platinum

Special features:

- Designed for all types of applications
- Unique knitted stainless steel fabric and gel construction
- Ensures an even distribution while reducing current at edging
- Minimise edge curl
- Designed to withstand rigors of lower back TENS application
- Adheres to patient skin when minor moisture is present



Skin Irritation:

If skin irritation occurs, try reducing the amount of electrical stimulation and moving the electrodes slightly. Ensure that your skin is not broken or that your self-adhesive electrode has not deteriorated. Please replace with a new electrode if this has occurred.

Disclaimer

This exercise program does not provide medical advice of any type. The examples on these sheets, including all graphics, text and images, (collectively 'the content') are intended for information purposes only. The content is not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your health care professional with any questions you may have regarding a medical condition or its treatment. Never disregard professional medical advice or delay or in seeking it because of something you have read or seen on this information sheet. Always read the instructions in the user manual of your tens machine prior to its application. Cease using your tens machine if you experience any pain, discomfort, dizziness, heart palpitations or other unusual symptoms. In such event, contact your health care professional prior to continuing with any further tens use. It is a condition that you consult your health care professional before beginning any information on these sheets.

Electrode Sizes & Shapes Available Online

Please click the link below for more online information.

Premium Quality Electrodes:

- [PALS Platinum Electrodes - Rectangle \(5cm x 9cm\)](#)
- [PALS Platinum Electrodes - Rectangle \(7.5cm x 10cm\)](#)
- [PALS Platinum Electrodes - Square \(5cm\)](#)
- [PALS Platinum Electrodes - Round \(5cm\)](#)

Budget Electrodes:

- [Valutrodes](#)

Special Use Electrodes:

- [PALS Platinum Blue Low-Allergy Electrodes \(4cm x 9cm\)](#)
- [PALS Platinum Blue Low-Allergy Electrodes \(5cm\)](#)
- [Butterfly Spinal Electrode](#)

TENS Replacement Leads & Batteries

- [EziStim Battery Pack](#)
- [EziStim Cable Pack](#)
- [Replacement Leads](#)

Disclaimer

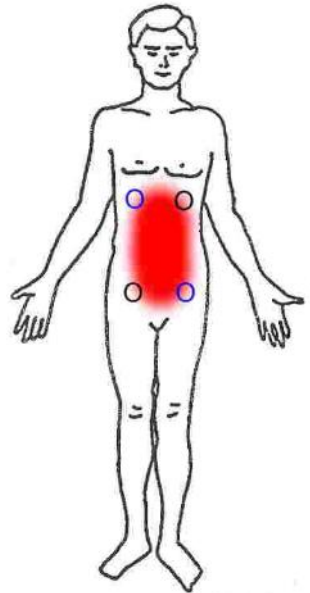
This exercise program does not provide medical advice of any type. The examples on these sheets, including all graphics, text and images, (collectively 'the content') are intended for information purposes only. The content is not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your health care professional with any questions you may have regarding a medical condition or its treatment. Never disregard professional medical advice or delay or in seeking it because of something you have read or seen on this information sheet. Always read the instructions in the user manual of your tens machine prior to its application. Cease using your tens machine if you experience any pain, discomfort, dizziness, heart palpitations or other unusual symptoms. In such event, contact your health care professional prior to continuing with any further tens use. It is a condition that you consult your health care professional before beginning any information on these sheets.

TENS Electrode Placements – The Best Locations

Simple Rules:

- Where possible place electrodes across your painful region. You should try to leave 5cm between electrodes.
- Avoid hairy areas, open wounds and scarred skin areas.
- Dual channel units use a second set of electrodes. It is beneficial to position these electrodes between your brain and the pain.
- Spinal Pain: Place either side of your spine.
- Leg Pain: Place either side of your lower back.
- Arm Pain: Place either side of your neck.

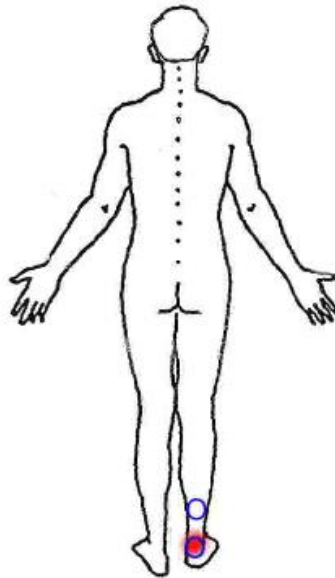
Abdominal Strengthening



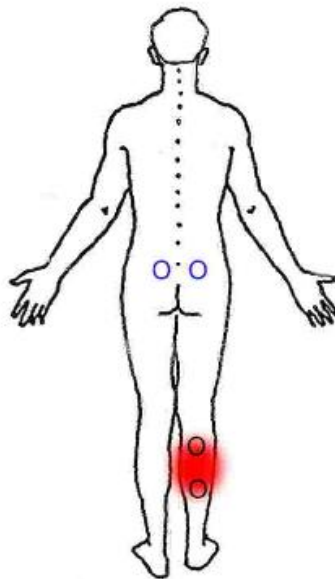
Disclaimer

This exercise program does not provide medical advice of any type. The examples on these sheets, including all graphics, text and images, (collectively 'the content') are intended for information purposes only. The content is not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your health care professional with any questions you may have regarding a medical condition or its treatment. Never disregard professional medical advice or delay or in seeking it because of something you have read or seen on this information sheet. Always read the instructions in the user manual of your tens machine prior to its application. Cease using your tens machine if you experience any pain, discomfort, dizziness, heart palpitations or other unusual symptoms. In such event, contact your health care professional prior to continuing with any further tens use. It is a condition that you consult your health care professional before beginning any information on these sheets.

Achilles Tendonitis



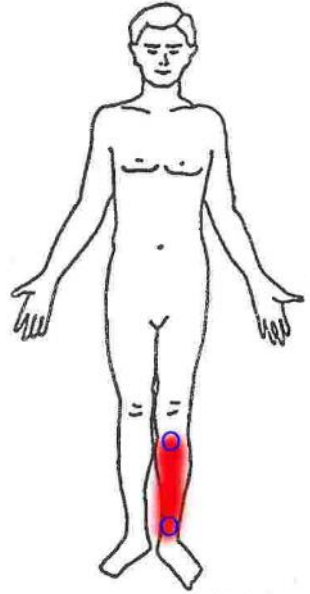
Calf Pain



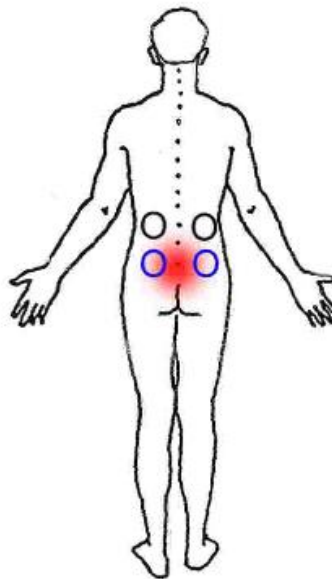
Disclaimer

This exercise program does not provide medical advice of any type. The examples on these sheets, including all graphics, text and images, (collectively 'the content') are intended for information purposes only. The content is not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your health care professional with any questions you may have regarding a medical condition or its treatment. Never disregard professional medical advice or delay or in seeking it because of something you have read or seen on this information sheet. Always read the instructions in the user manual of your tens machine prior to its application. Cease using your tens machine if you experience any pain, discomfort, dizziness, heart palpitations or other unusual symptoms. In such event, contact your health care professional prior to continuing with any further tens use. It is a condition that you consult your health care professional before beginning any information on these sheets.

Shin Pain



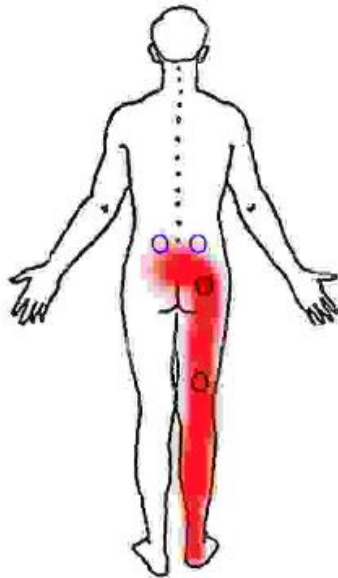
Lower Back Pain



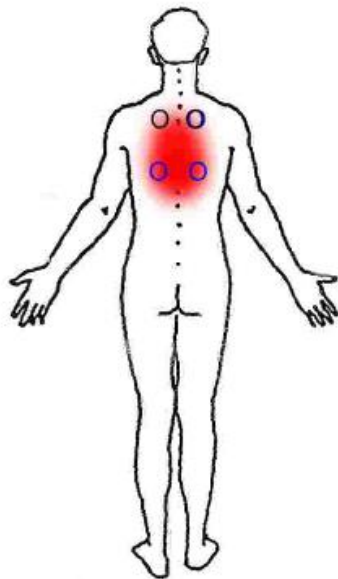
Disclaimer

This exercise program does not provide medical advice of any type. The examples on these sheets, including all graphics, text and images, (collectively 'the content') are intended for information purposes only. The content is not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your health care professional with any questions you may have regarding a medical condition or its treatment. Never disregard professional medical advice or delay or in seeking it because of something you have read or seen on this information sheet. Always read the instructions in the user manual of your tens machine prior to its application. Cease using your tens machine if you experience any pain, discomfort, dizziness, heart palpitations or other unusual symptoms. In such event, contact your health care professional prior to continuing with any further tens use. It is a condition that you consult your health care professional before beginning any information on these sheets.

Sciatica



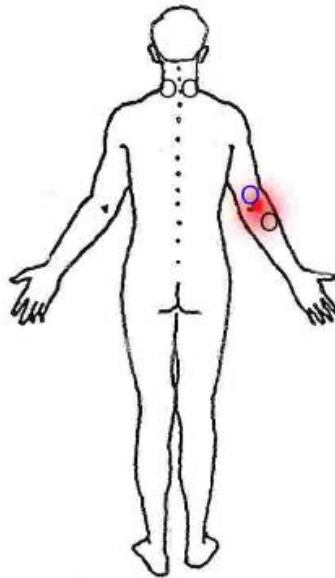
Upper Back



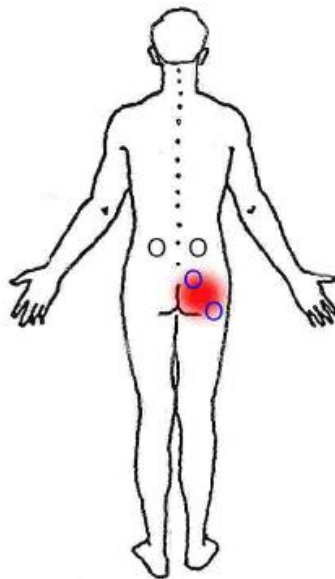
Disclaimer

This exercise program does not provide medical advice of any type. The examples on these sheets, including all graphics, text and images, (collectively 'the content') are intended for information purposes only. The content is not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your health care professional with any questions you may have regarding a medical condition or its treatment. Never disregard professional medical advice or delay or in seeking it because of something you have read or seen on this information sheet. Always read the instructions in the user manual of your tens machine prior to its application. Cease using your tens machine if you experience any pain, discomfort, dizziness, heart palpitations or other unusual symptoms. In such event, contact your health care professional prior to continuing with any further tens use. It is a condition that you consult your health care professional before beginning any information on these sheets.

Elbow



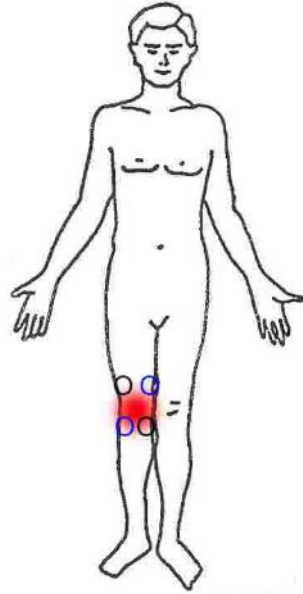
Hip and Buttock



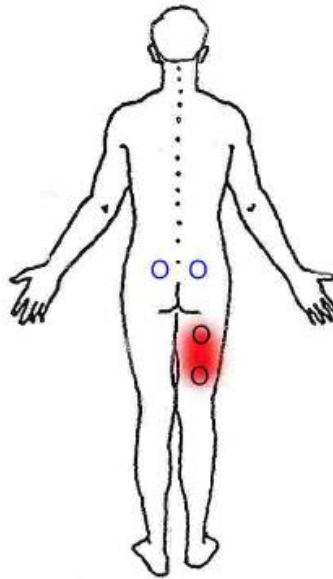
Disclaimer

This exercise program does not provide medical advice of any type. The examples on these sheets, including all graphics, text and images, (collectively 'the content') are intended for information purposes only. The content is not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your health care professional with any questions you may have regarding a medical condition or its treatment. Never disregard professional medical advice or delay or in seeking it because of something you have read or seen on this information sheet. Always read the instructions in the user manual of your tens machine prior to its application. Cease using your tens machine if you experience any pain, discomfort, dizziness, heart palpitations or other unusual symptoms. In such event, contact your health care professional prior to continuing with any further tens use. It is a condition that you consult your health care professional before beginning any information on these sheets.

Knee



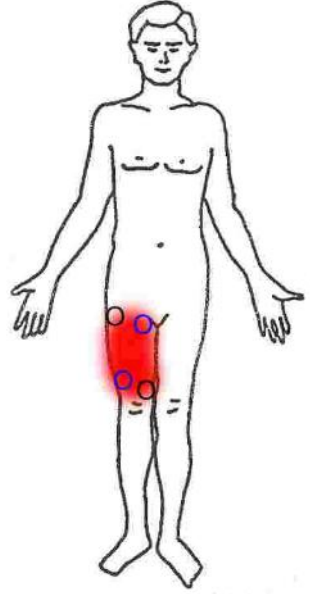
Hamstring



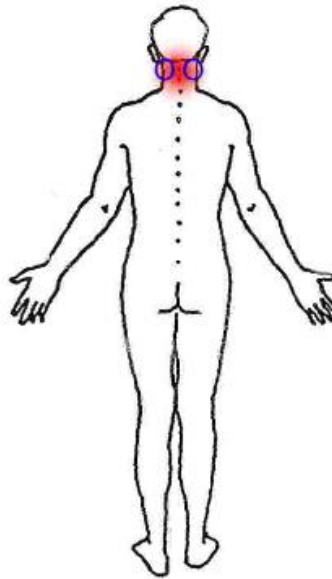
Disclaimer

This exercise program does not provide medical advice of any type. The examples on these sheets, including all graphics, text and images, (collectively 'the content') are intended for information purposes only. The content is not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your health care professional with any questions you may have regarding a medical condition or its treatment. Never disregard professional medical advice or delay or in seeking it because of something you have read or seen on this information sheet. Always read the instructions in the user manual of your tens machine prior to its application. Cease using your tens machine if you experience any pain, discomfort, dizziness, heart palpitations or other unusual symptoms. In such event, contact your health care professional prior to continuing with any further tens use. It is a condition that you consult your health care professional before beginning any information on these sheets.

Thigh (Quadriceps)



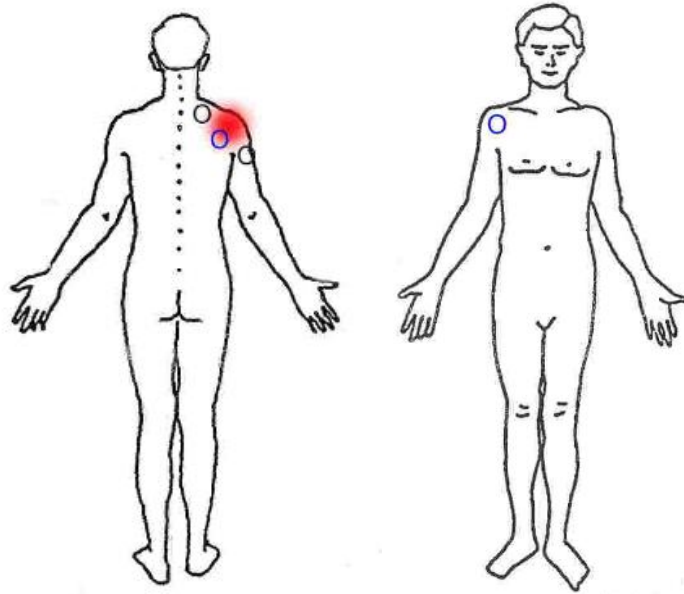
Neck, Headaches or Migraines



Disclaimer

This exercise program does not provide medical advice of any type. The examples on these sheets, including all graphics, text and images, (collectively 'the content') are intended for information purposes only. The content is not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your health care professional with any questions you may have regarding a medical condition or its treatment. Never disregard professional medical advice or delay or in seeking it because of something you have read or seen on this information sheet. Always read the instructions in the user manual of your tens machine prior to its application. Cease using your tens machine if you experience any pain, discomfort, dizziness, heart palpitations or other unusual symptoms. In such event, contact your health care professional prior to continuing with any further tens use. It is a condition that you consult your health care professional before beginning any information on these sheets.

Shoulder



Disclaimer

This exercise program does not provide medical advice of any type. The examples on these sheets, including all graphics, text and images, (collectively 'the content') are intended for information purposes only. The content is not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your health care professional with any questions you may have regarding a medical condition or its treatment. Never disregard professional medical advice or delay or in seeking it because of something you have read or seen on this information sheet. Always read the instructions in the user manual of your tens machine prior to its application. Cease using your tens machine if you experience any pain, discomfort, dizziness, heart palpitations or other unusual symptoms. In such event, contact your health care professional prior to continuing with any further tens use. It is a condition that you consult your health care professional before beginning any information on these sheets.