

Selecting a TENS Program P1-P8

Program Mode	Therapy Type	Pulse Rate	Output Mode/ Pulse Width	Type of Pain	Potential Benefits	You Should Feel
P1	TENS	15Hz	Constant	Chronic Pain	<ul style="list-style-type: none"> • Pain Gate Control • Pain relief associated with muscle groups 	<ul style="list-style-type: none"> • Continuous comfortable tingling.
P2	TENS	60Hz	Modulated	Acute Pain	<ul style="list-style-type: none"> • Pain Gate Control • Help relieve muscle twitching/spasms 	<ul style="list-style-type: none"> • Comfortable pulsing sensation
P3	TENS	60Hz	Constant	Chronic Pain	<ul style="list-style-type: none"> • Pain Gate Control • Pain relief associated with muscle groups 	<ul style="list-style-type: none"> • Comfortable pulsing sensation
P4	TENS	2-60Hz	Modulated	Chronic Pain	<ul style="list-style-type: none"> • Achieve endorphin and gate response 	<ul style="list-style-type: none"> • Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves) • Massage-like feeling
P5	TENS	60Hz	Modulated	Chronic Pain	<ul style="list-style-type: none"> • Achieve endorphin and gate response • Decreased muscle fatigue 	<ul style="list-style-type: none"> • Variable mild tingling sensation (sensation should appear to come in waves) • Massage-like feeling
P6	TENS	7-60Hz	Modulated	Chronic Pain	<ul style="list-style-type: none"> • Decreased muscle fatigue 	<ul style="list-style-type: none"> • Variable pulsing and pumping action (action should appear to come in waves)
P7	TENS	60Hz	Modulated	Chronic Pain	<ul style="list-style-type: none"> • Prevents accommodation of habituation 	<ul style="list-style-type: none"> • Variable tingling and pumping action (action should appear to come in waves)
P8	TENS	2.45-245Hz	Cycle	Arthritis	<ul style="list-style-type: none"> • Combination of pain gate control & endorphin release • Pain relief associated with muscle groups • Helps prevent habituation (re-occurrence) 	<ul style="list-style-type: none"> • Massage-like feeling