

TENS Modes (Programs 1-8)

TENS Program Modes	Pulse Rate	Output Mode	Type of Pain	Potential Benefits	You Should Feel
P1	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	60Hz	Modulated	Acute Pain	<ul style="list-style-type: none"> • Pain Gate Control • Helps relieve muscle twitching/spasms 	<ul style="list-style-type: none"> • Comfortable pulsing sensation
P3	60 Hz	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	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	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	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	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	2.45-245Hz	Cycle	Arthritis	<ul style="list-style-type: none"> • Combination of pain gate control & endorphin release • Pain relief related to muscle groups • Helps prevent habituation (recurrence) 	<ul style="list-style-type: none"> • Massage-like feeling