IF8100 Suggested Electrode Placement

**INCREASE CIRCULATION**

**RECOMMENDED MODE:**
LOW - The IP frequency is sweeping from 1 Hz to 10 Hz every 1.5 seconds continuously.

**INTENSITY LEVEL:**
Use button to set level to a strong, but comfortable strength. A slight muscle twitch may enhance blood circulation to the area.

**Carpal Tunnel**

**INCREASE CIRCULATION**

**RECOMMENDED MODE:**
COMBO - Combination Low Mode (1-10 Hz), High Mode (90-130 Hz), and Muscle Mode (6 sec. On & 6 sec. Off)

**INTENSITY LEVEL:**
Use button to set level to a strong, but comfortable strength. A slight muscle twitch may enhance blood circulation to the area.

**Knee / ACL Therapy**

**INCREASE CIRCULATION**

**RECOMMENDED MODE:**
COMBO - Combination Low Mode (1-10 Hz), High Mode (90-130 Hz), and Muscle Mode (6 sec. On & 6 sec. Off)

**INTENSITY LEVEL:**
Use button to set level to a strong, but comfortable strength. A slight muscle twitch may enhance blood circulation to the area.

**Lumbar Back**

**INCREASE CIRCULATION**

**RECOMMENDED MODE:**
COMBO - Combination Low Mode (1-10 Hz), High Mode (90-130 Hz), and Muscle Mode (6 sec. On & 6 sec. Off)

**INTENSITY LEVEL:**
Use button to set level to a strong, but comfortable strength. A slight muscle twitch may enhance blood circulation to the area.

**Thoracic Back**

**INCREASE CIRCULATION**

**RECOMMENDED MODE:**
COMBO - Combination Low Mode (1-10 Hz), High Mode (90-130 Hz), and Muscle Mode (6 sec. On & 6 sec. Off)

**INTENSITY LEVEL:**
Use button to set level to a strong, but comfortable strength. A slight muscle twitch may enhance blood circulation to the area.

**Hip**

**INCREASE CIRCULATION**

**RECOMMENDED MODE:**
LOW - The IP frequency is sweeping from 1 Hz to 10 Hz every 1.5 seconds continuously.

**INTENSITY LEVEL:**
Use button to set level to a strong, but comfortable strength. A slight muscle twitch may enhance blood circulation to the area.

**Hamstring / Calf**

**INCREASE CIRCULATION**

**RECOMMENDED MODE:**
LOW - The IP frequency is sweeping from 1 Hz to 10 Hz every 1.5 seconds continuously.

**INTENSITY LEVEL:**
Use button to set level to a strong, but comfortable strength. A slight muscle twitch may enhance blood circulation to the area.

**Achilles Tendon**

**INCREASE CIRCULATION**

**RECOMMENDED MODE:**
LOW - The IP frequency is sweeping from 1 Hz to 10 Hz every 1.5 seconds continuously.

**INTENSITY LEVEL:**
Use button to set level to a strong, but comfortable strength. A slight muscle twitch may enhance blood circulation to the area.

**Ankle Therapy or Post-op.**
IF8100 Suggested Electrode Placement

**Lat. / Medial Epicondylitis**

**Iliotibial Band**

**Shoulder, Rotator Cuff, AC Joint, Bicep Tendonitis**

**Cervical / Neck**

**Plantar Fasciitis**

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**Note:**

The most important aspect of TENS electrode placement is to position them so that the current passes through the painful area and along the nerves leading away from the pain.

These are suggested settings. All settings and placement of electrodes should be instructed by a medical practitioner.