ValuTENS II Suggested Electrode Placement

**TENS / NMES Modality**
Place the electrodes with the **RED** and **BLACK** ends of the leadwires according to pattern depicted on figure to the left.

Using both channels and crisscrossing the electrodes is optional when using the TENS or NMES modality.

**Lumbar Back**

**TENS / NMES Modality**
Place the electrodes with the **RED** and **BLACK** ends of the leadwires according to pattern depicted on figure to the left.

**Thoracic Back**

**TENS / NMES Modality**
Place the electrodes with the **RED** and **BLACK** ends of the leadwires according to pattern depicted on figure to the left.

**Cervical / Neck**

**TENS / NMES Modality**
Place the electrodes with the **RED** and **BLACK** ends of the leadwires according to pattern depicted on figure to the left.

**Shoulder**

**TENS Modality**
Place the electrodes with the **RED** and **BLACK** ends of the leadwires according to pattern depicted on figure to the left.

**Elbow**

**TENS / NMES Modality**
Place the electrodes with the **RED** and **BLACK** ends of the leadwires according to pattern depicted on figure to the left.

**Hand**

**TENS / NMES Modality**
Place the electrodes with the **RED** and **BLACK** ends of the leadwires according to pattern depicted on figure to the left.

**Hip**

**TENS / NMES Modality**
Place the electrodes with the **RED** and **BLACK** ends of the leadwires according to pattern depicted on figure to the left and right.

Using both channels and crisscrossing the electrodes is optional when using the TENS or NMES modality.

**Back of Leg**

**TENS / NMES Modality**
Place the electrodes with the **RED** and **BLACK** ends of the leadwires according to pattern depicted on figure to the left.

**Knee**

**TENS / NMES Modality**
Place the electrodes with the **RED** and **BLACK** ends of the leadwires according to pattern depicted on figure to the left.

**Iliotibial Band**

**TENS / NMES Modality**
Place the electrodes with the **RED** and **BLACK** ends of the leadwires according to pattern depicted on figure to the left.

**Outside View**

same leg

**Inside View**

same leg

**Outside View**

same leg
ValuTENS II Suggested Electrode Placement

**ACHILLES TENDON**

Place the electrodes with the RED and BLACK ends of the leadwires according to pattern depicted on figure to the left.

**ANKLE**

Using both channels and crisscrossing the electrodes is optional when using the TENS or NMES modality.

**Foot**

**TENS Modality**

Place the electrodes with the RED and BLACK ends of the leadwires according to pattern depicted on figure to the left.

**TENS / NMES Modality**

Place the electrodes with the RED and BLACK ends of the leadwires according to pattern depicted on figure to the left.

**Post-Operative Knee**

**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.