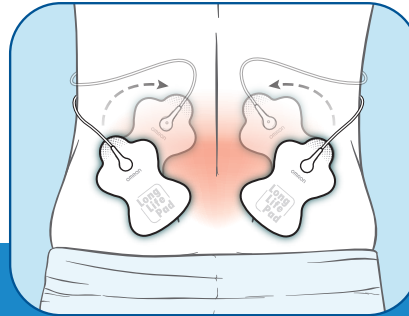


Lower Back Pain Pad Placement Guide

Professional advice to get the best results.

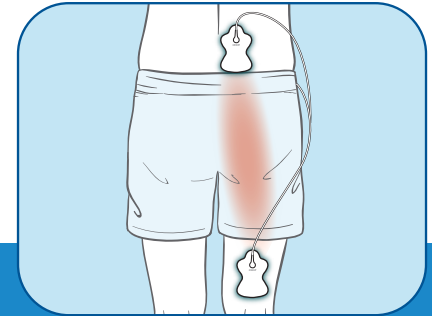
Simple Pad Placement Rules:

- Outline the pain area.
- Choose vertical, horizontal or angulated pad direction.
- Place pads at least 1" apart. Never let them touch.
- Do not place pads over a joint, on your spine, head, or neck, or near your heart.



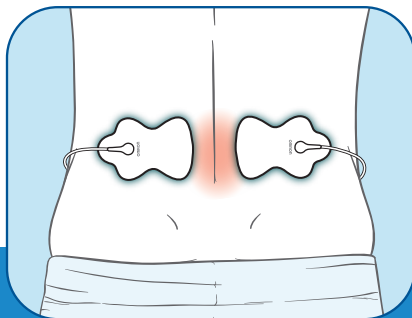
Angulated Pads for wide & narrow pain

If pain is wider on top, place pads at an angle. Reverse angle if pain is wider at the bottom.



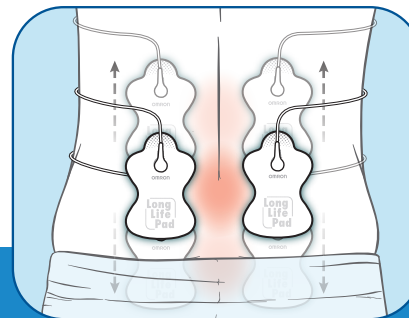
Vertical Pads for Sciatic Pain

When the pain extends across a significant distance, place one pad vertically at the top and the other vertically at the bottom.



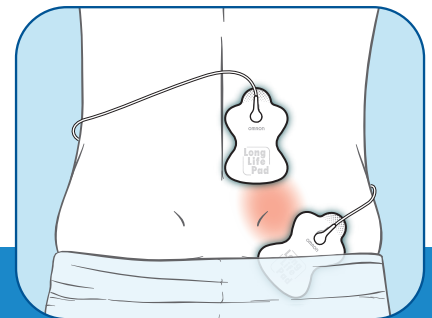
Horizontal Pads for smaller areas

When the pain is more focused, place pads in parallel on each side. (Do not place on the spine)



Vertical Pads for wider areas

When the pain spans across the back, place one pad to the left and one to the right. Move pads higher or lower as needed.



Combo vertical & angled pads

When pain is on one side into the buttocks, place one pad vertically at top and other pad angled at bottom of pain.

These professional tips were recommendations from experienced physical therapist
Jeffrey S. Mannheimer, P.T., Ph.D, Co-Author: Clinical TENS, F.A. Davis, 1984

For more info: OmronPainRelief.com | General pain topics: OmronPainRelief.blog.com

