


IF8100 Suggested Electrode Placement

INCREASE CIRCULATION

RECOMMENDED MODE:

LOW - The IF frequency is sweeping from 1 Hz to 10 Hz every 15 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.



Interferential Treatment: Usual treatment time is 20-30 minutes 3x per day, Max is 3 hours of use within a 24 hour period


Carpal Tunnel

INCREASE CIRCULATION

RECOMMENDED MODE:

LOW - The IF frequency is sweeping from 1 Hz to 10 Hz every 15 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.



Interferential Treatment: Usual treatment time is 20-30 minutes 3x per day, Max is 3 hours of use within a 24 hour period


Knee / ACL Therapy

INCREASE CIRCULATION

RECOMMENDED MODE:

COMBO - Combination Low Mode (1-10 Hz), High-Mode (80-150 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.



Interferential Treatment: Usual treatment time is 20-30 minutes 3x per day, Max is 3 hours of use within a 24 hour period


Lumbar Back

INCREASE CIRCULATION

RECOMMENDED MODE:

COMBO - Combination Low Mode (1-10 Hz), High-Mode (80-150 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.



Interferential Treatment: Usual treatment time is 20-30 minutes 3x per day, Max is 3 hours of use within a 24 hour period


Thoracic Back

INCREASE CIRCULATION

RECOMMENDED MODE:

COMBO - Combination Low Mode (1-10 Hz), High-Mode (80-150 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.



Interferential Treatment: Usual treatment time is 20-30 minutes 3x per day, Max is 3 hours of use within a 24 hour period


Hip

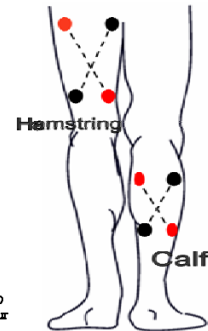
INCREASE CIRCULATION

RECOMMENDED MODE:

COMBO - Combination Low Mode (1-10 Hz), High-Mode (80-150 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.



Interferential Treatment: Usual treatment time is 20-30 minutes 3x per day, Max is 3 hours of use within a 24 hour period


Hamstring / Calf

INCREASE CIRCULATION

RECOMMENDED MODE:

LOW - The IF frequency is sweeping from 1 Hz to 10 Hz every 15 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.



Interferential Treatment: Usual treatment time is 20-30 minutes 3x per day, Max is 3 hours of use within a 24 hour period


Achilles Tendon

INCREASE CIRCULATION

RECOMMENDED MODE:

LOW - The IF frequency is sweeping from 1 Hz to 10 Hz every 15 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.



Interferential Treatment: Usual treatment time is 20-30 minutes 3x per day, Max is 3 hours of use within a 24 hour period

Ankle Therapy or Post-op.


IF8100 Suggested Electrode Placement

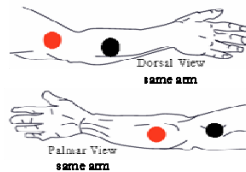
INCREASE CIRCULATION

RECOMMENDED MODE:

COMBO - Combination Low Mode (1-10 Hz), High-Mode (80-150 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.



Interferential Treatment: Usual treatment time is 20-30 minutes 3x per day, Max is 3 hours of use within a 24 hour period


Lat. / Medial Epicondylitis

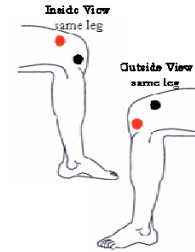
INCREASE CIRCULATION

RECOMMENDED MODE:

COMBO - Combination Low Mode (1-10 Hz), High-Mode (80-150 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.



Interferential Treatment: Usual treatment time is 20-30 minutes 3x per day, Max is 3 hours of use within a 24 hour period


Iliotibial Band

INCREASE CIRCULATION

RECOMMENDED MODE:

COMBO - Combination Low Mode (1-10 Hz), High-Mode (80-150 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.



Interferential Treatment: Usual treatment time is 20-30 minutes 3x per day, Max is 3 hours of use within a 24 hour period


Shoulder, Rotator Cuff, AC Joint, Bicep Tendonitis

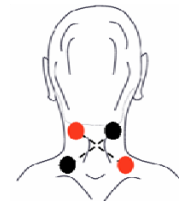
INCREASE CIRCULATION

RECOMMENDED MODE:

COMBO - Combination Low Mode (1-10 Hz), High-Mode (80-150 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.




Interferential Treatment: Usual treatment time is 20-30 minutes 3x per day, Max is 3 hours of use within a 24 hour period

Cervical / Neck

ALTERNATIVE MODE:

LOW-HIGH - Full Sweep from 1 Hz to 150 Hz every 15 seconds continuously

INTENSITY LEVEL:

Use  button to set level to a strong, but comfortable strength. The timer will automatically turn off stimulation after user's preset time.



Interferential Treatment: Usual treatment time is 20-30 minutes 3x per day, Max is 3 hours of use within a 24 hour period

Plantar Fasciitis

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.