TruWave TENS Suggested Electrode Placement

**Lumbar Back**

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

**Thoracic Back**

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

**Cervical / Neck**

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

**Shoulder**

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

**Elbow**

- **IFC Modality**
  - Place the electrodes with the RED and BLACK ends of the leadwires according to pattern depicted on figure below.

- **TENS Modality**
  - Place the electrodes with the RED and BLACK end of the leadwires according to pattern depicted on figure below. Using both channels and crisissing the electrodes is optional when using the TENS or NMES modality.

**Hand**

- **IFC Modality**
  - Place the electrodes with the RED and BLACK ends of the leadwires according to pattern depicted on figure below.

- **TENS Modality**
  - Place the electrodes with the RED and BLACK end of the leadwires according to pattern depicted on figure below. Using both channels and crisissing the electrodes is optional when using the TENS or NMES modality.
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**Hip**
- **IFC Modality**
  - Place the electrodes with the RED and BLACK ends of the leadwires according to pattern depicted on figure to the left.

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

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

**Lateral / Medial Knee**
- **IFC Modality**
  - Place the electrodes with the RED and BLACK ends of the leadwires according to pattern depicted on figure to the left.

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

**Foot**
- **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.
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.