

# TENS ELECTRODES

Reusable Electrodes for Electrical Stimulation

## FEATURES



### EASY APPLICATION AND REMOVAL

Simply peel the TENS electrode off the skin when stimulation is complete, and place back on the correct side of the protective liner to be easily accessed and reused for the next stimulation session.



### REUSABLE

TENS electrodes may be reused up to 20 times or more. The life of the electrode varies depending on skin conditions, skin preparation, type of stimulation, storage and climate.



### VARIOUS SHAPES AND SIZES

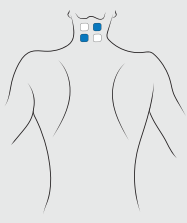
TENS electrodes come in multiple shapes and sizes to contour to every body type and can be easily applied to several different parts of the body.



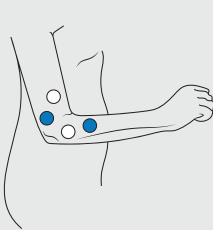
## PACKAGING

Reusable pouch for easy storage

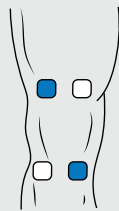
**TENS PLACEMENT** - TENS electrodes may be used on various places on the body:



BACK OF NECK



ELBOWS



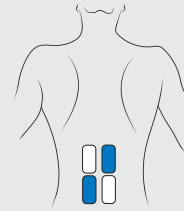
KNEES



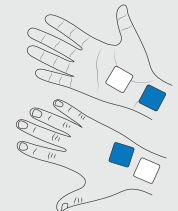
FOOT & ANKLE



HIPS



LOWER BACK



WRISTS

# TENS ELECTRODES

## Reusable Electrodes for Electrical Stimulation

### WHAT IS TENS?





Transcutaneous electrical nerve stimulation (TENS) is a non-invasive, nonpharmacological electrotherapeutic procedure used for pain control. TENS involves the application of electrical current through electrodes placed on the skin through the accompanied use of a TENS Unit.

### HOW DOES IT WORK?

TENS works by increasing endogenous inhibition and reducing central excitability. More specifically, low-frequency TENS (1-10 Hz) activates  $\mu$ -opioid receptors, and high-frequency TENS (50-150 Hz) activates  $\delta$ -opioid receptors.


#### BIOTENS™ - NON-WOVEN CLOTH ELECTRODES

- Flexible, breathable and comfortable
- Low profile design conforms to body contours for active lifestyle

Product #	Size	Shape	Color	Per Pouch	Per Box	
700000543	2" x 2"	Square	White	4	80	
700000544	1.75" x 3.75"	Rectangle	White	4	80	
700000545	2"	Round	White	4	80	
700000546	2" x 4"	Oval	White	4	80	

#### DURATENS™ - FOAM ELECTRODES

- Durable foam substrate is moisture resistant

700000547	2" x 2"	Square	White	4	80	
700000548	1.75" x 3.75"	Rectangle	White	4	60	