

I'm not a robot



























many pads should I use?A minimum of two pads should be used. Pad usage should be in even numbers to allow each channel's current to be delivered. More pads equate to stronger stimulation which provides more significant pain relief.Does insurance cover TENS units?Yes, TENS units have been covered by insurance in the past. However, this varies based on your condition, insurance policy, and device. To learn how to get your device covered, read our article on getting a TENS unit covered by insurance.Where can I get more electrodes?Additional electrodes can be purchased here or elsewhere online. It's essential to check your device's electrode type as there are many types of pads. The most common types are pigtail and snap-on.Regarding pain relief, TENS therapy is an excellent option for those who want to block pain without using addictive drugs. These devices are portable for use anywhere and have become highly affordable. We've covered a lot in this TENS unit training. To recap, consider these TENS unit hacks:Be patient with your treatment.Keep experimenting with different settings and pad placement to find the ideal combination.Always follow best safety practices.Incorporate other rehabilitation methods to make the most of your therapy.Keep track of your sessions by making notes of your device settings, pad placement, and before/after pain level. This will help you track what works.Be sure to clean and store your electrodes properly to extend their lifespan.Be aware of your pain. Know when it typically occurs or when you might be doing activities that may cause pain.TENS therapy can quickly become a staple for any exercise or rehabilitation regimen when used correctly. What experience have you had with your device? Have you found specific settings or placements that work best for your pain? Leave a comment below; we'd love to know! Brandon Landgraf is the Digital Marketing Manager for Carex Health Brands. He finds passion and fulfillment in creating content that enhances, improves, and enlivens others' quality of life. All of his written work is formulated to not only offer essential advice and tips but back it with proven studies and experts. His mission is to connect with readers and provide steps to make their lives better.You can connect with him on LinkedIn here.Carex is your one-stop shop for home medical equipment and for products that assist caregivers with providing the best possible support and care for their loved ones. Carex Health Brands has been the branded leader in in-home, self-care medical products for over 35 years. Our goal is to improve the lives of our customers by bring them quality products that bring dignity back to their lives. With our three nationally distributed brands, Carex Health Brands serves national, regional and independent food, drug and mass retailers along with wholesalers, distributors and medical dealers.