



# The Complete **ELECTRODE PAD CARE GUIDE**

- ⚡ Pad Care & Use
- ⚡ Tips & Tricks
- ⚡ Pad Placement  
-By Body Part, Condition & Muscle Group



# TABLE OF CONTENTS

⚡ Pad Guide Background.....	3
⚡ Pad Care.....	4
⚡ Pad Tips & Tricks.....	7
⚡ TENS Pad Placement.....	11
- <i>By Body Part</i>	
- <i>By Condition</i>	
⚡ EMS Pad Placement.....	26
- <i>By Muscle Group</i>	



# THE COMPLETE ELECTRODE PAD GUIDE BACKGROUND

Electrode Pads discussed in this eBook relate to electrically conductive gel pads, which are used to carry an electrical signal from the human skin through a conductive gel on an electrode attached to an Electrical Muscle Stimulation (EMS) device or Transcutaneous Electrical Nerve Stimulation (TENS) device.

Gel electrode pads have a distinct advantage of forming an intimate contact with the skin, thus providing the necessary electrical interface between the skin and the electrode and leaves little to no residue upon removal of the electrode pad. Gel electrode pads have light adherent properties and are great for routine yet continuous application to the body for long term electrotherapy benefit, and may used while you perform normal daily activities. However, for extended use, proper care must be observed and taken.

The Complete Electrode Pad Guide eBook intends to provide valuable insight on electrode pad care, storage and placement to preserve your pads so they last longer and provide the most comfortable electrotherapy experience possible. Our electrode pad placement guide by body part, muscle group and condition is intended only as a guideline.

# ELECTRODE PAD CARE

TENS Units and EMS Therapy devices provide safe and non-invasive pain relief that can be used over and over again. It really doesn't matter how often you use this all-natural therapy, as long as it's beneficial and comfortable to you! To extend the life of your electrode pads, however, you'll need to provide a little maintenance. If your electrode pads aren't sticky anymore, fear not. There are a number of ways you can care for your TENS Unit and EMS electrode pads for an optimal length of use.

Watch our YouTube video, "8 Steps to Extend the Life of Your Electrode Pads for TENS Units": <https://www.youtube.com/watch?v=csGO8rPRja8>

## CARE FOR YOUR SKIN

Before each use, you should clean your skin with gentle soap and water. This helps remove any of the natural oils that may take away some of the stickiness on the electrode pads.

As an alternative, you can use iReliev's TENS Wipes which are meant to be used as a pre-electrode skin prep to clean your skin and better prepare your skin for TENS or EMS therapy. You can also use iReliev's TENS Wipes post-use to remove any remnants of electrode hydro-gel adhesive from your skin.



## CLEAN ELECTRODE PADS

After each use, care for your TENS electrode pads by cleaning them with a moist cloth. If your pads are less sticky than they used to be, it may be because of dirt or oil. Be sure you are using a towel or a washcloth, and not something that can leave residue, like a paper towel.

## ADD WATER DROPLETS

Sometimes just getting the electrode pads moist can help bring back some of the stickiness. Don't oversaturate them, but do add a couple drops of water or wipe with a wet towel.

## BRUSH YOUR ELECTRODE PADS

You may use a clean toothbrush and gently brush your electrode pads in one direction, as though you were brushing a pet. This may help to expose some of the electrode's stickiness.



## ROTATE YOUR ELECTRODE PADS

One of the reasons why electrode pads stop sticking to the skin as well is because they become over-saturated. It's mostly ok to use a TENS unit as often as you need. However, it's a good idea to give your skin a break from time to time. The same thing goes for electrode pads, which need to breathe just as much as your skin does. Rotate your electrode pads every 4-6 hours so that they can have a chance to dry out. This will ultimately extend the life of your electrode pads.



## COOL OFF YOUR ELECTRODE PADS

If you want to expedite the drying process, you can actually put your electrode pads in a frost-free freezer. Leave them in this cool environment for 24 hours. The cold temperature and the lack of humidity will help dry them out and restore them to ready-to-use condition.

## USE ELECTRODE GELS OR ELECTROLYTE SPRAYS

While there are ways to care for your electrode pads to make them last longer, eventually they will need to be replaced. However, use of electrode gels can help preserve your pads moisture and act as an extra conductor for the electrical impulses for increased comfort. The same is true for electrolyte sprays. These products can help you get a little more life out of older electrode pads. iReliev has an assortment of pad care products that you can check out at [iReliev.com](https://www.iReliev.com). iReliev also offers electrode pad replacements. Even with the best care, eventually you will want to replace your electrode pads for the most effective and comfortable treatment.



## ELECTRODE PAD HANDLING

1. Remove electrodes by lifting the edge of the electrode pad itself, not the wire.
2. While disconnecting or inserting the pin, hold the pin connector wire at the largest point to insert.
3. Do not submerge in water.





# ELECTRODE PAD TIPS & TRICKS

# 10 ELECTRODE PAD PLACEMENT TIPS: FOR YOUR TENS UNIT OR EMS THERAPY DEVICE

To optimize the best pad placement we have compiled some of our best suggestions for effective pad placement and tips to help ensure that you can benefit from TENS and EMS therapy.

1. First of all, figure out exactly where your pain is located. Sometimes pain radiates outwards, but for effective treatment you'll want to find the most concentrated and tender source of pain and place the pads around this area.
2. The distance of pads can vary. However, electrode pads should never touch and should be at least 1 inch apart.
3. When using iReliev's model ET-1313 or ET-7070, electrode pads always use two small pads per channel or one large pad per channel.
4. The direction of pad placement can vary, too. Effective pad placement might occur for you in one of three directions: vertical, horizontal or diagonal.
5. For iReliev dual channel devices, always use 2 small pads or 1 XL pad per channel, as doing so is required to complete the circuit.
6. If your pain is wide, you'll definitely benefit from using more pads and possibly a diagonal placement. For example, if you're feeling pain between your shoulders below the neck, try arranging two pads vertically to the left and two pads vertically to the right side of your spine. If your pain extends out even further above or below the shoulder area, the pads can be angulated to encompass the region of discomfort.
7. We don't advise placing electrode pads directly over a joint such as the knee, elbow, or ankle. The movements of the joint can alter the adherence of the pad.
8. If your pain does overlap a joint, place each pad on the muscle or soft tissue just above and below the joint in a horizontal and parallel direction.



9. One secret to effective pad placement is that you can actually alter the flow of the electrical sensation by changing the distance and/or direction of the electrode pads. Play around with how much space you create between the pads, but do keep in mind that as the distance between the pads increases, the effectiveness decreases.
10. When the pain extends across a significant distance of your body (e.g. lower back to just above the back of the knee), try placing one of the pads vertically: one at the top of the pain area and one at the bottom.
11. If your pain is focused over a smaller area (e.g. calf pain), place your electrode pads opposite one another on each side of the pain area.

Hopefully these guidelines will get you off to a good start in finding the perfect and most effective pad placement for you. Add a little creativity to these tips and you're sure to find that TENS or EMS therapy can provide relief for you in more ways than one!



## ELECTRODE PLACEMENT & PICTOGRAPHS

The importance of proper electrode pad placement is critical to obtain the best results from your TENS or EMS unit. Please see the following pictographs which have been specially prepared to help you. The most important aspect of electrode pad placement is to position them so that the electrical current passes through the painful area, or along the nerves leading from the pain.

The information provided in this eBook is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition. The information in this eBook is not intended to diagnose, treat, cure or prevent any disease. Never disregard medical advice or delay in seeking it because of something you have read in this eBook.

## HOW TO USE THE ELECTRODE PLACEMENT CHARTS

Check the index on the opposite page for the chart most applicable to the pain problem. We have selected the easiest and most frequently used electrode pad placement positions and settings. Note: These are suggested settings. There are alternative settings and all settings should be instructed by a medical practitioner.

## PRECAUTIONS

Never place over your heart.

Do not use if you have a cardiac pacemaker or other implanted metallic or electronic device.

Do not use during pregnancy.

Users under the care of a physician should consult their physician before using.

A close-up photograph of a person's foot and ankle. Two black, rectangular TENS pads are attached to the skin. One pad is on the ankle, and the other is on the side of the foot. Black wires connect the pads to a device. The background is blurred.

# TENS PAD PLACEMENT BY BODY PART

# ANKLE/FOOT

For ankle pain, use two electrode pads for each ankle area and place them around the strongest point of pain, whether that be up into the calf muscle or around the ankle joint. Place pads sticky side down at least two inches apart and arrange the pads vertically, horizontally or diagonally. Each pair of pads has its own channel, Channels 1 and 2, and their intensities can be adjusted separately depending on needs.



Alternate methods are as follows:

For foot pain, pads can be placed on heels or arches of feet to treat pain in the surrounding area. Be sure to clean and dry feet and ankles thoroughly before applying electrode pads. Please place pads a minimum of two inches apart. You may choose to place both pads on the bottom or top of your foot, or one on the foot and one on the lower ankle.



# ARM

To manage arm pain, consider pad placements as follows. Place one electrode pad just below the wrist on the inside. Place another electrode pad, same channel, on the inner bicep. For Channel 2, place the other two electrode pads on the upper forearm two inches from each other on the inner elbow as the pictograph shows.

# BACK

When applying the electrode pads to the lower back, it may be best to have another assist you when possible to assure accurate placement. To treat only one side, place two pads from Channel 1 on either side of the painful area. Pads can be placed at any angle as long as they are two to three inches apart. To treat two sides, please place two pads from Channel 1 and two pads from Channel 2 on each side of the spine at the lower back. Intensity levels can be adjusted differently between Channels 1 and 2.



# CALVES/LOWER LEG

For aching calf muscles, place two electrode pads on each leg. You might choose to align the pads vertically or place them catty corner from each other. Look for the placement that most accurately surrounds the sore or painful area. Please ensure that pads are at least two to three inches apart, and that the skin is clean and dry before application.

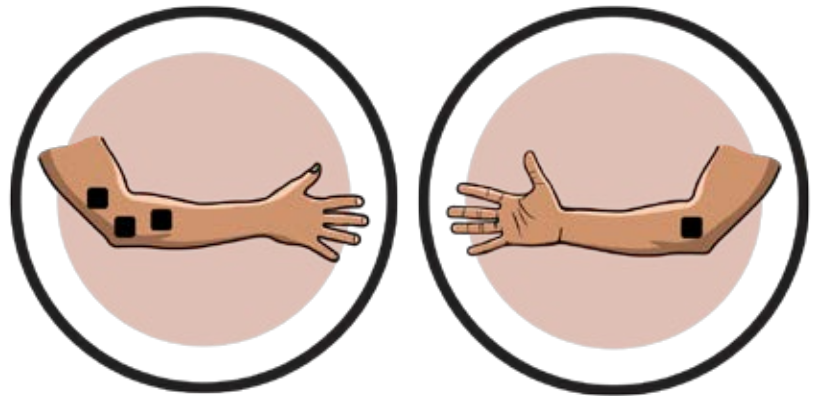


# ELBOW

**Elbow:** For pain or soreness in the elbow, electrode pads can be placed sticky side down on the outside or inside of the elbow, or both, depending on where the therapy is needed. You may choose to place two pads on the outside of the elbow, one on either side of the joint. You may also place two pads stacked vertically on the inside of the elbow or even a third electrode pad on the inside of the joint itself.



**Elbow and Forearm Pain:** Place two electrode pads sticky side down on either side of the elbow joint. One pad should be above the joint and one should be below on the forearm. You may also place a third pad directly onto the elbow on the outside of the joint and a fourth pad on the inside of the joint.



# HIP

When choosing hip placement, you may wish to use one pair of electrodes at a stronger setting directly on the inflicted area, and one pair at a lower setting in the surrounding area. Pads can be placed staggered vertically on either side, or each pair can mirror each other horizontally, depending on needs.

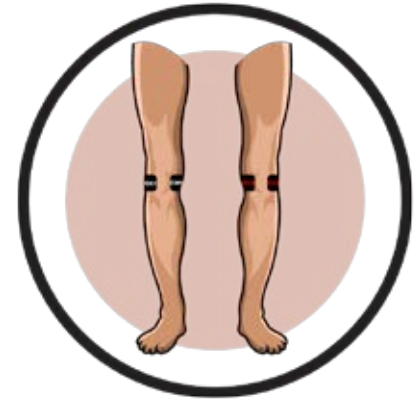
## KNEE



For best results when treating knee soreness or injury, do not place electrode pads directly on the knee joint but rather place one pad just above the knee and one pad just below, finding the placement that best surrounds your most concentrated area of pain.

For a wider range of therapy, you may use all four electrode pads around the knee, two above and two

below. Attach pads below and above the region of pain. Place one pad above the joint and adhere the other pad below the knee joint. Option 2, using 4 pads, may be done similarly with the first and second pad beside the first 2.



## NECK & SHOULDER-CERVICAL PAIN



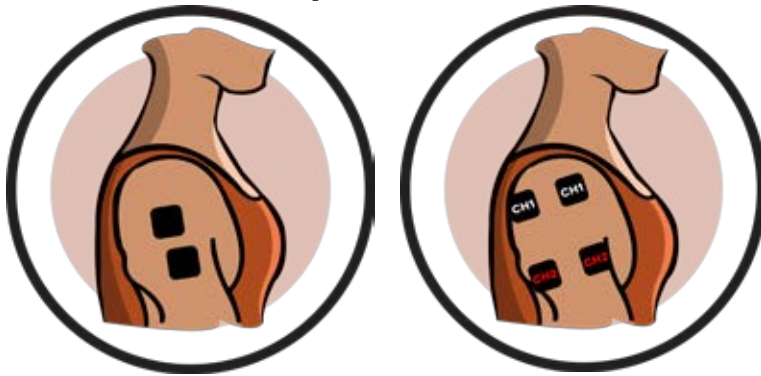
To obtain relief from cervical pain, use four electrode pads, stacking two from each channel vertically along either side of the back of the neck, which will allow you to change the intensity of each side of the neck separately.

You may also stack each channel horizontally instead so that you can change the intensity between the upper neck and shoulders instead. Pads may be placed lower along the shoulders and neck as well, as long as they are placed on clean skin and at least two inches apart.



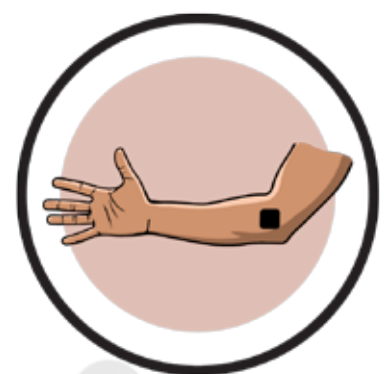
## SHOULDER/UPPER ARM

For shoulder pain, electrode pads can be applied to inflicted area using either two or four pads at a time. Pads should be applied at the perimeter of the painful area sticky side down. Please ensure that pads are two to three inches apart. You may try placing pads on the upper arm, on the front and back sides of the shoulder and/or at the top of the shoulder just behind the collarbone or below the neck.



## WRIST

There are multiple placement options that may be effective for you if you're suffering from soreness or injury in the wrist area. For the best results, choose the placement that most accurately surrounds the most intense area of pain. Clean the area well, then apply electrode pads sticky side down.



You may try attaching one pad between the thumb and the forefinger and one on the forearm slightly below the wrist. Or, stagger two pads along the forearm so that one is at the front or the back of the wrist and another is near the elbow joint.





# TENS PAD PLACEMENT BY CONDITION

# ANKLE ACUTE MUSCLE & LIGAMENT TEAR

For ankle pain, use two electrode pads for each ankle area and place them around the strongest point of pain, whether that be up into the calf muscle or around the ankle joint. Place pads sticky side down at least two inches apart and arrange the pads vertically, horizontally or diagonally. Each pair of pads has its own channel, Channels 1 and 2, and their intensities can be adjusted separately depending on needs.



# BICIPITAL TENDONITIS



For pain or soreness related to bicipital tendonitis, use four electrode pads sticky side down on clean skin. You may stagger two pads along the side of the bicep. Place the other pads at the front of the pectoral muscle and at side of the lower neck.



Each pair of pads plugs into a separate channel. Channel 1 and Channel 2 have their own intensity settings. You may wish to arrange pads from Channels 1 and 2 in different positions until you find the intensity variance that best suits your pain.



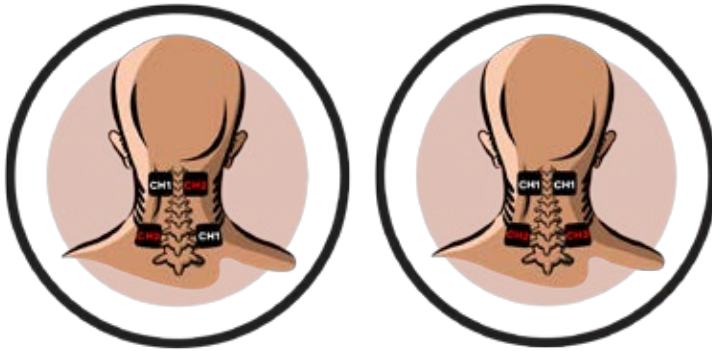
# CARPAL TUNNEL SYNDROME-WRIST

If your carpal tunnel syndrome extends into your forearm, place pads along the inside of the forearm, one pad at the wrist and one pad just below the elbow joint.

If pain is more centered in the wrist area, you may place one electrode pad sticky side down on the inside of the wrist and one on the outside of the wrist, just below the back of the hand.



# CHRONIC CERVICAL SPINE PAIN (POST-LAMINECTOMY) CERVICAL OSTEOARTHRITIS



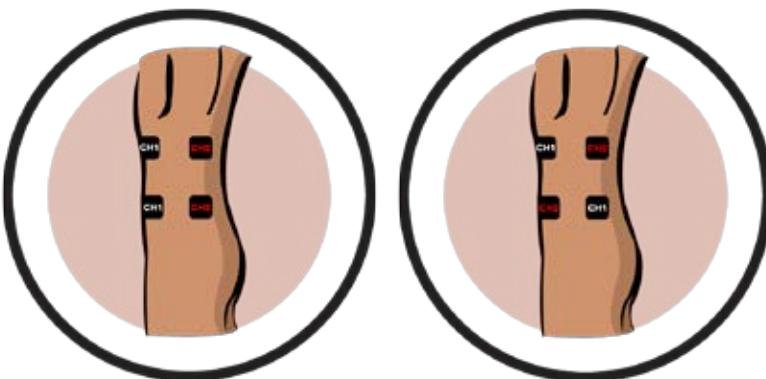
Pad placement for cervical osteoarthritis is similar to that for cervical pain, where pads may be placed along the back of the neck and upper shoulders. Place two pads on either side of the spine at the base of the hairline, and two pads on the back of the shoulders.

# CHRONIC HIP PAIN- HERPES ZOSTER NEURALGIA

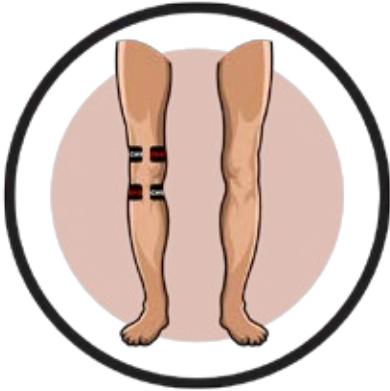
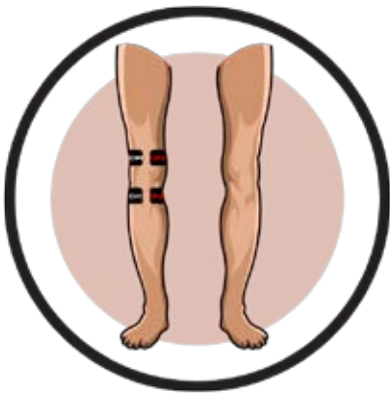
If you're experiencing chronic hip pain, place four electrode pads in a diamond arrangement, two stacked vertically and two horizontally, around the most intense area of pain. Be sure that the pads are placed sticky side down and at least two inches apart.



# DEGENERATIVE ARTHRITIS: CERVICAL & LUMBAR LATERAL RIB CAGE PAIN



For pain or soreness in the rib cage area, electrode pads may be placed horizontally and/or vertically along the side of the rib cage. You may place two pads from each channel either next to each other or diagonally, depending on how you'd like to adjust the intensity between the two channels.



## DEGENERATIVE ARTHRITIS: KNEE PAIN (RECURRENT PATELLAR SUBLUXATION)

For best results when treating knee pain due to degenerative arthritis, do not place electrode pads directly on the knee joint but rather place two pads just above the knee and two pads just below, finding the placement that best surrounds your most concentrated area of pain.

Attach pads below and above the region of pain. Place two pads above the joint and adhere the other electrode pads below the knee joint.

## DIABETIC NEUROPATHY (LOWER LEG PAIN)

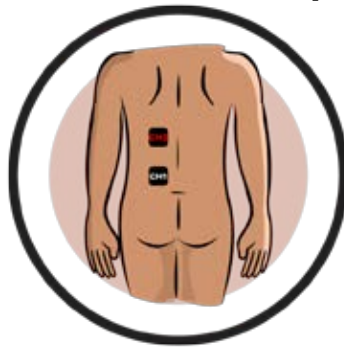
For lower leg pain related to diabetic neuropathy, place pads sticky side down on clean skin. You may use two electrode pads, one just above the heel of the foot and one midway up the calf.

You may also introduce a second set of electrode pads, so that two pads are placed horizontally at the ankle and two pads are stacked vertically along the calf muscle and the back of the thigh.

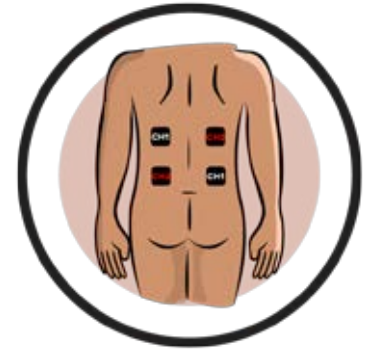


# HERPES ZOSTER NEURALGIA

For soreness and pain related to herpes zoster neuralgia, the best results will come from using four electrode pads, two in each channel. If the pain is on one side, arrange two electrode pads vertically on the front of the abdomen and two pads symmetrically on the back.



If the pain is wider than one side, you may place two pads vertically along one side of the spine and two pads symmetrically along the other side. Always be sure that pads are placed on clean skin and at least two inches apart.



# HIP NEURALGIA



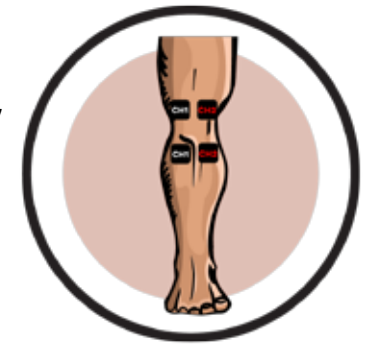
To provide electrotherapy for painful and sore areas related to hip neuralgia, stack four electrode pads vertically on the sore side of the body. Place two electrode pads at the lower back along the spine, one electrode pad on the bottom and one at the top of the rear thigh.

# KNEE ARTHROSCOPY PAIN (POST-OP)

For best results when treating knee pain due to surgery, do not place electrode pads directly on the knee joint but rather place two pads just above the knee and two pads just below, finding the placement that best surrounds your most concentrated area of pain.



You can also attach two pads horizontally from each other on each knee.

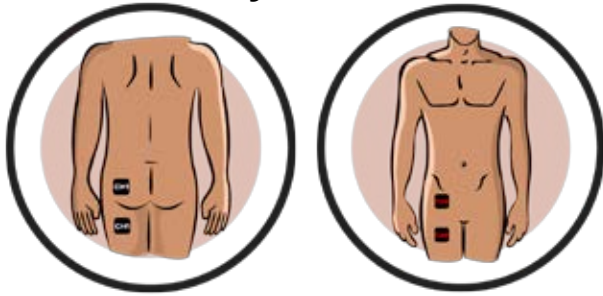


# LOW EXTREMITY PAIN (REFLEX SYMPATHETIC DYS- TROPHY)-LOWER LEG PAIN

If you're experiencing pain or soreness in the lower leg, you may place two electrode pads diagonally at the top of the inner calf muscle and two electrode pads diagonally at the inner ankle. Be sure to place pads sticky side down and at least two inches apart.



For pain in the hip and groin area, arrange two electrode pads from Channel 1 vertically, one on the bottom and one on the back of the upper thigh.



Then, place two electrode pads from Channel 2 at the front of the hip area, symmetrical to those in the back. Intensity can be adjusted separately in the front and the back, depending on your needs.

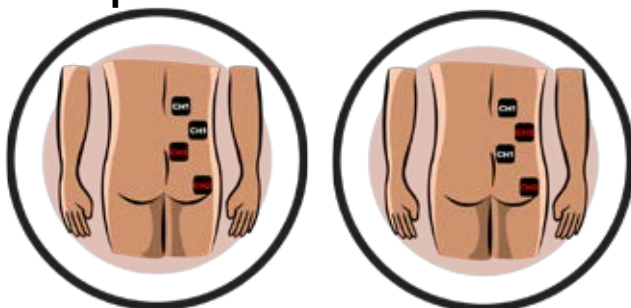
# MASTECTOMY-RIGHT SIDE

For post-surgical mastectomy, consider the following placement of your electrode pads. With some help from a family member or loved one, place an electrode pad to the right of the spine (avoiding spine) with another pad, same channel, 3.5" below. Place the other two pads 2" to the right of the other set but 1" lower as shown in the pictograph.



# PHANTOM LIMB-LOWER EXTREMITY SCIATICA

For phantom limb pain, you may place two electrode pads diagonally at the top of the buttocks. Beneath those two electrode pads, place the other two electrode pads diagonally on the buttocks, at least two inches apart. You may place two pads from each channel either next to each other or diagonally, depending on how you'd like to adjust the intensity between the two channels.



## POST PODIATRIC SURGERY (INVOLVING LATERAL TOES)



Place two or four electrode pads along the side of the ankle. You may stack two electrode pads vertically, one at the side of the foot just above the heel and one just above the ankle joint.

You may stack two more electrode pads vertically and staggered to the first two, so that the pads are arranged in a zigzag pattern along the side of the foot and ankle.



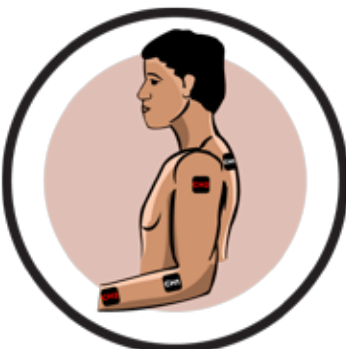
## RECURRENT PATELLAR SUBLUXATION



For pain or soreness from a recurrent patellar subluxation, stagger two electrode pads diagonally above the knee joint and two pads diagonally below the knee joint at least two inches apart.

## REFLEX SYMPATHETIC DYSTROPHY-UPPER EXTREMITY PAIN

Try placing electrode pads sticky side down around the shoulder area creating a diamond shape. Place one pad at the front of the shoulder, one at the back, one at the side of the upper bicep and one at the side of the neck.

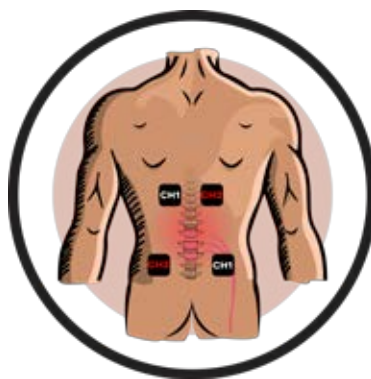
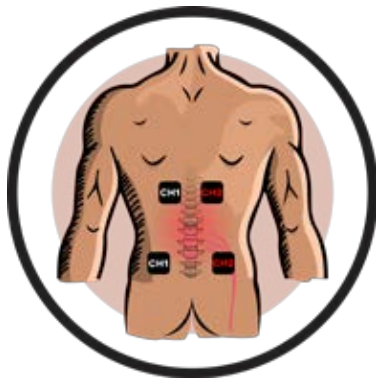
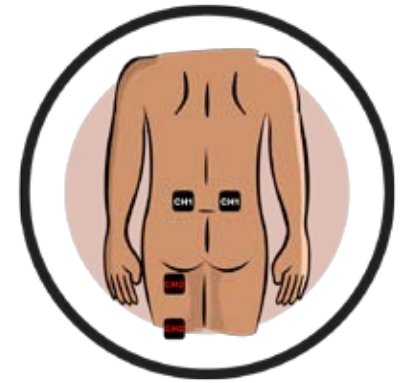
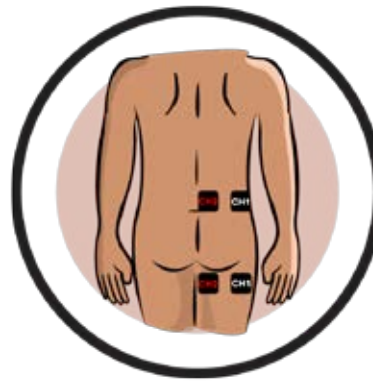


If your pain extends further down the arm, you may try placing just one pad at the back of the shoulder and one at the side. The other two electrode pads can be stacked diagonally along the forearm, about four or five inches apart.



## SCIATICA

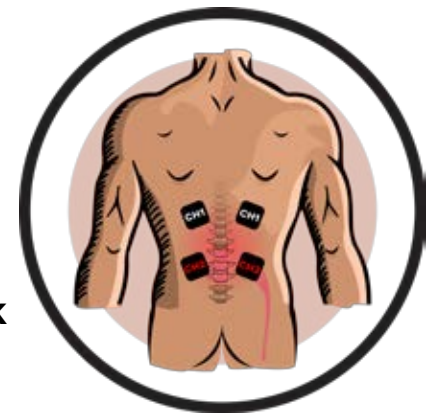
To manage pain related to sciatica, use two or four electrode pads placed above and below the region of pain. Do not place pads directly on the spine, but rather stack the pads vertically or diagonally on one side of the spine. Two electrode pads may also be placed vertically along the back of the leg if needed.



Attach one pad below and above the region of pain, both on the same side of body (not on spine). The third and fourth electrodes are an option. Two electrode pads may only be suitable as an alternative option.

## SLIPPED DISK

Pad placement for slipped disk is very similar to pad placement for sciatica. Use two or four electrode pads placed above and below the region of pain. Do not place pads directly on the spine, but rather stack the pads vertically and rotated slightly.



## TENDONITIS-TENNIS ELBOW



To manage pain and inflammation as a result of "tennis and golfer's elbow," consider pad placements as follows. Place one electrode pad just below the wrist on the inside. Place another electrode pad, same channel, on the inner bicep. For Channel 2, place the other two electrode pads on the upper forearm two inches from each other on the inner elbow as the pictograph shows.



# UNILATERAL CERVICAL SPINE PAIN

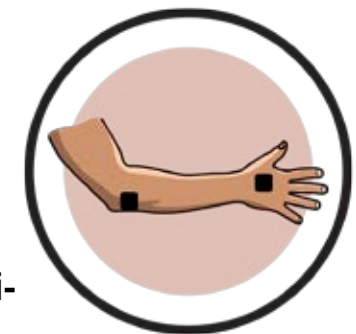
For relief from painful symptoms along one side of the cervical area, arrange two electrode pads sticky side down diagonally along the side of the neck. One pad should be placed next to the spine just below the hair-line on the side that hurts.



The other pad can be placed several inches lower at the shoulder, either directly next to the spine or several inches out. Choose the placement that best surrounds the most intense area of pain.

# UPPER EXTREMITY PAIN (REFLEX SYMPATHETIC DYSTROPHY)-ULNAR NERVE LESION

For upper extremity pain related to an ulnar nerve lesion, place one electrode pad on the inside of the wrist and one the back of the hand.



The other two pads may either be placed below the elbow joint or above the elbow joint, one pad at the inside and one pad at the outside of the arm.





# EMS PAD PLACEMENT BY MUSCLE GROUP

# WARNINGS & PRECAUTIONS

## EMS Precautions & Recommendations

While in EMS Mode, it is advised that you position yourself to allow the muscles to be isometrically trained while in a stretched or elongated position. For upper body training, see illustration A. For lower body training, see illustration B.

### Warning:

If position of muscle is shortened or relaxed, the contraction can create a cramping sensation that may lead to undue muscle soreness after the therapy has elapsed.

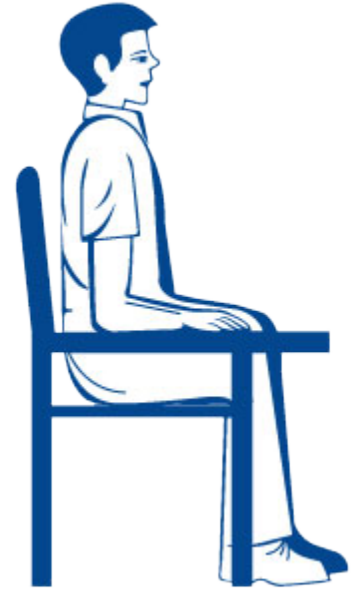


Illustration A

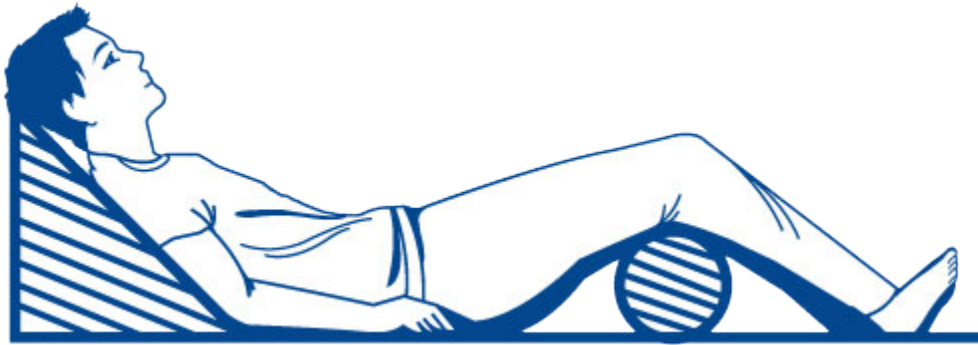


Illustration B

So, as to work comfortably and safely, keep your limbs in a still position (fix your hands and feet to one spot or against an immovable object). In this way, you provide maximum resistance to movement and you will stop the muscle from tightening during the contraction.

The information provided on this site is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition. The information on this website is not intended to diagnose, treat, cure or prevent any disease. Never disregard medical advice or delay in seeking it because of something you have read on the iReliev site.



## ABS

For EMS ab training, place one XL electrode pad on each side of the abdomen so that they are symmetrical. In all cases, place pads sticky side down and at least two inches apart. Adjust the intensity in Channels 1 and 2 depending on your needs.

## BICEPS

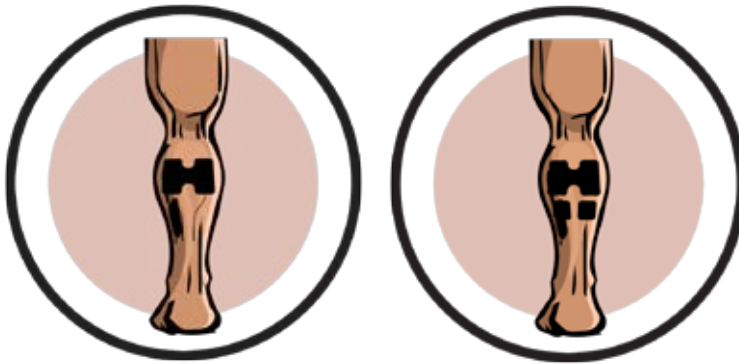
To apply EMS to the biceps, place two large electrode pads on each arm. Alternatively, you may use one XL electrode pad on each arm. Place pads vertically, horizontally or diagonally depending on which positioning best surrounds the most intense area of pain or soreness.



To help create a comfortable and safe therapy session, you should keep your limbs in a still position. This can help provide maximum resistance to movement and you will help stop the muscle from tightening during the contraction.

## CALVES

For larger surface coverage, place on calf muscle one large electrode pad on each leg. You might choose to align the pad vertically or horizontally or place them catty corner from each other. Look for the placement that most accurately surrounds the sore or painful area. Please ensure that pads are at least two to three inches apart, and that skin is clean and dry before application.



## DELTOID

Attach one small electrode pad on front and one small electrode pad on the back of the muscle. And one large pad on upper shoulder area.



## GLUTEUS MAXIMUS

Place large electrode pads sticky side down on either side of the bottom at least two inches apart. Intensity levels can be set differently between Channels 1 & 2.

## HAMSTRINGS (BACK OF THIGHS)

Be sure area is clean and dry, then place large electrode pads on back of thighs at least two to three inches apart. Pads can be staggered or aligned. Intensity levels can be set differently between Channels 1 & 2.



# QUADRICEPS (FRONT OF THIGHS)

XL electrode pads can be placed on the front of the thighs. Place pads at least two to three inches apart on clean, dry skin. When placing the large pads on each leg, you may try a mirror placement, either placing the pads catty corner or stacked vertically.



# TRAPEZIUS

Attach one small electrode pad with Channel 1 medial of lower scapula and one small pad on the front of the upper chest area. Place one large pad with Channel 2 on the upper shoulder area.



**ExcelHealth Inc.**  
**1103 Keller Pkwy Suite 202 Keller, TX 76248**  
**[www.iReliev.com](http://www.iReliev.com)**  
**Phone: 855-PAD-CLUB**

Disclaimer: The information provided in this eBook is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific conditions. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition. The information on this website is not intended to diagnose, treat, cure, or prevent any disease. Never disregard medical advice or delay in seeking it because of something you have read in iReliev's eBook.