

# How to Setup & Use TENS Machine



Step 1. Set the TENS 7000 machine to 200us, 30Hz.

Step 2. Connect two electrode pads to the wires - one negative (black) and one positive (red).

Step 3. Place the positive (red) electrode pad below the cheekbone, close to the ear.

Step 4. Position the negative (black) electrode pad on the shoulder of the same side.

Step 5. For vagus nerve stimulation, connect a second pair of electrodes to the machine, using the lead with two ear clips.

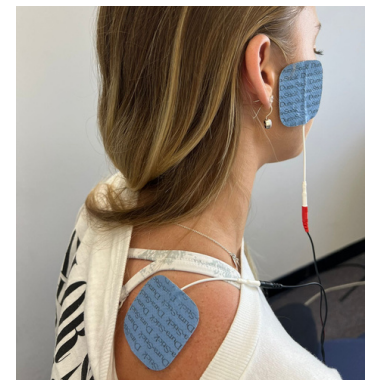
Step 6. Attach one clip to the concha area. For children, or if discomfort occurs, place one electrode on the earlobe and another on the superior crus.



Ideal placement of the ear clips.



If the clips become too intense or irritating, you can move the placement as pictured.



Place positive electrode pad on cheek, and negative electrode pad on the shoulder.

NOTE: Based on medical advice, decide whether to stimulate the left or right side.  
The TENS machine is not suitable for individuals with implanted devices, like pacemakers.  
Always check for contraindications before use.

