

24. How to Use a TENS Unit with Hip Pain (Side & Front) Correct Pad Placement.

How to Use the TENS Unit:

If you are using an iReliev TENS unit we provide step-by-step video instruction on how to use the following types:

iReliev 1313

iReliev 5050

iReliev 8080

Just go to the program section at BobandBrad.com and click on the TENS series. Under the series look for the videos with the 1313, 5050, or 8080 TENS units.

If you are using a TENS unit from another manufacturer you will need to follow the instructions provided with the product.

Where to Place the Pads for Hip Pain:

There is NOT a specific right way to position or place the pads. The best approach is to place the pads wherever they relieve pain the most. Experiment and see what will work best for you.

General Guidelines for Side or Lateral Hip Pain (Greater Trochanteric Hip Bursitis, Hip Arthritis, IT Band Syndrome, Tensor Fascia Lata TFL Pain):

Option One: Use one channel and two pads. Place one pad (either one) directly on the pain. Place the other pad either in front of the other pad or behind the other pad (at least a pad's width apart).



Option Two: Use one channel and two pads. Place one pad (either one) in front of the pain and one pad behind the pain or place one pad on each side of the pain.



Use of two channels and four pads for side hip pain.

In our examples, channel one has yellow pads and channel two has green pads.

Option one: place one pad from channel one behind the area of pain and place one pad in front of the area of pain. Place one pad from channel two on the right side of the pain and another pad from channel two placed on the left side of the area of pain. This arrangement forms a cross pattern.



Option two: one pad from channel one in the upper right corner of the area of pain and one pad from channel one in the lower left corner of the area of pain. One pad from channel two in the upper left corner of the pain and one pad in the lower right corner of the pain. This arrangement forms an X pattern.



General Guidelines for Front Hip Pain (Hip Arthritis, Hip Flexor Pain):

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Precaution: If you place an electrode pad directly in the groin it may be disrupted with sitting, walking, movement, etc.

Option One: use one channel and two pads. Place one pad (either one) directly on the pain. Place the other pad either in front of the other pad or behind the other pad (at least a pad's width apart).



Option Two: use one channel and two pads. Place one pad (either one) in front of the pain and one pad behind the pain. Or place one pad on each side of the pain.



Use of two channels and four pads for front hip pain.

In our examples, channel one has yellow pads and channel two has green pads.

Option one: place one pad from channel one behind the area of pain and place one pad in front of the area of pain. Place one pad from channel two on the right side of the pain and another pad from channel two placed on the left side of the area of pain. This arrangement forms a cross pattern.

See Photo for Example

Option two: place one pad from channel one in the upper right corner of the area of pain and one pad from channel one in the lower left corner of the area of pain. One pad from channel two in the upper left corner of the pain and one pad in the lower right corner of the pain. This arrangement forms an X pattern.

See Photo for Example

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General Guidelines for Pain Referred from Another Area:

An example would be hip pain that is coming (referred) from the back. Using channel one, place the two pads along the nerve pathway.

See Photo for Example

Reminder: do not place pads over open wounds or areas with excessive hair. Clean the area with soap and water prior to placement of the pads.

Side Hip Treatment: Hip Flexor Stretch, Figure 4 Stretch