

## Vagus Nerve Tens Therapy at Home

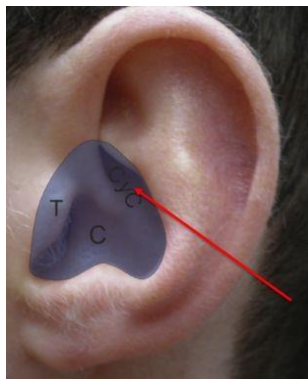
1. Buy this [Tens 700 unit](#).
2. Plus these [additional pads](#) when needed, the Tens 700 unit has 4 pads which will eventually lose their stickiness and conductivity.
3. Buy [these ear clips](#).



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### Setup

Plug the red wire into one ear clip. Place the padded part of the ear clip in the groove above your LEFT ear canal (where the red arrow points). Plug the back wire into a tens pad and place on the middle or upper part of your trapezius muscle on the back of your LEFT shoulder (where the black arrow points, or higher).



## Settings

The settings are also on the user manual pages in red text:

- ALWAYS: normal mode, 200 pulse width, and no more than 20 minutes duration.
  - Your frequency will vary in a four-week cycle - week 1 is 10, week 2 is 15, week 3 is 20, week 4 is 15. Repeat.
  - Always start at the LOWEST intensity, and go up gradually until you barely feel the pulse. More is not better.
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## Daily Practice

Please start with \_\_\_\_\_ minutes \_\_\_\_\_ times per day for \_\_\_\_\_ then gradually increase.

Therapeutic level to work up to is 15 minutes 3 times a day or 20 minutes 2 times a day.

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## Cautions

1. Do NOT use TENS if you use a cardiac device like a pacemaker or implanted defibrillator.
2. Only use TENS to your comfortable tolerance. This means that you should not make the signal stronger than is comfortable for you.
3. Never use your TENS device for more than 15 minutes at a time, or less if your doctor has instructed you to use it for a shorter time.
4. Never use TENS when you're too tired or feel out of sorts.
5. Never go to sleep with TENS on.
6. Never go into water with TENS on!