1. Connect lead wires to the electrodes and to TENS device.
2. Clean skin in the treatment area. Dry thoroughly.
3. Apply electrodes around area of pain as instructed by your health care provider.
4. After placing the electrodes, turn TENS device on by pressing “on/off” button.
5. Select the appropriate body specific program.
6. Increase both channels on “ch1 and ch2” to a strong but comfortable level.
7. To unlock device press “down arrow.”

* Please see user manual for detailed instructions.

General Joint and Spine Pain-Electrode Placement

**Shoulder Pain**
- Setting/Mode: Quick Shoulder Setting, Burst or SMP
- Treatment Time: 30-60 minutes
- 3-4 times per day or as prescribed
- Electrode Placement: Place electrodes surrounding the painful site using a bracketed method.

**Upper Back Pain**
- Setting/Mode: Quick Back Setting or Burst
- Treatment Time: 30-60 minutes
- 3-4 times per day or as prescribed
- Electrode Placement:
  - Single Channel: Place electrodes unilaterally on paraspinals at proximal and distal pain limits.
  - Dual Channel: Place electrodes at paraspinals, at proximal and distal pain limits, in a crossed pattern.

* These electrode placements serve only as a guide and will vary by indication and individual patient needs. Specific electrode placement or treatment plans should be determined by the physician.
Lower Back Pain
Setting/Mode
Quick Low Back/Hip Setting or Modulation
Treatment Time
30-60 minutes
3-4 times per day or as prescribed
Electrode Placement
Single Channel
Place electrodes unilaterally on paraspinals at proximal and distal pain limits.
Dual Channel
Place electrodes at paraspinals, at proximal and distal pain limits, in a crossed pattern.

Hip Pain
Setting/Mode
Quick Low Back/Hip Setting or Modulation
Treatment Time
30-60 minutes
3-4 times per day or as prescribed
Electrode Placement
Single Channel
Place electrodes medial and lateral to the pain site.
Dual Channel
Place electrodes superior and inferior to the pain site. This creates a crossed pattern over the hip joint.

Knee Pain
Setting/Mode
Quick Knee Setting, Burst, or SMP
Treatment Time
30-60 minutes
3-4 times per day or as prescribed
Electrode Placement
Place electrodes in a crossed pattern surrounding the knee joint.
Note: Do not place electrodes over incision sites.

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Frequently Asked Questions

How does it work?
The Empi Select provides pain relief in two ways. In the Gate Control Method, the electrical impulses override the pain messages (gate) to the brain – much like cold water to a burnt finger. The second method of pain control, Endorphin Release, causes our body’s natural painkillers called endorphins to be released, which acts similarly to pain medication without the negative side effects.

When do I use it?
As often as you need for pain control or as prescribed by your treating healthcare provider.

How long do gel pads or electrodes last?
Typically last 1-3 weeks or 12-15 uses depending on proper maintenance, most insurances will allow 2 packs per month.

Does Medicare cover it?
Yes, Medicare covers the TENS device, with some exclusions depending upon the patient’s condition. Empi or your healthcare provider can help to identify if your condition(s) is within Medicare’s guidelines for coverage. They require at least a 30-day trial and will purchase if you and your physician agree that it is providing you relief.

How strong should it be?
Strong but comfortable.

What do I do if my insurance doesn’t cover it?
In the unlikely event this happens, contact Empi to discuss our other flexible options. There is a pre-paid mail bag in the box if you chose to return it. Please DO NOT return the device to your healthcare provider.

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How do I get more supplies?
Contact Empi at 800-328-2536.

If you have other questions, please call 800-328-2536 or contact your local representative.

Pregnancy
The safety of using electrical stimulation during pregnancy or birth has not been established.

Electromagnetic compatibility
Care must be taken when operating this device adjacent to or stacked with other equipment. Potential electromagnetic or other interference could occur to this or other equipment. Try to minimize this interference by not using other equipment in conjunction with it. (i.e. cell phones, etc.)

Heart disease
Precaution should be taken prior to using electrical stimulation on patients suspected of having heart disease.

Throat stimulation
Severe spasm of the laryngeal and pharyngeal muscles may occur when the electrodes are placed across the throat or mouth. This may be strong enough to close off the airway or cause breathing difficulty.

Skin and vascular problems
Do not use this device over infected areas, skin eruptions, or areas of decreased sensation.

Transthoracic stimulation
Do not apply electrical stimulation transthoracically (through the chest area) in that the introduction of electrical current into the heart may cause cardiac arrhythmias.

Warnings

Skin reactions
On rare occasions, therapy can result in transient skin reactions such as rash, inflammation, irritation, or burns. These skin reactions may be the result of individual sensitivity to the condition of the skin at the onset of treatment, reaction to the materials in the electrodes, or a poor connection between the electrode and your skin. If a visible skin reaction does occur, discontinue the treatment and consult the prescribing physician or licensed practitioner. In addition, should you experience significant skin irritation, contact Empi to discuss different electrode options.

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Cardiac pacemakers
Do not use this device if the patient has a demand-type cardiac pacemaker or any implanted defibrillator.

Transcerebral stimulation
Do not apply electrical stimulation transcerebrally (through the head).

Contraindications
TENS treatments should not be used if you have any of the following:

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Your Healthcare Provider Recommends the Following Treatment Plan

__________________________ Minutes Per Session

__________________________ Times Per Day

__________________________ Mode