

### **13. What is the Best Program to Use on My TENS Unit for my Type of Pain?**

As we have mentioned in earlier videos there are hundreds of types of TENS units available on the market. We have tried dozens of them. Without a doubt, many of the TENS units available will do a great job for you.

After reviewing multiple units, we have decided to endorse the iReliev units. The iReliev units are powerful, effective, simple to use, and they have excellent instructions.

We have contacted iReliev, and they have agreed to allow us to provide their program summaries for three of their models:

For example, look at the chart for the model 8080 unit. This unit has both **TENS (Transcutaneous Neuromuscular Nerve Stimulation)** and **EMS (Electrical Muscle Stimulation)**.

Bob and Brad TENS Program: What is the Best Program to Use on My TENS Unit for My Type of Pain?

# Compare Products



**WiTENS™**  
Mini Pain Relief Patch



**iRecover™**  
TENS Pain Relief System



**iRenew™**  
TENS + EMS Pain Relief & Recovery



**iRenew Plus™**  
TENS + EMS Pain Relief & Recovery



**Therapeutic Wearable System™**  
Wireless TENS + EMS

## Description

Ratings	★★★★★ 12 Reviews	★★★★★ 28 Reviews	★★★★★ 140 Reviews	★★★★★ 65 Reviews	★★★★★ 165 Reviews
Recommended Use	Acute Pain	Acute/Chronic Pain	Pain Relief and Recovery	Pain Relief and Recovery	Pain Relief and Recovery
Color	●	●	●	●	●
Programs	1	8	14	14	14
Price	<b>\$19.95</b> <del>\$29.95</del>	<b>\$49.95</b> <del>\$69.95</del>	<b>\$69.95</b> <del>\$89.95</del>	<b>\$99.95</b> <del>\$175.85</del>	<b>\$179.95</b> <del>\$249.95</del>

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## Features

Wireless	✓	✗	✗	✗	✓
Rechargeable	✗	✗	✗	✓	✓
Backlit Display	✗	✗	✗	✓	✓
Channels	Single	Dual	Dual	Dual	Quad
Output Strength	60mA	80mA	80mA	80mA	80mA
Modes	TENS	TENS	TENS+EMS	TENS+EMS	TENS+EMS
Programs	1	8	14	14	14

## TENS Programs

Pain Relief	✓	✓	✓	✓	✓
Arthritis Relief	✗	✗	✓	✓	✓
Back Pain	✗	✓	✓	✓	✓
Knee Pain	✓	✓	✓	✓	✓
Leg Pain	✓	✓	✓	✓	✓
Massage	✓	✓	✓	✓	✓

## EMS Programs

Endurance	✗	✗	✓	✓	✓
Muscle Strength	✗	✗	✓	✓	✓
Muscle Recovery	✗	✗	✓	✓	✓
Exercise Warm Up	✗	✗	✓	✓	✓

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Pain?

**Program Modes** refers to the number of the program.

**Pulse Rate** generally means the higher the pulse rate, the more comfortable the stimulation is.

**Output Mode/Pulse Width:** Please make note of the following. If you are using a program with either a modulated or cycle setting be careful with how fast you turn up the intensity. We recommend you turn up the intensity to a 2-3 setting on the channel knob and wait for 20 seconds to feel how intense the stimulation will get. If you put the intensity too high, you may not realize until it ramps up and it may be too intense for you. Watch the video on how to use each unit in order to obtain a more in-depth instruction.

**Type of Pain:** Acute (short duration), Chronic (long duration)

**Potential Benefits:** Self-explanatory

**You Should Feel:** Self-explanatory