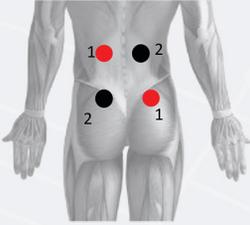


# NexWave Electrode Placement for Pelvic Pain

## IFC

For IFC Mode, place electrodes from Channel 1 (red) and Channel 2 (black) in a criss-cross (intersecting) pattern. Current should cross through the area of pain.



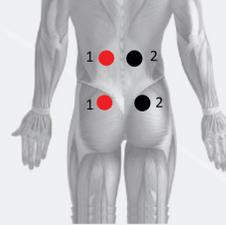
### Low Back Pain & Other Dermatome Placements for Bladder and Bowel

Place electrodes from upper lumbar (L1) to SI Joint Area.

Use 2-4 times a day for 30-40 min sessions.

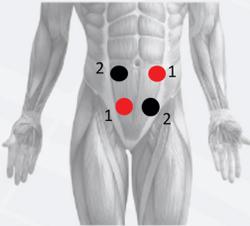
## TENS

For TENS Mode, place electrodes from Channel 1 (red) and Channel 2 (black) in a parallel or criss-cross pattern.



### Low Back Pain

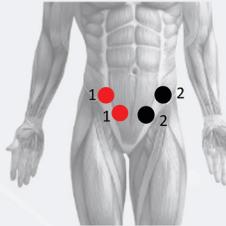
Use as needed for 60 min intervals several times a day. Avoid using continuously which can overstimulate muscles and cause muscle soreness.



### Pelvic Pain & Abdominal Pain

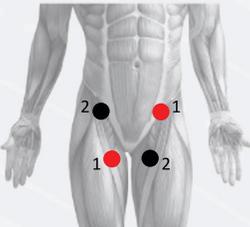
Place electrodes from Ch. 1 and Ch. 2 between pubic bones. Height should be adjusted for pelvic pain or abdominal pain.

Use 2-4 times a day for 30-40 min sessions



### Pelvic Pain

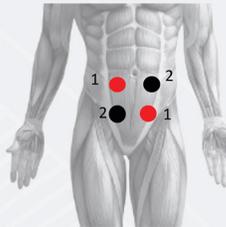
Use as needed for 60 min intervals several times a day. Avoid using continuously which can overstimulate muscles and cause muscle soreness.



### Pudendal Nerve Pain, Vulvodynia, & Lower Pelvic Pain

Place electrodes from Ch. 1 and Ch. 2 between low pubic bones. and upper thighs, toward inner section of thighs (adductors).

Use 2-4 times a day for 30-40 min sessions.



### Pelvic Pain or Abdominal Pain

Use as needed for 60 min intervals several times a day. Avoid using continuously which can overstimulate muscles and cause muscle soreness.



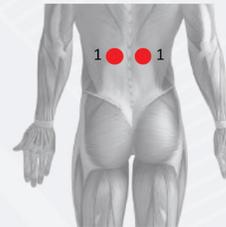
### Interstitial Cystitis & Pelvic Pain Conditions

Intersect through your lower abdomen to SI Joint (S2) area (front to back).

Ch. 1: Place one electrode on the left sacroiliac joint and one electrode above the right side of the pubic bone.

Ch. 2: Place one electrode on the right sacroiliac joint and one electrode above the left side of the pubic bone.

Use 2-4 times a day for 30-40 min sessions.



### Miscellaneous (Bowel, Bladder, Pelvic, Dysmenorrhea)

Place electrodes from Ch. 1 at Thoracic-Lumbar Juncture (T12). Place electrodes from Ch. 2 over the lower abdominals.

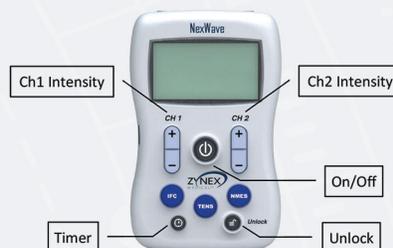
Use as needed for 60 min intervals several times a day. Avoid using continuously which can overstimulate muscles and cause muscle soreness.

#### NEXWAVE CARE TIPS:

Rub in few drops of water to electrode gel between treatments to rehydrate the pads and make electrodes last longer. The IFC Mode drains batteries quickly so use the AC Adapter when using IFC. TENS and NMES may be run on either Battery or AC Adapter.

#### Device Features

- 3 Devices in 1 (IFC, TENS, NMES)
- 9 Pre-Programmed Options
- Large Display with Back Light
- Small, Portable & Easy-to-Use
- Built-In Treatment Timer
- Compliance Meter
- 9 Volt or A/C Adapter



Form 30110 rev. 3