



Considerations

Determining the best electrode for each individual treatment program is one of the most important factors in successful electromedical treatment. Some considerations should include:

- Where will the electrodes be placed?
- Will the patient be able to remove and replace the electrodes without assistance?
- Is the electrode compatible with the environment in which it will be used?
- Will the patient's body chemistry react to the electrode gel adhesive?
- What is the activity level of the patient?
- Does the electrode size and shape correspond to the treatment site and cause of pain?
- Which level of adhesion best suits the patient's needs?
- Will the electrode(s) remain on the skin for long periods of time?
- Will the patient be lying on the electrode or exerting pressure on the treatment site?
- Is the electrode connection comfortable for the patient? If not, would an adaptor be helpful?
- What type of stimulation will be used?

External Factors

External factors which can influence electrode performance are:

- **Skin type** – Patients with fragile and/or sensitive skin should choose easy-to-remove electrodes which offer low tac adhesives, smaller adhesive areas, and skin friendly gels.
- **Perspiration** – Patients who perspire heavily will benefit from pre-treatment skin care products (such as Uni-Patch Pre-TENS® conductive skin preparation) and electrodes with highly aggressive gels, low moisture absorption rates, and moisture resistant cover materials.
- **Climate** – Air temperatures and humidity levels not only affect skin condition, but impact gel and adhesive performance as well. Climate changes may necessitate modifications in establishing routines for stimulation.
- **Electrode Placement** – Consider contour and location of placement site, electrode flexibility required, activity level of patient, and duration of treatment before recommending electrodes.
- **Proper Hydration** – The absence of proper fluid levels in the body may cause conductivity to be partially or totally blocked. Water is the recommended liquid, as beverages such as coffee, cola, and tea act as diuretics and actually rob the tissues of fluid.
- **Battery, Stimulator, and Lead Wire Care** – Properly charged batteries and occasional testing of the stimulator and lead wires will determine if sufficient power is reaching the electrodes.