

MENS

The primary aim of MENS is to provide management of tissue regeneration and relief from, chronic (long-term) intractable pain and post-surgical and post-trauma acute pain.

The following is meant to serve as guidelines. Adjustments and parameters are to ultimately be decided by the treating physician or therapist.

Treatment Ranges

It is difficult to find support for the concept that there is a single frequency that works best for every patient, but the following ranges appears to cover the majority of individuals.

Pain Management:

- **Frequency: 75 – 120 Hz**
- **Pulse Width: SET**
- **Electrode: Active Lead – NEGATIVE (rotating polarity is also acceptable)**
- **Amplitude: 500 μ A**

Cranial Electrical Therapy (CET): research suggests microcurrent therapy applied to the ear lobes or upper neck can help control anxiety, depression, and/or insomnia.

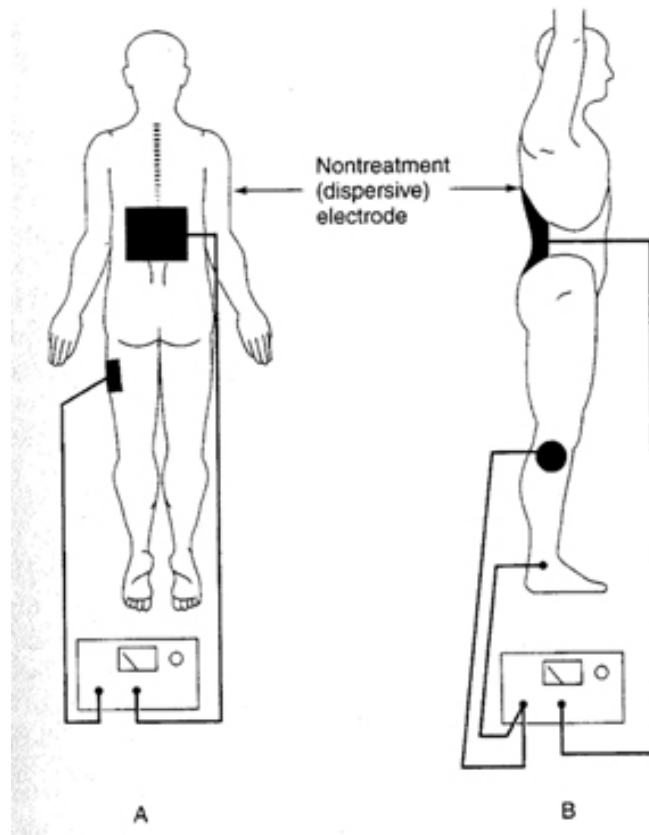
- **Frequency: .5 Hz**
- **Pulse Width: SET**
- **Electrode: Rotating polarity**
- **Amplitude: 10 – 500 μ A (patient comfort)**

Tissue Repair and Wound Healing:

- **Frequency: 10 – 40 Hz**
- **Pulse Width: SET**
- **Electrode: Active Lead – Negative (rotating polarity is also acceptable)**
- **Amplitude: 500 μ A**

Electrodes

Bifurcated lead assembly *can* be used with MENS. Bifurcated simply means the active lead (typically red) is multi-pronged (2 or more). The dispersive lead (typically black) is placed away from the target area. **Dispersive lead electrodes are usually equal to or greater than the sum of the area of the bifurcated active leads.**



- (A) Represents a simple technique where the active lead is placed on the hip and the dispersive lead is placed on the back.
- (B) Represents an advanced technique where the *active leads* are placed on the knee and ankle while the dispersive lead is placed on the back.

MENS units often come with a standard lead assembly and in this case example (A) would be applicable.

MENS units also offer polarity switching – which is adjusted by seconds. In this case, the polarity will rotate from the black to the red lead and the above figure is not applicable. See the regular electrode placement chart for this option.

Criterion has compiled all applicable information regarding Criterion Products for your convenience. The clinician must use his or her independent judgment when deciding which procedures and parameters are best for the patient.

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