

## Pad Placements for the Symptomatic Pain of Neuropathy

### Boot/122 Pads

- ◆ Use strapped down the back of the calves and across the bottom of the feet, or wrapped around the foot.

Local/132 Pad (if the stronger Local/132 pad is not available, the Boot/122 pads may be used, one vertically on the spine, one across the groin, run for an additional 20 minute session for support)

- ◆ **Lumbar area** over L4/5 (support at the dermatomes and blood vessels to the legs and feet)
- ◆ **Groin on both** sides at the femoral arteries and over lymph glands (support blood flow and lymphatic drainage in the legs)

*The figure below is for diagram purposes only, do not stand on the boot or any other pad. Sit or recline comfortably in a recliner, anti-gravity chair or elevate the feet on a hassock.*

