The leads electrode head attachment greatly extends the capabilities of your sanakey, enabling you to treat hard-to-reach areas, and extend treatment on painful areas.

The electrode pads once connected to the leads can be placed vertically, horizontally, or angulated, and should always be at least at least a centimetre or so apart. With this in mind it’s also important to remember that the distance can increase and decrease the effectiveness of the leads electrode head.

While there are a few pad placement tips that are obvious, (like not placing them on your eyes or over your heart!), there are a few other placement ‘don’ts’ to consider:

- You should never place the electrode pads on open cuts, even if they are beginning to heal.
- You should also never place a pad directly over the inside of a joint, as this area can be ultra-sensitive to the sanakey impulse.
- Your pads should never be used when wet, and must be set aside to dry before you begin using them.
- Never use a pad that has become damaged.

**Placement of the electrodes**

Placement of the electrodes is not an exact science. Often you’ll find different placements will relieve pain differently for the same painful complaint. Perhaps the greatest difference between ‘proper’ placement and less than desirable placement is not whether the you get pain relief but instead, how soon you get pain relief!

The main point to remember is to try and place an electrode on the painful point or the keypoint that has been elicited from treatment using the standard electrode head. The other electrode is placed on the opposite side / joint / limb or the corresponding horizontal spinal point.

Sometimes you might find that the pain is in a difficult-to-reach or oddly located area like the crook of your neck. While this might seem like a daunting region for electrode pad placement, you can still use your sanakey by putting the electrode pads on the pain and on the opposite side to the pain. Similarly, a wide pain between your shoulders on your back can be treated with electrodes placed on the left and right side of your spine.

In many cases there isn’t a right and wrong way to apply your pads; while it’s important that you follow the guidelines about what not to do, there’s not many ways that you can make a mistake in your placement. Find the pain, and place an electrode on it and on the opposite site, remembering that you are free to move them around if the pad placement ‘doesn’t feel right’! And be always aware that the impulse intensity should be comfortable!
Where are multiple options for pad placement, use the blue option first, the black option second.

Neck / Headache Pain

Shoulder Pain

Low back Pain

Sciatica Pain

General back Pain

Hip Pain

Knee Pain

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