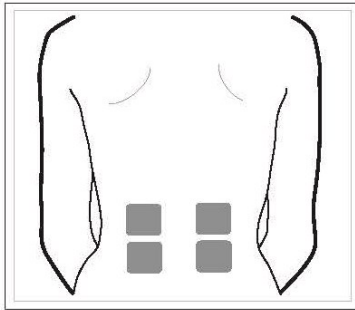


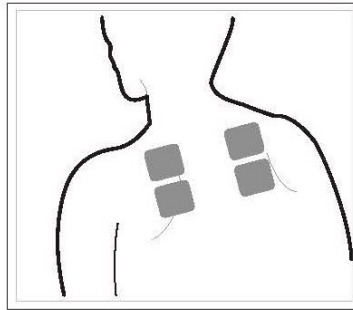
## Electrode Placement Chart

For best results, place electrodes on top of or around the area causing the most pain. On the beginning, vary the placement slightly until you find the perfect placement for your specific pain. The SpaBuddy Sport can be used with only 2 electrodes or all 4 electrodes (recommended).



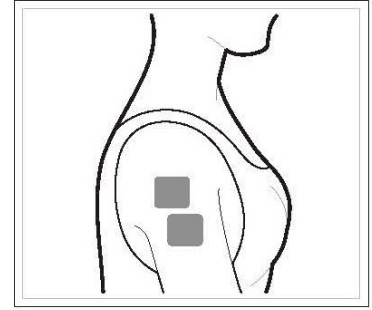
### LOWER BACK

*Place a pair of pads horizontally either side of your spine on the lower part of the back.*



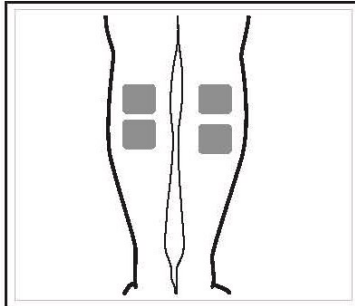
### UPPER BACK

*Place a pair of pads horizontally either side of your spine on the upper part of the back.*



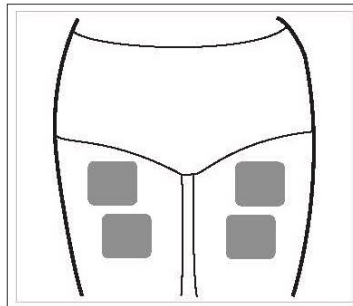
### SHOULDER

*Place one half of the pad on the front of your shoulder and the other on the side.*



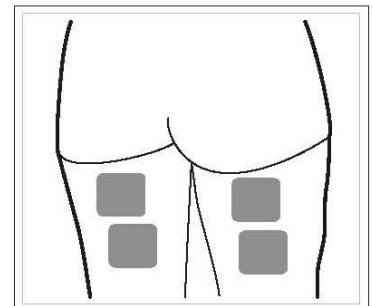
### CALF MUSCLES

*Place one pair of pads horizontally across each calf muscle. Do not place them too low on the leg, as this can result in an uncomfortable contraction.*



### FRONT OF THIGHS

*Place each pair of pads horizontally across each thigh muscle.*



### BACK OF THIGHS

*Place each pair of pads horizontally across your hamstrings.*