International 10-20 Electrode Placement System

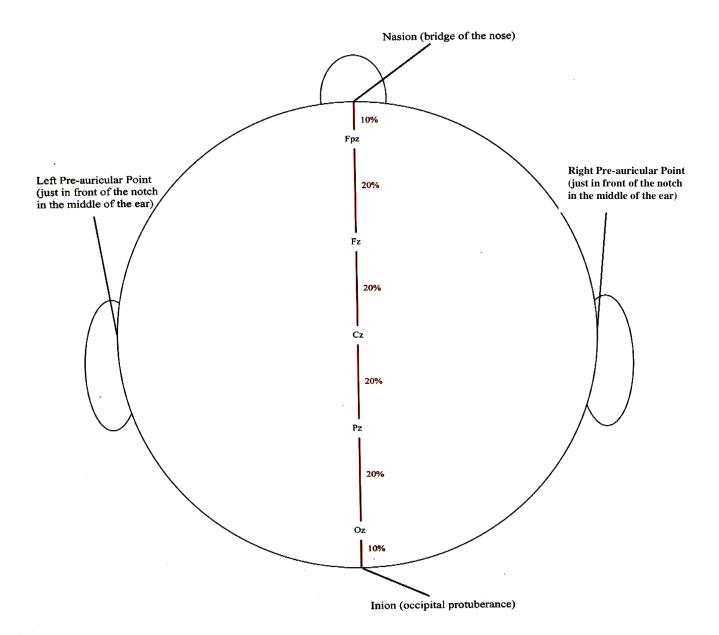
STEP 1

Locate the 4 landmarks

- 1. Nasion
- 2. Inion
- 3. Left pre-auricular point
- 4. Right pre-auricular point

STEP-2

- Measure the distance from the nasion to inion.
- Mark 10% of the total distance up from the nasion (Fpz) and inion (Oz) along the line joining them.
- Mark the halfway point between nasion and inion (Cz).
- Mark 20% of the total distance from Cz in front (Fz) and back (Pz) along the line joining the nasion and inion.

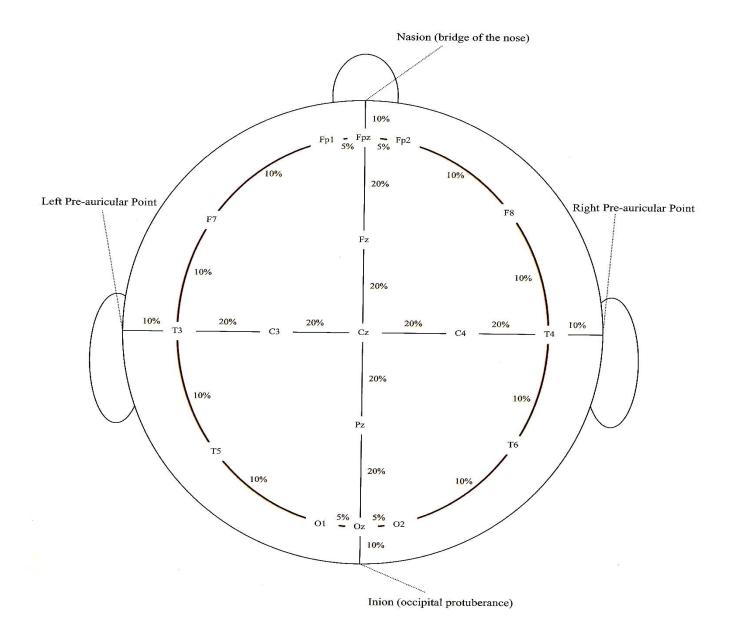


STEP-3

- Measure the distance from the left pre-auricular point to the right pre-auricular point, with the tape passing through the halfway mark between nasion and inion.
- Mark 10% of this distance up from the left (T3) and right preauricular points (T4).
- From Cz mark 20% of this distance on left (C3) and right (C4) side on the line joining the left and right preauricular points

STEP-4

- Measure the circumference of the head.
- The measuring tape should pass through all the 10% up marks
- 50% of this measurement should coincide with Oz at the back and Fpz in the front
- Mark 5% of the circumference on the left and right of Fpz (Fp1 and Fp2) and Oz (O1 and O2)
- Mark 10% of the circumference to the left of Fp1 (F7) and right of Fp2 (F8)
- Mark 10% of the circumference to the left of O1 (T5) and right of O2 (T6)



STEP-5

- Measure from Fp1 to O1 passing through C3
- Mark 50% of this distance and it should intersect the 20% mark on the left of Cz. This is the exact location of C3.
- Mark 25% of this distance on the line joining Fp1 and C3. This is the first mark for F3.
- Do the same on the right side to find C4 and the first mark for F4.

