Alpha-Stim® Treatment Protocols

Allevia Health, Inc.

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BASIC RULES (4 STEPS) OF THE PROBE PROTOCOL

ALPHA-5TIM

Stimulation Settings (treatment probes)

Alpha-Stim® Model: Alpha-Stim® 100

Treatment Mode:

Use a pair of treatment probes. Connect probes to lead wire and insert L-shaped plug from lead wire into channel **1** output. Attach felt pads to probes. Wet pads thourougly with Alpha Conducting Solution™. Reaply solution as needed during treatment.

Frequency:

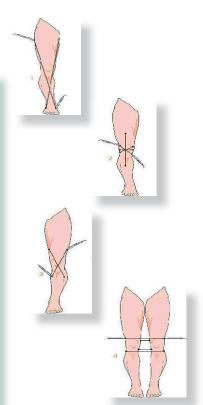
Set the frequency slider switch for channel **1** to 0.5Hz (far left).

Current Intensity:

Turn dial for channel **1** to "6" (600µA) or to highest comfortable level.

Timer:

Set timer slider switch to "probe" (far right).





Step 1. First treat in a large "X" manner over a wide area holding the probes so that the current is directed through the problem area. An example of this strategy for knee pain would be to first make the large X by treating from the medial, superior thigh to the lateral foot, then lateral at the hip to the medial foot.

Step 2. Treat with smaller Xs, or a "star" (*) closer and directly around the involved knee (e.g., two obliques, one or two medial-lateral, one or two anterior-posterior, etc.).

Step 3. Treat the opposite knee for at least 20 seconds (one X), even if there is no pain.

Step 4. Connect the two knees by placing a probe on each knee at least four times (*most important step*).

For optimal results, always follow the probe treatment with cranial electrotherapy stimulation (CES).

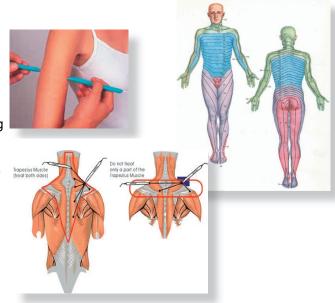
Always Remember to:

... place the probes so that current flows *through* the area of pain and press fairly hard for a good contact.

... connect both sides (Step 4) to treat spinal nerves and corresponding dermatomes and myotomes.

... consider anatomy, e.g., treat entire muscle, not just part of a muscle!

... re-evaluate pain about every 1 - 2 minutes ("treatment set").





Alpha-Stim® 100 Owner's Manual (2002). Electromedical Products International, Inc.

Kirsch, D. L. (2006). Microcurrent electrical therapy (MET): A tutorial. Practical Pain Management 6(7):59-64.

Kirsch, D. L. (2002). A practical protocol for electromedical treatment of pain. Chapter 61 (pp. 759-776) In *Pain Management: A Practical Guide for Clinicians* Weiner, R (ed.) CRC Press, Boca Raton, Florida.



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