

## FOOT AND ANKLE PAIN

Use self-adhesive electrodes (AS-Trode™) to treat acute or chronic pain problems or pain associated with fractures, decubitus ulcers, or if the patient is not responding to probe treatments.

Using one pair of electrodes, place one electrode on either side of the treated area so that current flows *through* the area of pain. A second pair of electrodes may be placed to apply the current in another direction, creating an "X" *through* the area of pain (see examples).\* Keep in mind that the body is 3-dimensional when placing electrodes.

Apply current with electrodes for 10-20 min. per placement, then move electrodes and apply current for another 10-20 min. Continue moving electrodes every 10-20 min. as needed. Try different electrode locations to find the most beneficial position to control pain. You may find that some placements will work much better than others.

Stop treatment when pain is completely gone or when the improvement has reached a plateau after several electrode placements. Some patients may require an hour or even several hours of stimulation with electrodes daily. *For optimal results, always follow the AS-Trode treatment with cranial electrotherapy stimulation (CES).*

ALPHA-STIM®

### Stimulation Settings (AS-Trodes™)

**Alpha-Stim® Model:**  
Alpha-Stim® 100 or PPM

#### Treatment Mode:

Use one or two pairs of self-adhesive electrodes (AS-Trode™). Attach electrodes to lead wires and insert L-shaped plug from lead wires into both channel outputs (use channel ① for stimulation with a single pair of electrodes). Cleanse the skin area with mild soap and water and let dry before applying electrodes.

#### Frequency:

Set the frequency slider switch for channel ① to 0.5Hz (far left) and for channel ② to the far right (as indicated by ①) to synchronize both channels.

#### Current Intensity:

Turn dial(s) to "1" (100µA).

#### Timer:

Set timer slider switch to 60 min or "continuous" (∞).



● = area of pain

\* Note: For illustration purposes, AS-Trode™ electrodes with white dots in the sample protocols above represent one pair connected to the same channel (for example ①). The pair of unmarked electrodes is connected to the other channel (for example ②).

## References

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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