

GET THE RELIEF YOU DESERVE



Alpha-Stim® SCS Ear Clip Protocol

CRANIAL ELECTROTHERAPY

Stimulation Settings (ear clip electrodes)

Alpha-Stim® Model:
Alpha-Stim® SCS

Treatment Mode:

Insert L-shaped plug from ear clips all the way into device so plug is touching the surface of the device. A felt pad should be on each side of each ear clip. Saturate each felt pad with 2-3 drops of Alpha Conducting Solution™.

Current Intensity:

Use dial to adjust intensity of stimulation to comfortable level.

Timer:

Press timer button (on the right) to select desired treatment time. It toggles between 20 or 60 minutes. The Alpha-Stim® SCS will turn itself off once treatment time is complete.

1. After preparing the device and ear clips as described at left, place ear clips on ear lobes, close to the jaw as shown.

2. Turn the current intensity dial to "0" and press the power button on.

3. Use dial to slowly increase current intensity until you feel a comfortable tingling sensation. Immediately decrease current intensity if tingling becomes uncomfortable or if you feel dizzy. Tingling is caused by the current breaking the skin resistance. You may feel it in one or both ears. (If you do not feel any sensation when you turn up the intensity, please press the L-shaped plug very hard into the device so that it snaps into place, flush with the unit. *There should be no visible aqua color.* Also replace the battery. If the issue persists please call us for tech support.)

4. If you find the treatment comfortable at a setting of 3 or higher on the intensity dial, then treat for 20 minutes. If you prefer a current intensity of 1 or 2 on the dial, then treat for 60 minutes. Adjust the timer setting to 20 or 60 minutes.

5. *Do not treat at uncomfortably high current levels!* Too much current can cause vertigo or nausea and does not lead to better results.

6. It is advised to complete a treatment session for the full 20-60 minutes once you start it to avoid being "caught" in a state of heaviness that some patients may experience as soon as a few minutes into the treatment. You should feel light and refreshed, not tired or groggy, after a CES treatment.

7. After a treatment, remove and discard the felt pads, dry the metal surfaces, and place a new felt pad on each surface. An alcohol wipe may be used to sterilize the surface or to clean off any glue residue.

8. For depression, the manufacturer recommends using CES daily for 3 or 4 weeks and then 2 or 3 times per week. For anxiety and insomnia, the manufacturer recommends using CES daily for the first 1 to 2 weeks, then 2 or 3 times per week, or as needed.

9. Questions? Please email info@alleviahealth.com or call 800-684-9343. We are open Monday through Friday, 8A - 5P Pacific Time or 11A - 8P Eastern Time.



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References

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

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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