

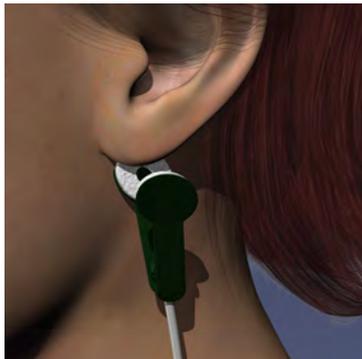
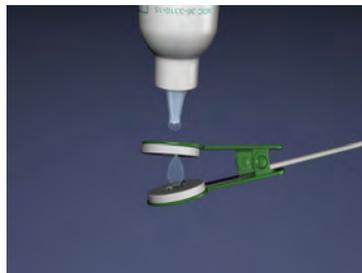


# GET THE RELIEF YOU DESERVE

## M Ear Clip Protocol

## CRANIAL ELECTROTHERAPY

1. Insert plug from ear clips into the device.
2. Saturate each felt pad with 2-3 drops of Alpha Conducting Solution™.
3. Place ear clips on ear lobes.
4. Press the power button on and set frequency to 0.5 hz.
5. Increase current intensity with the “up” arrow until you feel a comfortable tingling sensation.
6. Select the timer setting for 20 if the current intensity is 3 or higher. Select the timer setting for 60 minutes if the current intensity is 1 or 2.



### Tips

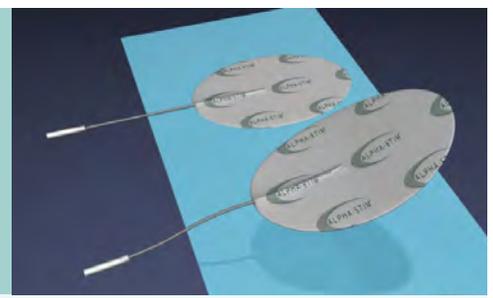
- Do not treat at uncomfortably high current levels! Too much current can cause vertigo or nausea and does not lead to better results.
- Call our office for tech support if you do not tolerate an intensity setting of 1 or higher.
- It is advised to complete a CES treatment session (20 or 60 minutes) once you start it. Do not treat for only a few minutes.
- 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. Plan to treat 3-8 weeks before drawing conclusions about efficacy.
- Replace the felt pads as needed. Replace batteries with alkaline AA batteries when the battery indicator indicates low power.
- Questions? Please call us at 800-684-9343. Your Alpha-Stim® comes with tech support.



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## Alpha-Stim® AS-Trode™ Protocol

## NECK & SHOULDER PAIN

To use self-adhesive electrodes (AS-Trode™) to treat neck or shoulder pain, follow these steps:

1. Clean the skin around the treatment area for best results.
2. Turn the Alpha-Stim® M on (upper left knob). Set the frequency to 0.5 (upper right knob).
3. Set the timer to 60 or continuous.
4. Plug one set of lead wires into channel 1. Attach an electrode to the end of each lead wire. Place each electrode at least a couple inches past either side of the area of pain so that if a line were drawn between them it would intersect the area of pain. The current runs between the two electrodes on one lead wire and you want to place the electrodes so the current runs *through* the area of pain.
5. A second lead wire (plugged into channel 2) with two electrodes may be placed to apply the current in another direction, creating an "X" *through* the area of pain.\* See examples below.
6. Use the up arrows to adjust the intensity to the highest comfortable setting (6 if comfortable).
7. Apply current with electrodes for 1 hour or up to several hours, until pain is completely gone or when the improvement has reached a plateau. For best results, reposition the electrodes every 20-40 minutes. 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. It is recommended to treat both shoulders, even if just one has pain, and also to treat from one shoulder to the other as shown below left. *For optimal results, follow the AS-Trode™ treatment with cranial electrotherapy stimulation.*



*For relief throughout the neck and shoulder area, you may also move the lower electrodes in this photo to the shoulders.*



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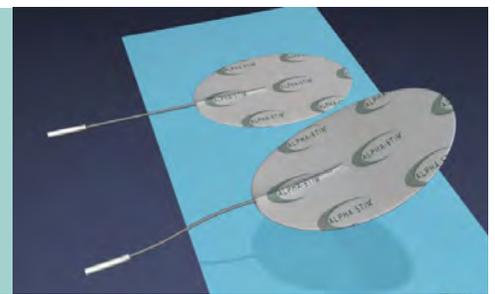
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● = area of pain

\* Note: For illustration purposes, AS-Trode™ electrodes with white dots in the sample protocols above represent one pair connected to one channel. The pair of unmarked electrodes is connected to the other channel. The red area is the area of pain.

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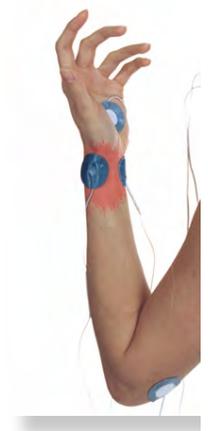
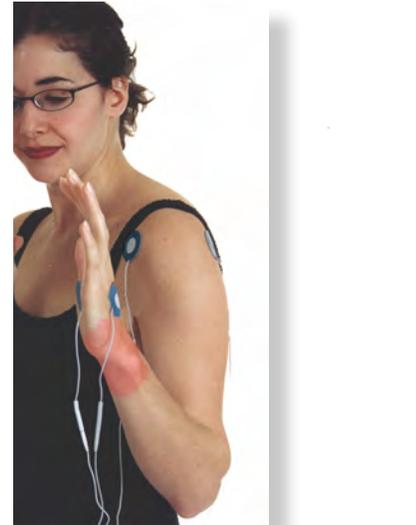
## Alpha-Stim® AS-Trode™ Protocol



## CARPAL TUNNEL

To use self-adhesive electrodes (AS-Trode™) to treat carpal tunnel pain, follow these steps:

1. Clean the skin around the treatment area for best results.
2. Turn the Alpha-Stim® M on (upper left knob). Set the frequency to 0.5 (upper right knob).
3. Set the timer to 60 or continuous.
4. Plug one set of lead wires into channel 1. Attach an electrode to the end of each lead wire. Place each electrode at least a couple inches past either side of the area of pain so that if a line were drawn between them it would intersect the area of pain. The current runs between the two electrodes on one lead wire and you want to place the electrodes so the current runs *through* the area of pain.
5. A second lead wire (plugged into channel 2) with two electrodes may be placed to apply the current in another direction, creating an "X" *through* the area of pain.\* See examples.
6. Use the up arrows to adjust the intensity to the highest comfortable setting (6 if comfortable).
7. Apply current with electrodes for 1 hour or up to several hours, until pain is completely gone or when the improvement has reached a plateau. For best results, reposition the electrodes every 20-40 minutes. 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. It is recommended to treat both arms and wrists, even if just one has pain, and also to treat from one hand to the other as shown at right. *For optimal results, follow the AS-Trode™ treatment with cranial electrotherapy stimulation.*



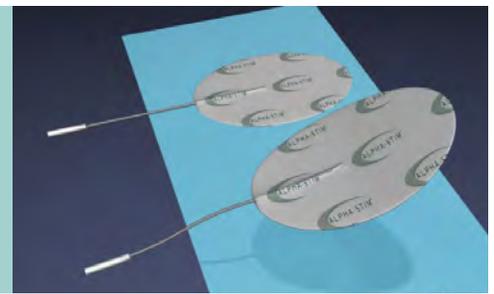
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● = area of pain

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# GET THE RELIEF YOU DESERVE



## Alpha-Stim® AS-Trode™ Protocol

## ARM PAIN

To use self-adhesive electrodes (AS-Trode™) to treat acute or chronic arm pain, follow these steps:

1. Clean the skin around the treatment area for best results.
2. Turn the Alpha-Stim® M on (upper left knob). Set the frequency to 0.5 (upper right knob).
3. Set the timer to 60 or continuous.
4. Plug one set of lead wires into channel 1. Attach an electrode to the end of each lead wire. Place each electrode at least a couple inches past either side of the area of pain so that if a line were drawn between them it would intersect the area of pain. The current runs between the two electrodes on one lead wire and you want to place the electrodes so the current runs *through* the area of pain.
5. A second lead wire (plugged into channel 2) with two electrodes may be placed to apply the current in another direction, creating an "X" *through* the area of pain.\* See examples.
6. Use the up arrows to adjust the intensity to the highest comfortable setting (6 if comfortable).
7. Apply current with electrodes for 1 hour or up to several hours, until pain is completely gone or when the improvement has reached a plateau. For best results, reposition the electrodes every 20-40 minutes. 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. It is recommended to treat both arms, even if just one has pain, and also to treat from one hand to the other as shown at right. *For optimal results, follow the AS-Trode™ treatment with cranial electrotherapy stimulation.*



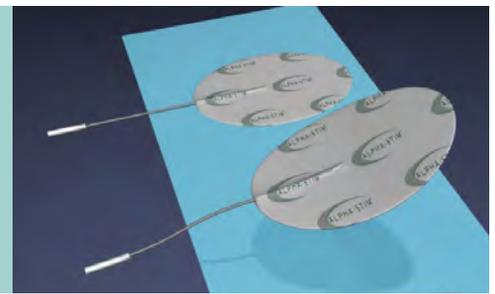
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## Alpha-Stim® AS-Trode™ Protocol

## ELBOW PAIN

To use self-adhesive electrodes (AS-Trode™) to treat acute or chronic elbow pain, follow these steps:

1. Clean the skin around the treatment area for best results.
2. Turn the Alpha-Stim® M on (upper left knob). Set the frequency to 0.5 (upper right knob).
3. Set the timer to 60 or continuous.
4. Plug one set of lead wires into channel 1. Attach an electrode to the end of each lead wire. Place each electrode at least a couple inches past either side of the area of pain so that if a line were drawn between them it would intersect the area of pain. The current runs between the two electrodes on one lead wire and you want to place the electrodes so the current runs *through* the area of pain.
5. A second lead wire (plugged into channel 2) with two electrodes may be placed to apply the current in another direction, creating an "X" *through* the area of pain.\* See examples below.
6. Use the up arrows to adjust the intensity to the highest comfortable setting (6 if comfortable).
7. Apply current with electrodes for 1 hour or up to several hours, until pain is completely gone or when the improvement has reached a plateau. For best results, reposition the electrodes every 20-40 minutes. 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. It is recommended to treat both elbows, even if just one has pain, and also to treat from one elbow or hand to the other as shown below right. *For optimal results, follow the AS-Trode™ treatment with cranial electrotherapy stimulation.*

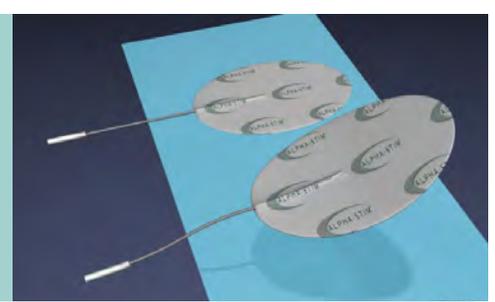


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# GET THE RELIEF YOU DESERVE

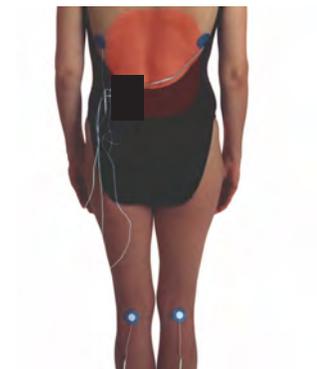
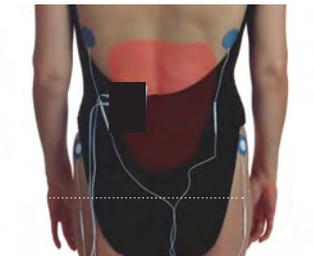


## Alpha-Stim® AS-Trode™ Protocol

## BACK PAIN

To use self-adhesive electrodes (AS-Trode™) to treat back pain, follow these steps:

1. Clean the skin around the treatment area for best results.
2. Turn the Alpha-Stim® M on (upper left knob). Set the frequency to 0.5 (upper right knob).
3. Set the timer to 60 or continuous.
4. Plug one set of lead wires into channel 1. Attach an electrode to the end of each lead wire. Place each electrode at least a couple inches past either side of the area of pain so that if a line were drawn between them it would intersect the area of pain. The current runs between the two electrodes on one lead wire and you want to place the electrodes so the current runs *through* the area of pain.
5. A second lead wire (plugged into channel 2) with two electrodes may be placed to apply the current in another direction, creating an "X" *through* the area of pain.\* See examples below.
6. Use the up arrows to adjust the intensity to the highest comfortable setting (6 if comfortable).
7. Apply current with electrodes for 1 hour or up to several hours, until pain is completely gone or when the improvement has reached a plateau. For best results, reposition the electrodes every 20-40 minutes. 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. *For optimal results, follow the AS-Trode™ treatment with cranial electrotherapy stimulation.*



● = area of pain

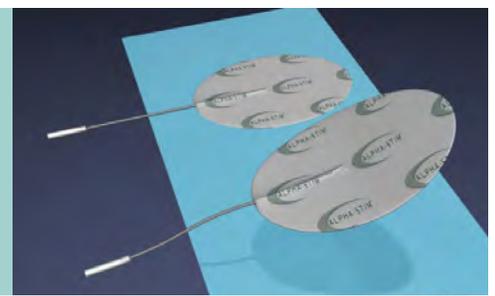
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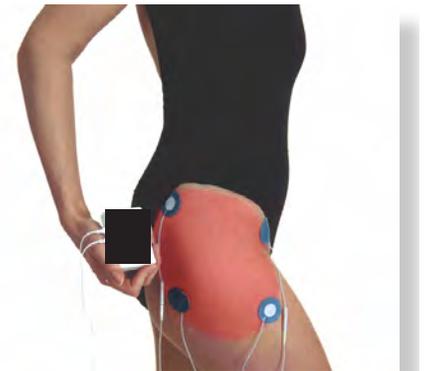


## Alpha-Stim® AS-Trode™ Protocol

## HIP PAIN

To use self-adhesive electrodes (AS-Trode™) to treat hip pain, follow these steps:

1. Clean the skin around the treatment area for best results.
2. Turn the Alpha-Stim® M on (upper left knob). Set the frequency to 0.5 (upper right knob).
3. Set the timer to 60 or continuous.
4. Plug one set of lead wires into channel 1. Attach an electrode to the end of each lead wire. Place each electrode at least a couple inches past either side of the area of pain so that if a line were drawn between them it would intersect the area of pain. The current runs between the two electrodes on one lead wire and you want to place the electrodes so the current runs *through* the area of pain.
5. A second lead wire (plugged into channel 2) with two electrodes may be placed to apply the current in another direction, creating an “X” *through* the area of pain.\* See examples at right.
6. Use the up arrows to adjust the intensity to the highest comfortable setting (6 if comfortable).
7. Apply current with electrodes for 1 hour or up to several hours, until pain is completely gone or when the improvement has reached a plateau. For best results, reposition the electrodes every 20-40 minutes. 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. *For optimal results, follow the AS-Trode™ treatment with cranial electrotherapy stimulation.*



● = area of pain

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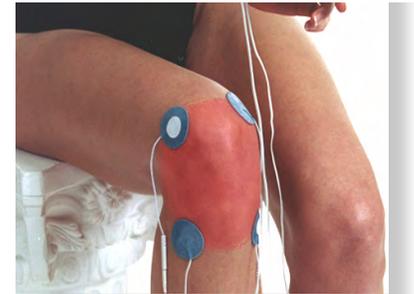
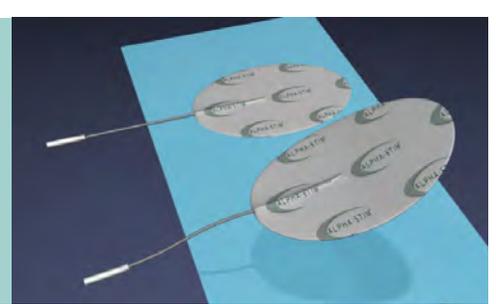
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## Alpha-Stim® AS-Trode™ Protocol

## KNEE PAIN

To use self-adhesive electrodes (AS-Trode™) to treat acute or chronic pain in the knee, follow these steps:

1. Clean the skin around the treatment area for best results.
2. Turn the Alpha-Stim® M on (upper left knob). Set the frequency to 0.5 (upper right knob).
3. Set the timer to 60 or continuous.
4. Plug one set of lead wires into channel 1. Attach an electrode to the end of each lead wire. Place each electrode at least a couple inches past either side of the area of pain so that if a line were drawn between them it would intersect the area of pain. The current runs between the two electrodes on one lead wire and you want to place the electrodes so the current runs *through* the area of pain.
5. A second lead wire (plugged into channel 2) with two electrodes may be placed to apply the current in another direction, creating an "X" *through* the area of pain.\* See examples below.
6. Use the up arrows to adjust the intensity to the highest comfortable setting (6 if comfortable).
7. Apply current with electrodes for 1 hour or up to several hours, until pain is completely gone or when the improvement has reached a plateau. For best results, reposition the electrodes every 20-40 minutes. 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. It is recommended to treat both knees, even if just one has pain, and also to treat from one knee to the other as shown below right. *For optimal results, follow the AS-Trode™ treatment with cranial electrotherapy stimulation.*



● = area of pain

\* Note: For illustration purposes, AS-Trode™ electrodes with white dots in the sample protocols above represent one pair connected to one channel. The pair of unmarked electrodes is connected to the other channel. The red area is the area of pain.



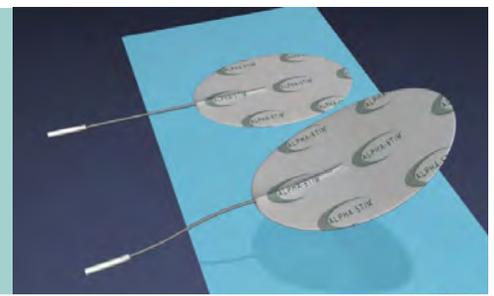
In this photo the electrodes on the outside of each knee are attached to one lead wire that is plugged into Channel 1, and the electrodes on the inside of each knee are attached to the other lead wire that is plugged into Channel 2.



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## Alpha-Stim® AS-Trode™ Protocol

## LEG PAIN

To use self-adhesive electrodes (AS-Trode™) to treat leg pain, follow these steps:

1. Clean the skin around the treatment area for best results.
2. Turn the Alpha-Stim® M on (upper left knob). Set the frequency to 0.5 (upper right knob).
3. Set the timer to 60 or continuous.
4. Plug one set of lead wires into channel 1. Attach an electrode to the end of each lead wire. Place each electrode at least a couple inches past either side of the area of pain so that if a line were drawn between them it would intersect the area of pain. The current runs between the two electrodes on one lead wire and you want to place the electrodes so the current runs *through* the area of pain.
5. A second lead wire (plugged into channel 2) with two electrodes may be placed to apply the current in another direction, creating an "X" *through* the area of pain.\* See examples.
6. Use the up arrows to adjust the intensity to the highest comfortable setting (6 if comfortable).
7. Apply current with electrodes for 1 hour or up to several hours, until pain is completely gone or when the improvement has reached a plateau. For best results, reposition the electrodes every 20-40 minutes. 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. It is recommended to treat both legs, even if just one has pain, and also to treat from one leg or foot to the other as shown at right. *For optimal results, follow the AS-Trode™ treatment with cranial electrotherapy stimulation.*



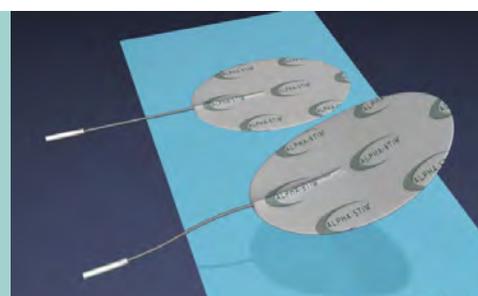
● = area of pain



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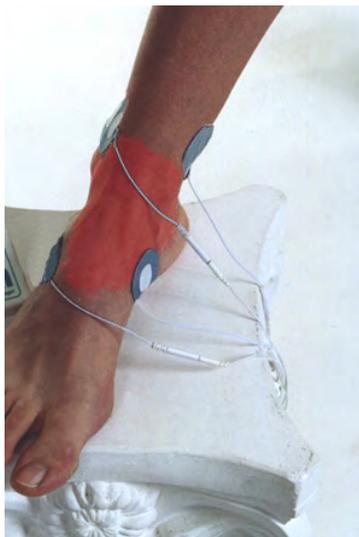
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## Alpha-Stim® AS-Trode™ Protocol

## FOOT & ANKLE PAIN



To use self-adhesive electrodes (AS-Trode™) to treat foot or ankle pain, follow these steps:

1. Clean the skin around the treatment area for best results.
2. Turn the Alpha-Stim® M on (upper left knob). Set the frequency to 0.5 (upper right knob).
3. Set the timer to 60 or continuous.
4. Plug one set of lead wires into channel 1. Attach an electrode to the end of each lead wire. Place each electrode at least a couple inches past either side of the area of pain so that if a line were drawn between them it would intersect the area of pain. The current runs between the two electrodes on one lead wire and you want to place the electrodes so the current runs *through* the area of pain.
5. A second lead wire (plugged into channel 2) with two electrodes may be placed to apply the current in another direction, creating an "X" *through* the area of pain.\* See examples in photographs.
6. Use the up arrows to adjust the intensity to the highest comfortable setting (6 if comfortable).
7. Apply current with electrodes for 1 hour or up to several hours, until pain is completely gone or when the improvement has reached a plateau. For best results, reposition the electrodes every 20-40 minutes. 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. It is recommended to treat both feet, even if just one has pain, and also to treat from one foot to the other (as illustrated below). *For optimal results, follow the AS-Trode™ treatment with cranial electrotherapy stimulation.*



● = area of pain

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# GET THE RELIEF YOU DESERVE



## Alpha-Stim® Probe Protocol

## BASIC RULES: PROBES

### Stimulation Settings (treatment probes)

**Alpha-Stim® Model:**  
Alpha-Stim® M

### Treatment Mode:

Use a pair of treatment probes. Connect probes to lead wire ends and insert plug from lead wire into channel 1 output. Attach probe felt pads to probes. Wet pads thoroughly with Alpha Conducting Solution™. Reapply solution as needed during treatment.

### Frequency:

Set the frequency to 0.5Hz.

### Current Intensity:

Turn dial for channel 1 to *comfortable* level. On the head it is best to keep the current at a lower setting (such as 1 or 2) than when treating the body (for which 6 is usually best).

### Timer:

Set timer to probe setting.

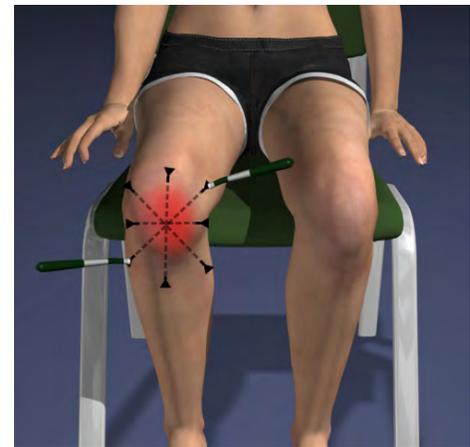
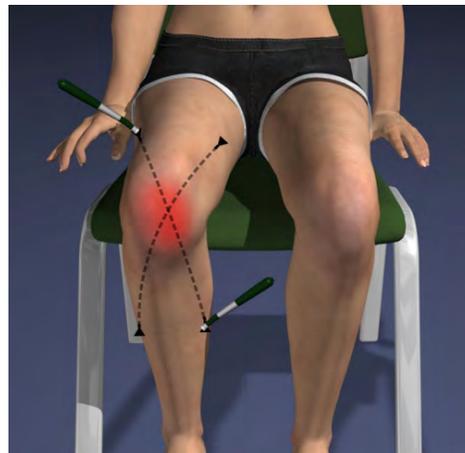
**Step 1.** First treat in a large “X” manner over a wide area holding the probes so that the current is directed through the problem area. An example of this strategy for knee pain would be to first make the large X by treating from the medial, superior thigh to the lateral knee or foot, then lateral at the hip to the medial knee or 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 below each knee at least four times (*most important step*).

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



*\*Note: Avoid stimulating directly near the eyes or carotid arteries.*

# GET THE RELIEF YOU DESERVE



## Alpha-Stim® Probe Protocol

TMD

### Stimulation Settings (treatment probes)

**Alpha-Stim® Model:**  
Alpha-Stim® M

### Treatment Mode:

Use a pair of treatment probes. Connect probes to lead wire ends and insert plug from lead wire into channel 1 output. Attach felt pads to probes. Wet pads thoroughly with Alpha Conducting Solution™. Reapply solution as needed during treatment.

### Frequency:

Set the frequency for channel 1 to 0.5Hz.

### Current Intensity:

Turn up channel 1 intensity to *comfortable* level. On the head it is best to keep the current at a lower setting (such as 1 or 2) than when treating the body.

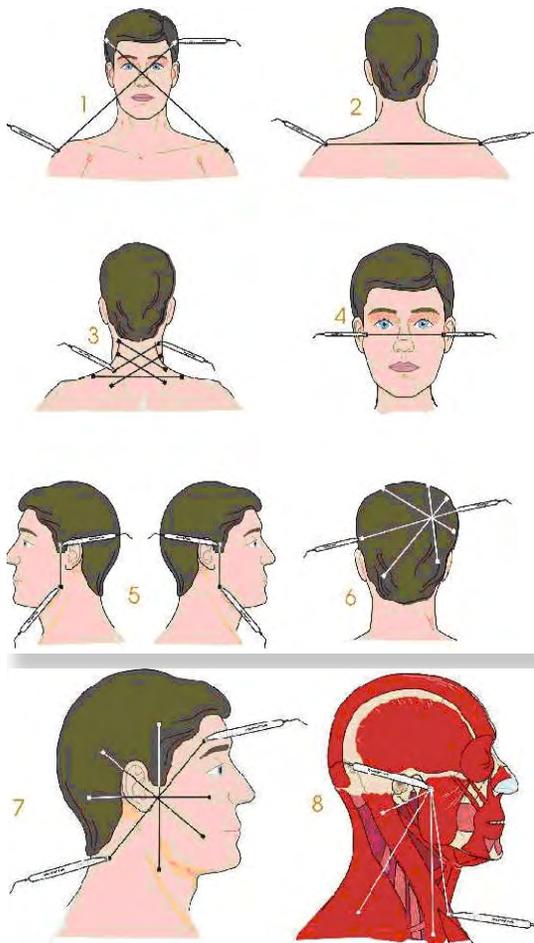
### Timer:

Set timer to probe setting.

Start treating with ~30 probe placements at different angles as illustrated and described below. This represents one treatment set, which may need to be repeated. Bracket the treated area with probes so that current flows *through* the area of pain. Press probes *firmly* to bare skin and apply current 10 seconds per placement. When the timer beeps, move probes quickly to a new placement and hold firmly until next beep. Repeat treatment sets as needed. Remember to rate patient's pain on a 0-10 scale before treatment and between individual treatment sets.

Stop treatment when pain is completely gone or when the improvement has reached a plateau after several treatment sets.

(It is also possible to treat TMD with AS-Trodes™ with placement as shown in #4 below.)



1. Treat by connecting the area above the ear to the tip of the contralateral shoulder. Treat the opposite side.
2. Treat across the shoulders by connecting bilaterally across the distal tips of the acromions.
3. Make a few "X" patterns across back of neck.
4. Connect both temporomandibular joints (TMJ).
5. Treat from temple to ipsilateral masseter muscle. Treat the opposite side.
6. If head pain is present, treat for ~1 min. through the primary area of pain. Balance out contralateral side by treating any mirror areas not already covered.
7. Make a star pattern across TMJ. Treat the opposite side.
8. Connect TMJ with sternocleidomastoid muscle (SCM), below the mastoid, and along the clavicular and sternal branches. Treat the opposite side.



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\* Note: Reduce the current intensity when treating on the head as necessary to avoid vertigo. Treating on the head may cause the patient to see flashing lights due to stimulation of optic nerve. Patient may also taste metal fillings when treating across oral cavity. Avoid stimulating directly near the eyes or pressing against the carotid arteries.

# GET THE RELIEF YOU DESERVE



## Alpha-Stim® Probe Protocol

## HEAD PAIN

### Stimulation Settings (treatment probes)

**Alpha-Stim® Model:**  
Alpha-Stim® M

### Treatment Mode:

Use a pair of treatment probes. Connect probes to lead wire ends and insert plug from lead wire into channel 1 output. Attach felt pads to probes. Wet pads thoroughly with Alpha Conducting Solution™. Reapply solution as needed during treatment.

### Frequency:

Set the frequency for channel 1 to 0.5Hz.

### Current Intensity:

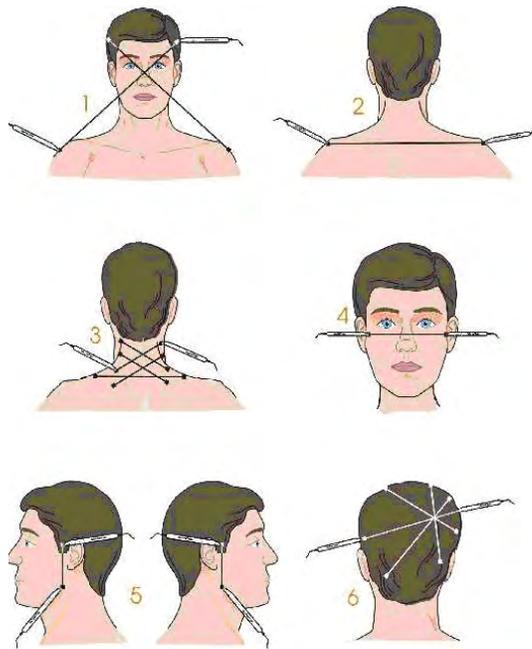
Turn up channel 1 intensity to *comfortable* level. On the head it is best to keep the current at a lower setting (such as 1 or 2) than when treating the body.

### Timer:

Set timer to probe setting.

Start treating with ~15 probe placements at different angles as illustrated and described below. This represents one treatment set, which may need to be repeated. Bracket the treated area with probes so that current flows *through* the area of pain. Press probes *firmly* to bare skin and apply current 10 seconds per placement. When the timer beeps, move probes quickly to a new placement and hold firmly until next beep. Repeat treatment sets as needed. Remember to rate patient's pain on a 0-10 scale before treatment and between individual treatment sets.

Stop treatment when pain is completely gone or when the improvement has reached a plateau after several treatment sets. *For optimal results, always follow the probe treatment with cranial electrotherapy stimulation (CES).*



1. Treat by connecting the area above the ear to the tip of the contralateral shoulder. Treat the opposite side.
2. Treat across the shoulders by connecting bilaterally across the distal tips of the acromions.
3. Make a few "X" patterns across back of neck.
4. Connect both temporomandibular joints (TMJ).
5. Treat from temple to ipsilateral masseter muscle. Treat the opposite side.
6. If head pain is present, treat for ~1 min. through the primary area of pain. Balance out contralateral side by treating any mirror areas not already covered.

\* Note: Reduce the current intensity when treating on the head as necessary to avoid vertigo. Treating on the head may cause the patient to see flashing lights due to stimulation of optic nerve. Patient may also taste metal fillings when treating across oral cavity. Avoid stimulating directly near the eyes or carotid arteries.



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# GET THE RELIEF YOU DESERVE



## Alpha-Stim® Probe Protocol

## UPPER EXTREMITY PAIN

### Stimulation Settings (treatment probes)

**Alpha-Stim® Model:**  
Alpha-Stim® M

### Treatment Mode:

Use a pair of treatment probes. Connect probes to lead wire ends and insert plug from lead wire into channel 1 output. Attach felt pads to probes. Wet pads thoroughly with Alpha Conducting Solution™. Reapply solution as needed during treatment.

### Frequency:

Set the frequency for channel 1 to 0.5Hz.

### Current Intensity:

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

### Timer:

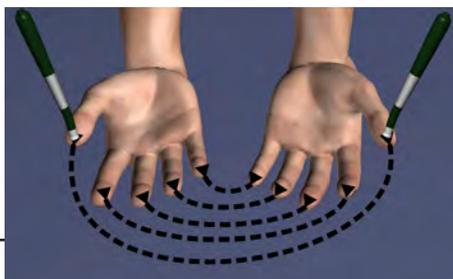
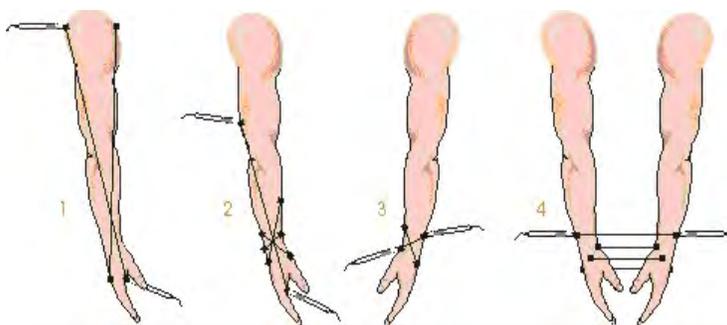
Set timer to probe setting.

Start treating with ~10-15 probe placements at different angles as illustrated and described here. This represents one treatment set, which may need to be repeated. Press probes firmly to bare skin and apply current 10 seconds per placement. When the timer beeps, move probes to a new placement and hold firmly until next beep.

1. First make a large "X" by treating from the anterior shoulder to the posterior hand, and the posterior shoulder to the anterior hand.
2. Complete 40 sec. to 1 min. of smaller X's closer to and directly around the area of pain (e.g. shoulder, elbow, wrist, hand, etc.). For carpal tunnel syndrome (CTS) or repetitive strain injury (RSI), treat superior to the elbow to the webs between the fingers in addition to local treatment at the wrist.
3. Treat the area corresponding to the area of pain on the opposite upper extremity in the same manner for 20 to 40 sec. even if there is no pain present.
4. Connect the two upper extremities by placing one probe on each in several symmetrical places encompassing the pain area for 40 sec. to 1 min.

When using probes, bracket the treated area with probes so that current flows *through* the area of pain. Repeat treatment sets as needed. Remember to rate patient's pain on a 0-10 scale before treatment and between individual treatment sets.

Stop treatment when pain is completely gone or when the improvement has reached a plateau after several treatment sets. *For optimal results, always follow the probe treatment with cranial electrotherapy stimulation (CES).*



*Note: A very rapid effective means of pain relief is to simply place the probes on the opposite extremities simultaneously in equal contralateral locations. For example, a probe can be placed on each thumb for 10 seconds, then each subsequent finger (the same finger on both hands at once) for 10 seconds each. This placement will often alleviate pain within 1 min. and may be used to treat pain of the upper extremity, shoulders and neck.*



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# GET THE RELIEF YOU DESERVE



## Alpha-Stim® Probe Protocol

## BACK PAIN

### Stimulation Settings (treatment probes)

**Alpha-Stim® Model:**  
Alpha-Stim® M

### Treatment Mode:

Use a pair of treatment probes. Connect probes to lead wire ends and insert plug from lead wire into channel 1 output. Attach felt pads to probes. Wet pads thoroughly with Alpha Conducting Solution™. Reapply solution as needed during treatment.

### Frequency:

Set the frequency for channel 1 to 0.5Hz.

### Current Intensity:

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

### Timer:

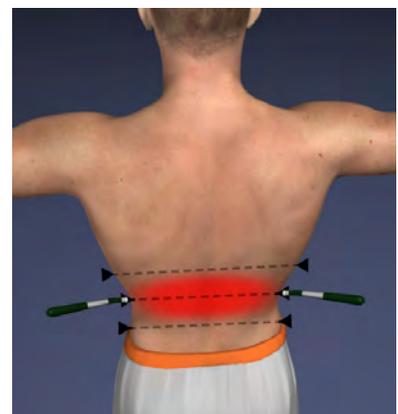
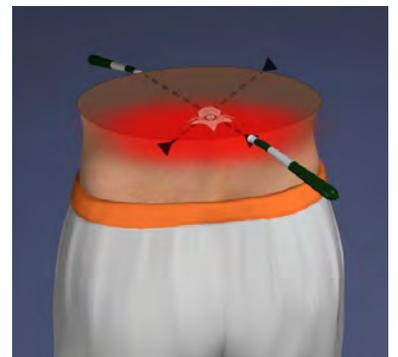
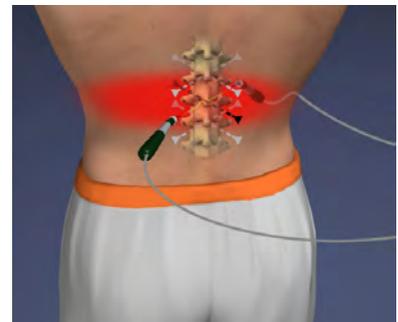
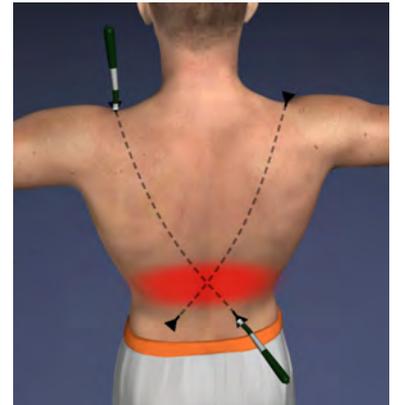
Set timer to probe setting.

Start treating with ~10-15 probe placements at different angles as illustrated and described here. This represents one treatment set, which may need to be repeated. Press probes firmly to bare skin and apply current 10 seconds per placement. When the timer beeps, move probes to a new placement and hold firmly until next beep.

1. Treat anterior between the trapezius muscle and the clavicle connected to the contralateral posterior hip. Treat the opposite side.
2. Then place one probe next to the spine at the level where the problem is, and the other on the contralateral side, anteriolaterally (front and opposite side). A line drawn between those will go right through the spinal nerves. Treat the opposite side. Repeat contralateral placements one spinal level above, and one below the problem.
3. Also treat across the vertebrae, from each side of the body through the pain area, above, and below.
4. For low back pain with sciatic radiculitis, connect various levels from L3 to L5 about 1 inch lateral to the spine with the ipsilateral, posterior leg at 4- to 6-inch intervals with the last, most inferior placement at the lateral foot (or just past where the pain radiates).

When using probes, bracket the treated area with probes so that current flows *through* the area of pain. Repeat treatment sets as needed. Remember to rate patient's pain on a 0-10 scale before treatment and between individual treatment sets.

Stop treatment when pain is completely gone or when the improvement has reached a plateau after several treatment sets. *For optimal results, always follow the probe treatment with cranial electrotherapy stimulation (CES).*



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# GET THE RELIEF YOU DESERVE



## Alpha-Stim® Probe Protocol

## LOWER EXTREMITY PAIN

### Stimulation Settings (treatment probes)

**Alpha-Stim® Model:**  
Alpha-Stim® M

### Treatment Mode:

Use a pair of treatment probes. Connect probes to lead wire ends and insert plug from lead wire into channel 1 output. Attach felt pads to probes. Wet pads thoroughly with Alpha Conducting Solution™. Reapply solution as needed during treatment.

### Frequency:

Set the frequency for channel 1 to 0.5Hz.

### Current Intensity:

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

### Timer:

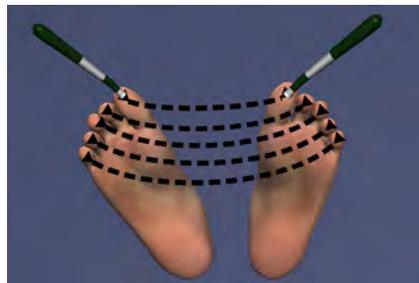
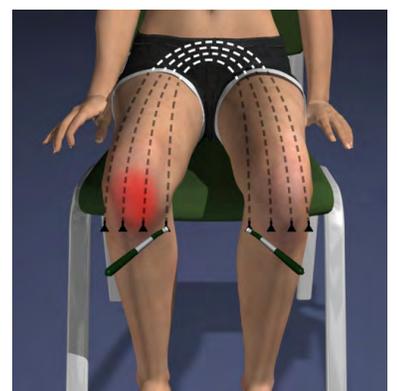
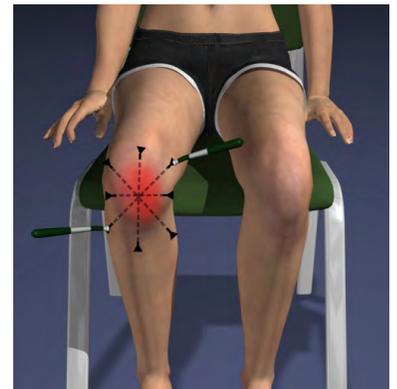
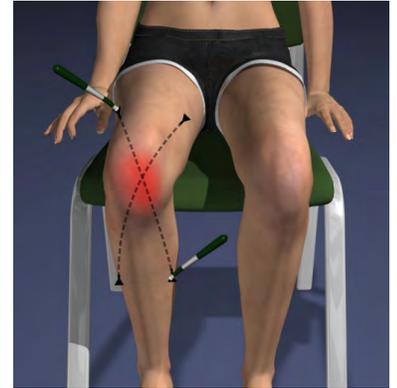
Set timer to probe setting.

Start treating with ~10-15 probe placements at different angles as illustrated and described here. This represents one treatment set, which may need to be repeated. Press probes firmly to bare skin and apply current 10 seconds per placement. When the timer beeps, move probes to a new placement and hold firmly until next beep.

1. First make a large "X" by treating from the medial, superior thigh to the lateral calf or foot, then the lateral hip to the medial calf or foot.
2. Complete 40 sec. to 1 min. of smaller X's closer to and directly around the area of pain (e.g. hip, knee, ankle, foot, etc.).
3. Treat the opposite extremity (e.g. hip, knee, ankle, foot, etc.) in the same manner for 20 to 40 sec. even if there is no pain present.
4. Connect the two lower extremities (e.g., knee or foot) by placing one probe on each in several symmetrical places encompassing the pain area for 40 sec. to 1 min. See photos below.

When using probes, bracket the treated area with probes so that current flows *through* the area of pain. Repeat treatment sets as needed. Remember to rate patient's pain on a 0-10 scale before treatment and between individual treatment sets.

Stop treatment when pain is completely gone or when the improvement has reached a plateau after several treatment sets. *For optimal results, always follow the probe treatment with cranial electrotherapy stimulation (CES).*



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