

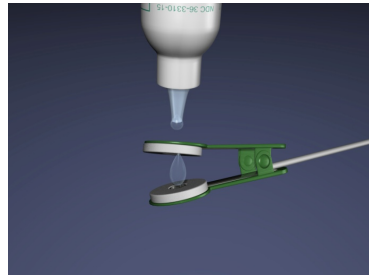
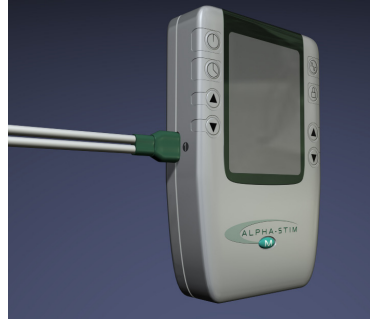


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M Ear Clip Protocol

CRANIAL ELECTROTHERAPY

1. Insert plug from ear clips into channel 1.
2. Saturate each felt pad with 2-3 drops of solution.
3. Place ear clips on ear lobes.
4. Press the power button on.
5. Increase current intensity slowly with the "up" arrow until a slight vertigo is felt (a floaty feeling, similar to rocking on a boat), then decrease immediately until the dizziness stops. Also decrease immediately if the normal tapping sensation felt on your earlobes is uncomfortable.
6. Set the timer to 20 min if the current intensity is 2.5 or higher. Select the timer setting for 60 min if the current intensity is 2 or less.



Tips

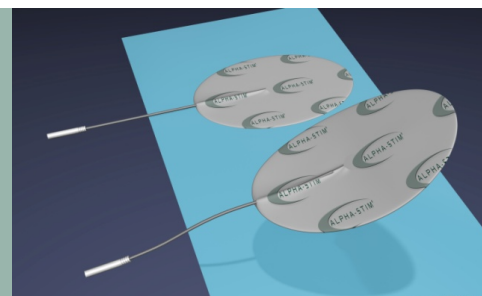
- Do not treat at uncomfortably high current levels! Too much current can cause vertigo or nausea and does not lead to better results.
- It is advised to complete a CES treatment session (20 or 60 minutes) once you start it. Do not treat for only a few minutes.
- Treat daily for 2 to 4 weeks and then every other day. Plan to treat 8 weeks before drawing conclusions about efficacy.
- Replace the felt pads as needed. Replace batteries with **lithium** AA batteries when the battery indicator indicates no power.
- A video tutorial is available at alpha-stim.com/training
- Questions? Please call us at 800-684-9343. Your Alpha-Stim® comes with tech support.



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Use Lithium Batteries Only!

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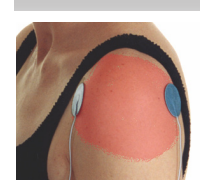


AS-Trode™ Protocol

NECK & SHOULDER PAIN

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

1. Turn on the Alpha-Stim® M (upper left knob). Set the frequency to 0.5 (upper right knob).
2. Set the timer to 60 or continuous.
3. Plug one set of lead wires into channel 1. Attach an electrode to the end of each lead wire. Apply AS-Trodes to clean, dry skin. Always place them to direct the current between them through the area being treated. Two AS-Trodes must always be used in order to complete the electrical circuit.
4. 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.
5. Use the up arrows to adjust the intensity to the highest comfortable setting (6 if comfortable).
6. 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.
7. After treating the peripheral nervous system and local pain with AS-Trodes, follow up with a cranial electrotherapy stimulation (CES) treatment using earclips. This will treat the central nervous system for pain and any comorbid anxiety, insomnia, and depression.



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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** 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.*

● = area of pain

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AS-Trode™ Protocol

CARPAL TUNNEL

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

1. Turn on the Alpha-Stim® M (upper left knob). Set the frequency to 0.5 (upper right knob).
2. Set the timer to 60 or continuous.
3. Plug one set of lead wires into channel 1. Attach an electrode to the end of each lead wire. Apply AS-Trodes to clean, dry skin. Always place them to direct the current between them through the area being treated. Two AS-Trodes must always be used in order to complete the electrical circuit.
4. 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 to the right.
5. Use the up arrows to adjust the intensity to the highest comfortable setting (6 if comfortable).
6. 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.
7. After treating the peripheral nervous system and local pain with AS-Trodes, follow up with a cranial electrotherapy stimulation (CES) treatment using earclips. This will treat the central nervous system for pain and any comorbid anxiety, insomnia, and depression.



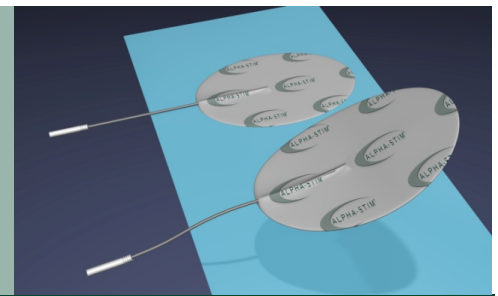
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AS-Trode™ Protocol

ARM PAIN

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

1. Turn on the Alpha-Stim® M (upper left knob). Set the frequency to 0.5 (upper right knob).
2. Set the timer to 60 or continuous.
3. Plug one set of lead wires into channel 1. Attach an electrode to the end of each lead wire. Apply AS-Trodes to clean, dry skin. Always place them to direct the current between them through the area being treated. Two AS-Trodes must always be used in order to complete the electrical circuit.
4. 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 to the right.
5. Use the up arrows to adjust the intensity to the highest comfortable setting (6 if comfortable).
6. 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.
7. After treating the peripheral nervous system and local pain with AS-Trodes, follow up with a cranial electrotherapy stimulation (CES) treatment using earclips. This will treat the central nervous system for pain and any comorbid anxiety, insomnia, and depression.



● = area of pain

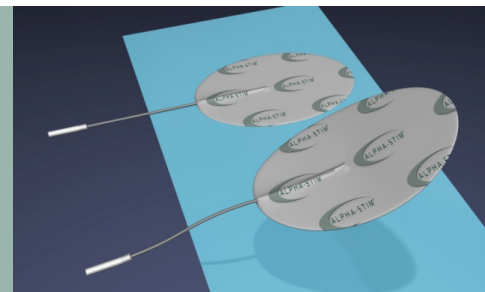
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AS-Trode™ Protocol

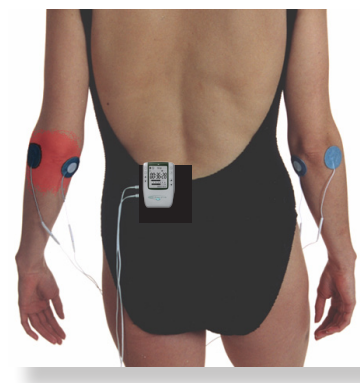
ELBOW PAIN

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

1. Turn on the Alpha-Stim® M (upper left knob). Set the frequency to 0.5 (upper right knob).
2. Set the timer to 60 or continuous.
3. Plug one set of lead wires into channel 1. Attach an electrode to the end of each lead wire. Apply AS-Trodes to clean, dry skin. Always place them to direct the current between them through the area being treated. Two AS-Trodes must always be used in order to complete the electrical circuit.
4. 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 to the right.
5. Use the up arrows to adjust the intensity to the highest comfortable setting (6 if comfortable).
6. 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.
7. After treating the peripheral nervous system and local pain with AS-Trodes, follow up with a cranial electrotherapy stimulation (CES) treatment using earclips. This will treat the central nervous system for pain and any comorbid anxiety, insomnia, and depression.



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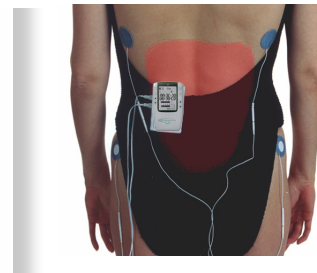
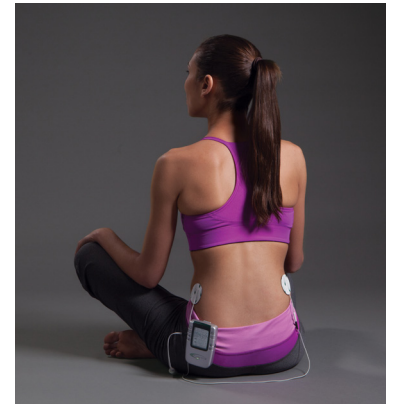
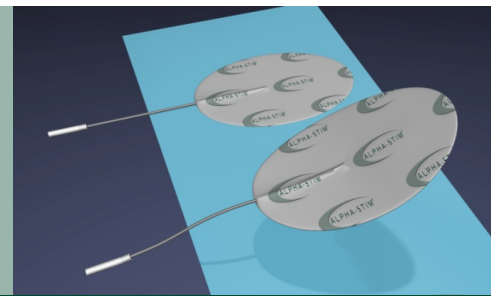
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AS-Trode™ Protocol

BACK PAIN

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

1. Turn on the Alpha-Stim® M (upper left knob). Set the frequency to 0.5 (upper right knob).
2. Set the timer to 60 or continuous.
3. Plug one set of lead wires into channel 1. Attach an electrode to the end of each lead wire. Apply AS-Trodes to clean, dry skin. Always place them to direct the current between them through the area being treated. Two AS-Trodes must always be used in order to complete the electrical circuit.
4. 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.
5. Use the up arrows to adjust the intensity to the highest comfortable setting (6 if comfortable).
6. 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.
7. After treating the peripheral nervous system and local pain with AS-Trodes, follow up with a cranial electrotherapy stimulation (CES) treatment using earclips. This will treat the central nervous system for pain and any comorbid anxiety, insomnia, and depression.



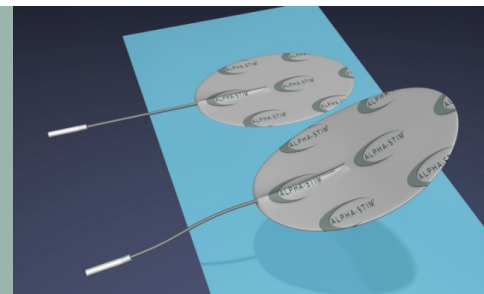
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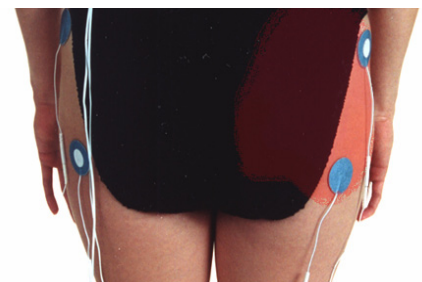
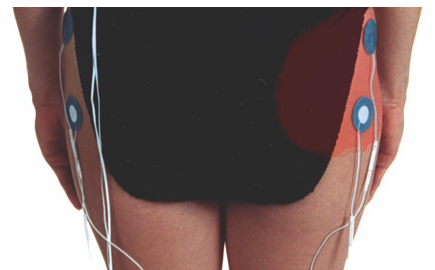


AS-Trode™ Protocol

HIP PAIN

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

1. Turn on the Alpha-Stim® M (upper left knob). Set the frequency to 0.5 (upper right knob).
2. Set the timer to 60 or continuous.
3. Plug one set of lead wires into channel 1. Attach an electrode to the end of each lead wire. Apply AS-Trodes to clean, dry skin. Always place them to direct the current between them through the area being treated. Two AS-Trodes must always be used in order to complete the electrical circuit.
4. 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 to the right.
5. Use the up arrows to adjust the intensity to the highest comfortable setting (6 if comfortable).
6. 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.
7. After treating the peripheral nervous system and local pain with AS-Trodes, follow up with a cranial electrotherapy stimulation (CES) treatment using earclips. This will treat the central nervous system for pain and any comorbid anxiety, insomnia, and depression.



● = area of pain

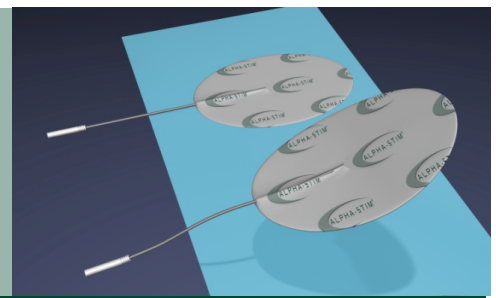
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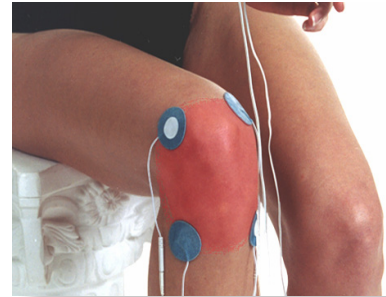


AS-Trode™ Protocol

KNEE PAIN

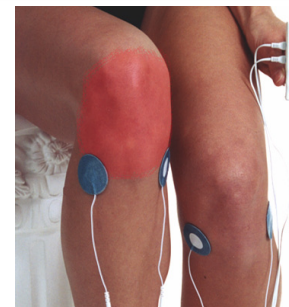
To use self-adhesive electrodes (AS-Trode™) to treat acute or chronic pain in the knee, follow these steps:

1. Turn on the Alpha-Stim® M (upper left knob). Set the frequency to 0.5 (upper right knob).
2. Set the timer to 60 or continuous.
3. Plug one set of lead wires into channel 1. Attach an electrode to the end of each lead wire. Apply AS-Trodes to clean, dry skin. Always place them to direct the current between them through the area being treated. Two AS-Trodes must always be used in order to complete the electrical circuit.
4. 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 on the right.
5. Use the up arrows to adjust the intensity to the highest comfortable setting (6 if comfortable).
6. 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.
7. After treating the peripheral nervous system and local pain with AS-Trodes, follow up with a cranial electrotherapy stimulation (CES) treatment using earclips. This will treat the central nervous system for pain and any comorbid anxiety, insomnia, and depression.



● = area of pain

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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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AS-Trode™ Protocol

LEG PAIN

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

1. Turn on the Alpha-Stim® M (upper left knob). Set the frequency to 0.5 (upper right knob).
2. Set the timer to 60 or continuous.
3. Plug one set of lead wires into channel 1. Attach an electrode to the end of each lead wire. Apply AS-Trodes to clean, dry skin. Always place them to direct the current between them through the area being treated. Two AS-Trodes must always be used in order to complete the electrical circuit.
4. 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.
5. Use the up arrows to adjust the intensity to the highest comfortable setting (6 if comfortable).
6. 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.
7. After treating the peripheral nervous system and local pain with AS-Trodes, follow up with a cranial electrotherapy stimulation (CES) treatment using earclips. This will treat the central nervous system for pain and any comorbid anxiety, insomnia, and depression.



● = area of pain

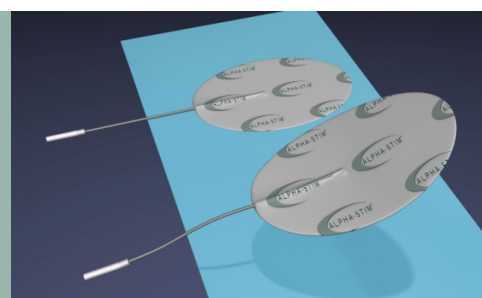
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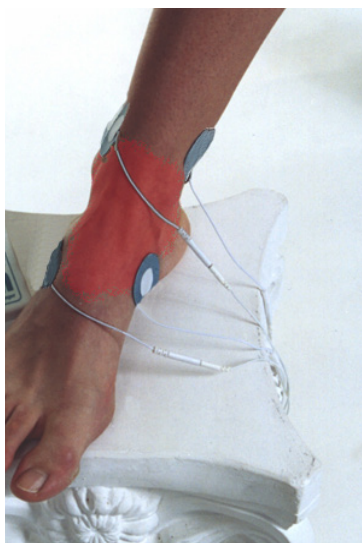
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AS-Trode™ Protocol

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 on the Alpha-Stim® M (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. Apply AS-Trodes to clean, dry skin. Always place them to direct the current between them through the area being treated. Two AS-Trodes must always be used in order to complete the electrical circuit.
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).
8. After treating the peripheral nervous system and local pain with AS-Trodes, follow up with a cranial electrotherapy stimulation (CES) treatment using earclips. This will treat the central nervous system for pain and any comorbid anxiety, insomnia, and depression.



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● = area of pain



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Smart Probe Protocol

UPPER EXTREMITY PAIN

1. Evaluate pain before and periodically during and after treatments.
2. Power on the Alpha-Stim® and set timer to probe setting. Plug lead wire into channel 1. Frequency should be set to 0.5Hz.
3. Set current level to 6, decrease if uncomfortable or if dizziness occurs.
4. Use the solution to wet electrode pads on Smart Probes.
5. Apply Smart Probes to clean, dry skin, holding for the entire 10 second cycle before moving to next treatment location as described below and in diagrams.

Step 1. First make a large “X” by treating from the anterior shoulder to the posterior hand, and the posterior shoulder to the anterior hand.

Step 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.

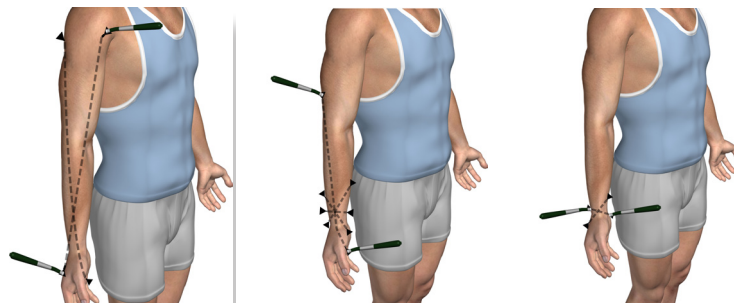
Step 3. Treat the area corresponding to the area of pain on the opposite upper extremity in the same manner for 20 to 40 sec. even if there is no pain present.

Step 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.

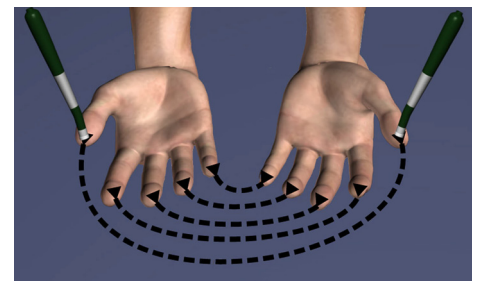
6. Always place Smart Probes to direct the current between the Smart Probes through the area being treated. Two Smart Probes must always be used together to complete the electric circuit. Repeat treatment sets as needed. Stop treatment when pain is completely gone or when the improvement has reached a plateau after several treatment sets.
7. After treating the peripheral nervous system and local pain with Smart Probes, follow up with a cranial electrotherapy stimulation (CES) treatment using earclips. This will treat the central nervous system for pain and any comorbid anxiety, insomnia, and depression.



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application video



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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Smart Probe Protocol

BACK PAIN

1. Evaluate pain before and periodically during and after treatments.
2. Power on the Alpha-Stim® and set timer to probe setting. Plug lead wire into channel 1. Frequency should be set to 0.5Hz.
3. Set current level to 6, decrease if uncomfortable or if dizziness occurs.
4. Use solution to wet electrode pads on Smart Probes.
5. Apply Smart Probes to clean, dry skin, holding for the entire 10 second cycle before moving to next treatment location as described below and in diagrams.

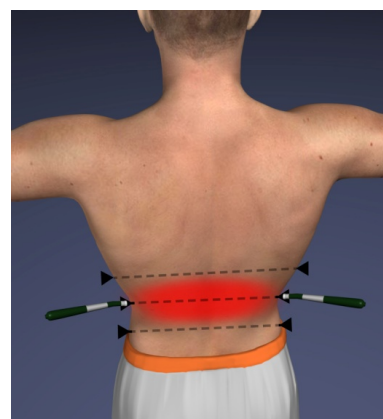
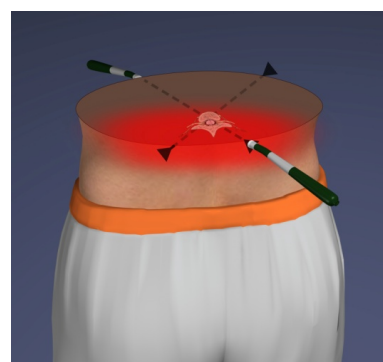
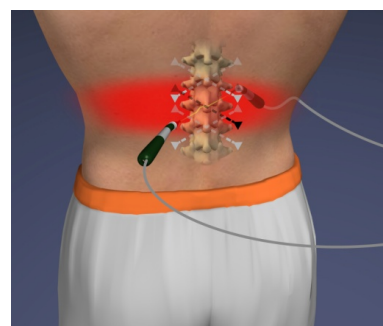
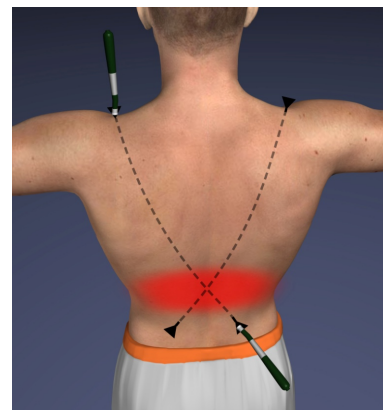
Step 1. Treat anterior between the trapezius muscle and the clavicle connected to the contralateral posterior hip. Treat the opposite side.

Step 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.

Step 3. Also treat across the vertebrae, from each side of the body through the pain area, above, and below.

Step 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).

6. Always place Smart Probes to direct the current between the Smart Probes through the area being treated. Two Smart Probes must always be used together to complete the electric circuit. Repeat treatment sets as needed. Stop treatment when pain is completely gone or when the improvement has reached a plateau after several treatment sets.
7. After treating the peripheral nervous system and local pain with Smart Probes, follow up with a cranial electrotherapy stimulation (CES) treatment using earclips. This will treat the central nervous system for pain and any comorbid anxiety, insomnia, and depression.



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Smart Probe Protocol

KNEE PAIN

1. Evaluate pain before and periodically during and after treatments.
2. Power on the Alpha-Stim® and set timer to probe setting. Plug lead wire into channel 1. Frequency should be set to 0.5Hz.
3. Set current level to 6, decrease if uncomfortable or if dizziness occurs.
4. Use solution to wet electrode pads on Smart Probes. Apply Smart Probes to clean, dry skin, holding for the entire 10 second cycle before moving to next treatment location as described below and in diagrams.

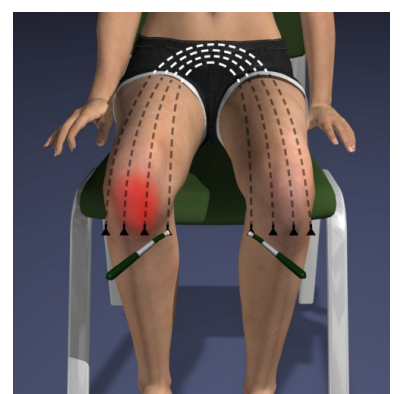
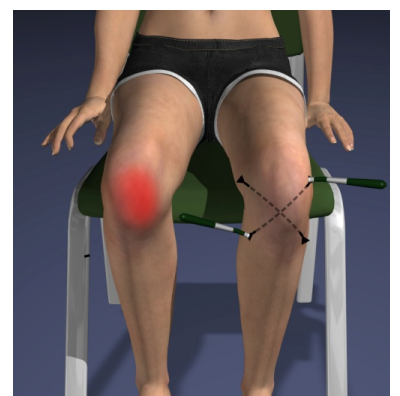
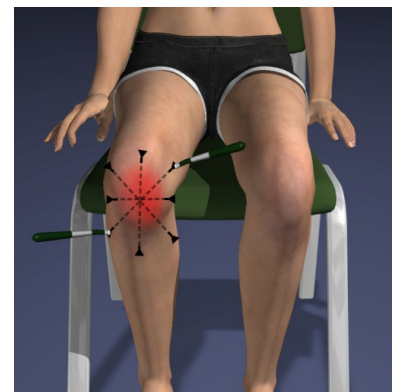
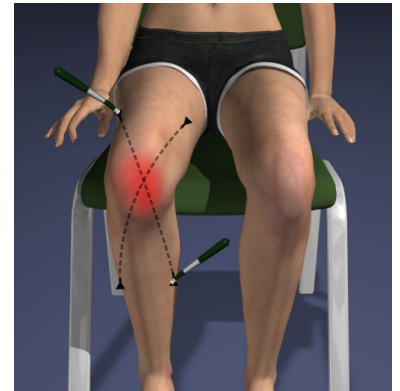
Step 1. First make a large "X" by treating from the medial, superior thigh to the lateral calf or foot, then the lateral hip to the medial calf or foot.

Step 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.).

Step 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.

Step 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.

5. Always place Smart Probes to direct the current between the Smart Probes through the area being treated. Two Smart Probes must always be used together to complete the electric circuit. Repeat treatment sets as needed. Stop treatment when pain is completely gone or when the improvement has reached a plateau after several treatment sets.
6. After treating the peripheral nervous system and local pain with Smart Probes, follow up with a cranial electrotherapy stimulation (CES) treatment using earclips. This will treat the central nervous system for pain and any comorbid anxiety, insomnia, and depression.



*Watch the Alpha-Stim application video at
alleviahealth.com/patient/protocols*



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