

Alpha-Stim[®] Treatment Protocols

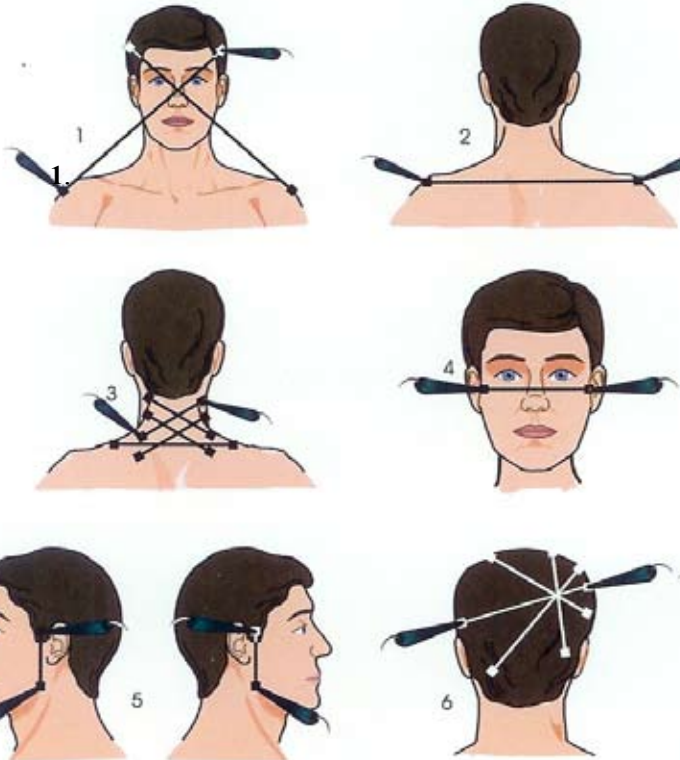
Microcurrent Electrical Therapy (MET) Protocol for Head Pain



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Before a treatment - Read the manual thoroughly. Set up the device as per instructions opposite. Set the current at a comfortable level. Lower the intensity if you feel dizzy or nauseous. Rate your pain on a scale of 0 to 10 (10 being the most painful) before you start. This will give you a good indication of effectiveness during and after a treatment. Each placement is 10 secs. Press probes firmly to the skin and hold, the device will count down from 10 to 0 and beep to indicate it is time to move probes to next placement.

1. Begin (diagram 1) by making a large X. Place one probe near the temple and the other on the opposite shoulder tip. Repeat using the opposite temple area and shoulder. Each placement is 10 seconds
2. Treat across the shoulders. Remember that the body is three dimensional.
3. Make some X patterns across the back of the neck.
4. Connect the temporomandibular joints (TMJ). You can find this joint by placing your fingers on your cheek, just in front of the earlobes, then open and close the jaw.
5. Treat from the temple to below the earlobe on the point of the jaw. Treat the opposite side.
6. Treat around the area of head pain with about 6 placements. Balance this by treating opposite side of head.



These 6 steps (a treatment 'set') should take 2 1/2 minutes (15 x 10 second placements). Re-evaluate your pain on scale of 0-10 after the first set. If the pain has gone, stop for the day. If pain is still present repeat the above protocol until the pain has gone, or does not improve after several 'sets'.

Always finish a treatment with 20 minutes of Cranial Electrotherapy Stimulation (CES) using the earclips. This step is essential to optimise the pain treatment.

Treating around the eyes may cause you to see flashing lights due to stimulation of the optic nerve. You may also get a metallic taste in your mouth. None of these conditions are harmful.

Always Remember:

- place probes so that current flows through the area of pain from one probe to the other.
- connect both sides of the body, ie across shoulders.
- some people will have an immediate response, in others it will be delayed.
- results are cumulative and will improve with each treatment.
- Drink plenty of water, MET is more effective if you are well hydrated.
- Read the manual thoroughly prior to use - it contains a lot of useful information.
- Be aware of contra-indications, precautions and adverse effects prior to using the device.

References

Alpha-Stim[®] SCS Owner's Manual (2006). Electromedical Products International, Inc. 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.

Always use as directed , always read the label. If symptoms persist contact a health care professional. ARTG No. 137247

Stimulation Settings - Probes

Alpha-Stim[®] 100

Treatment

Use a pair of treatment probes. Connect probes to lead wire and insert L-shaped plug from lead wire into channel 1 output. Place probe pads over end of both probes. Saturate each felt pad with 2-3 drops of Alpha Conducting Solution[™]. Reapply 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 up to 6 (600µA) or to highest comfortable level.

Timer:

Set timer slider switch to probe (far right). Timer will count down from 10 secs to 1 sec.