

Alpha-Stim[®] Treatment Protocols



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Microcurrent Electrical Therapy (MET) Basic Probe Protocol in 5 Steps

Before a treatment - read the manual thoroughly and set up device as per instructions. Rate your pain on a scale of 0 to 10 (10 being the most painful). Most people can set the current to 6, the highest setting. It should not be uncomfortable, if you are very sensitive you may need to use a lower setting at first.

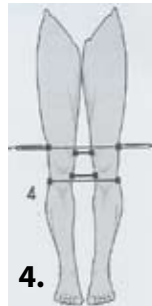
Step 1: First treat in a large X manner over a wide area holding the probes so that the current is directed through the problem area. An example of this strategy for knee pain would be to first make the large X by treating from the inside top thigh to the outside foot and from outside top thigh to inside foot.



Step 2: Treat with smaller Xs, or a star (*) closer and directly around the involved knee eg one probe either side of the knee, one probe above and below the knee, then one probe back and front of the knee.



Step 3: Treat the opposite knee for at least 20 seconds (one X), even if there is no pain in this knee.



Step 4: Connect the two knees by placing a probe on each knee, eg on outside of each knee, then on inside of each knee (a most important step).

These first 4 steps (a set) should take 2 minutes (12 x 10 second placements). Re-evaluate your pain on scale of 0-10. 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'.

Step 5: Always finish a treatment with 20 minutes of Cranial Electrotherapy Stimulation (CES) using the earclips. This step is essential to optimise the pain treatment.

Always Remember:

- place probes so that current flows through the area of pain from one probe to the other.
- the body is three dimensional, it is possible to draw many lines through the area of pain
- connect both sides of the body (Step 4) to treat the spinal nerves
- consider the anatomy, eg treat the entire muscle, not just part of a muscle!
- some people will have an immediate response, in others it will be delayed.
- results are cumulative and will improve after each treatment.

Tips For Best Results

- Make sure you are well hydrated.
- Old scars and tatoos may act as a blockage to the flow of electricity. Treat them using the silver electrode patches placed each end of the scar, for 10 mins daily. Repeat for 4 days.
- Read the manual thoroughly prior to use - it contains a lot of useful information. Be aware of contra-indications and adverse effects.



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 (600 μ A) or to highest comfortable level.

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

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.