Use self-adhesive electrodes (AS-Trode™) to treat acute or chronic pain problems or pain associated with fractures, decubitus ulcers, or if the patient is not responding to probe treatments.

Using one pair of electrodes, place one electrode on either side of the treated area so that current flows through the area of pain. A second pair of electrodes may be placed to apply the current in another direction, creating an “X” through the area of pain (see examples).* Keep in mind that the body is 3-dimensional when placing electrodes.

Apply current with electrodes for 10-20 min. per placement, then move electrodes and apply current for another 10-20 min. Continue moving electrodes every 10-20 min. as needed. 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.

Stop treatment when pain is completely gone or when the improvement has reached a plateau after several electrode placements. Some patients may require an hour or even several hours of stimulation with electrodes daily. For optimal results, always follow the AS-Trode treatment with cranial electrotherapy stimulation (CES).

References


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