

BACK PAIN

ALPHA-STIM®

Stimulation Settings (treatment probes)

Alpha-Stim® Model:
Alpha-Stim® 100

Treatment Mode:

Use a pair of treatment probes. Connect probes to lead wire and insert L-shaped 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:

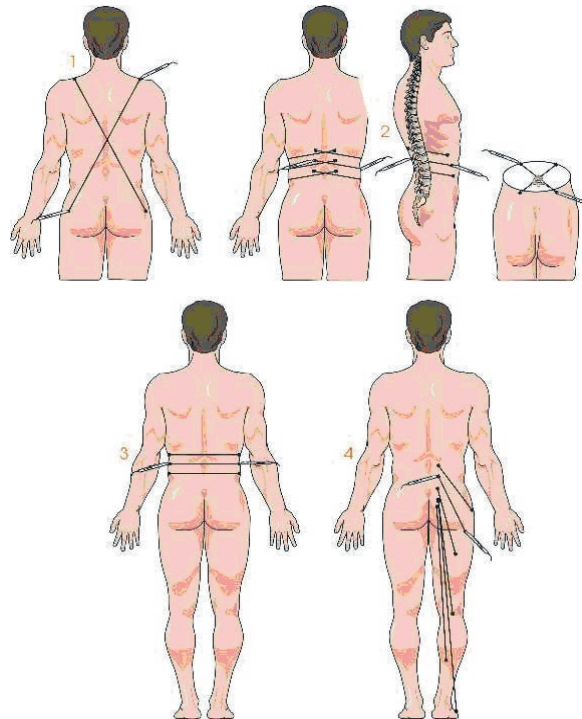
Set the frequency slider switch for channel ① to 0.5Hz (far left).

Current Intensity:

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

Timer:

Set timer slider switch to "probe" (far right).



Start treating with ~10-15 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 sec. 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 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).

References

- Alpha-Stim® 100 Owner's Manual (2002). Electromedical Products International, Inc.
- Kirsch, D. L. (2006). Microcurrent electrical therapy (MET): A tutorial. *Practical Pain Management* 6(7):59-64.
- 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.

