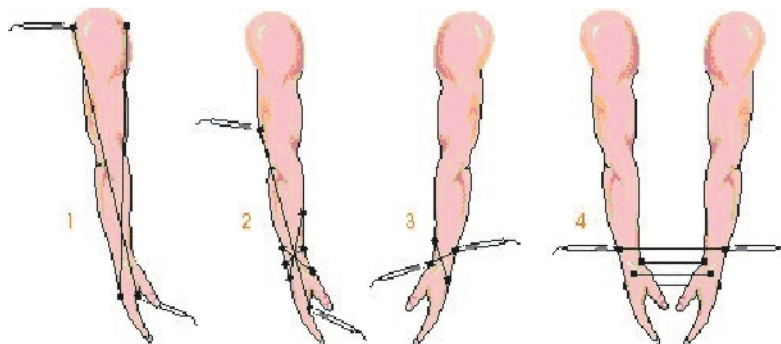


## UPPER EXTREMITY PAIN

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. First make a large "X" by treating from the anterior shoulder to the posterior hand, and the posterior shoulder to the anterior hand.
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.
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.
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.

*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 finger in succession. This placement will often alleviate pain within 1 min. and may be used to treat the pain of the upper extremity, shoulders and neck.*

## References

- Alpha-Stim<sup>®</sup> 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.



### Stimulation Settings (treatment probes)

#### Alpha-Stim Model:

Alpha-Stim<sup>®</sup> 100

#### Treatment Mode:

Use a pair of treatment probes. Connect probes to lead wire and insert L-shaped plug from lead wire into channel output. Attach felt pads to probes. Wet pads thoroughly with Alpha Conducting Solution<sup>™</sup>. Reapply solution as needed during treatment.

#### Frequency:

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

#### Current Intensity:

Turn dial for channel to "6" (600 $\mu$ A) or to highest comfortable level.

#### Timer:

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

