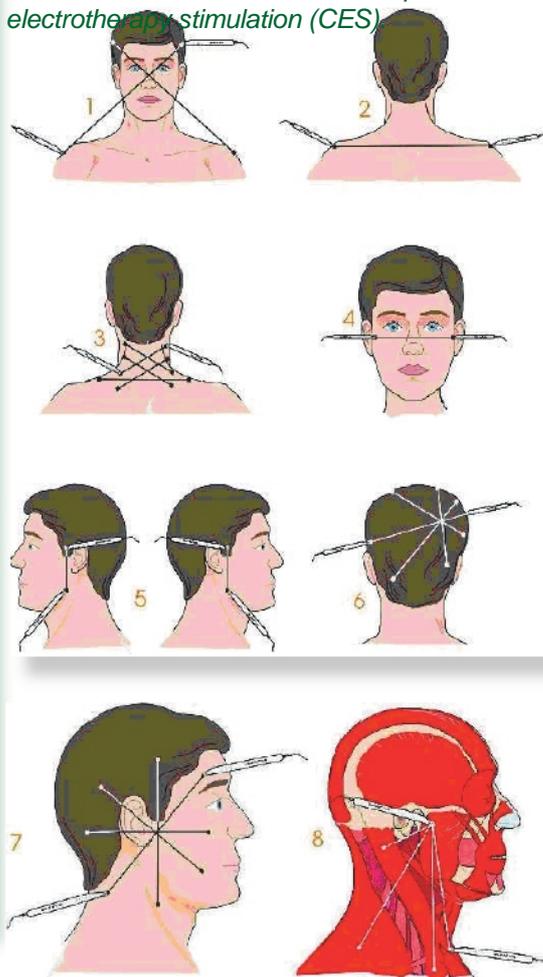


## TEMPOROMANDIBULAR DISORDER (TMD)

Start treating with ~30 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 by connecting the area above the ear to the tip of the contralateral shoulder. Treat the opposite side.
2. Treat across the shoulders by connecting bilaterally across the distal tips of the acromions.
3. Make a few "X" patterns across back of neck.
4. Connect both temporomandibular joints (TMJ).
5. Treat from temple to ipsilateral masseter muscle. Treat the opposite side.
6. If head pain is present, treat for ~1 min. through the primary area of pain. Balance out contralateral side by treating any mirror areas not already covered.
7. Make a star pattern across TMJ. Treat the opposite side.
8. Connect TMJ with sternocleidomastoid muscle (SCM), below the mastoid, and along the clavicular and sternal branches. Treat the opposite side.

\* Note: Reduce the current intensity when treating on the head as necessary to avoid vertigo. Treating near the eyes may cause the patient to see flashing lights due to stimulation of optic nerve. Patient may also taste metal fillings when treating across oral cavity. None of these conditions are harmful.

## 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.

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