

## SINUS AND OCULAR PAIN

Start treating with ~20 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.

ALPHA-STIM<sup>®</sup>

### Stimulation Settings (treatment probes)

**Alpha-Stim<sup>®</sup> 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).

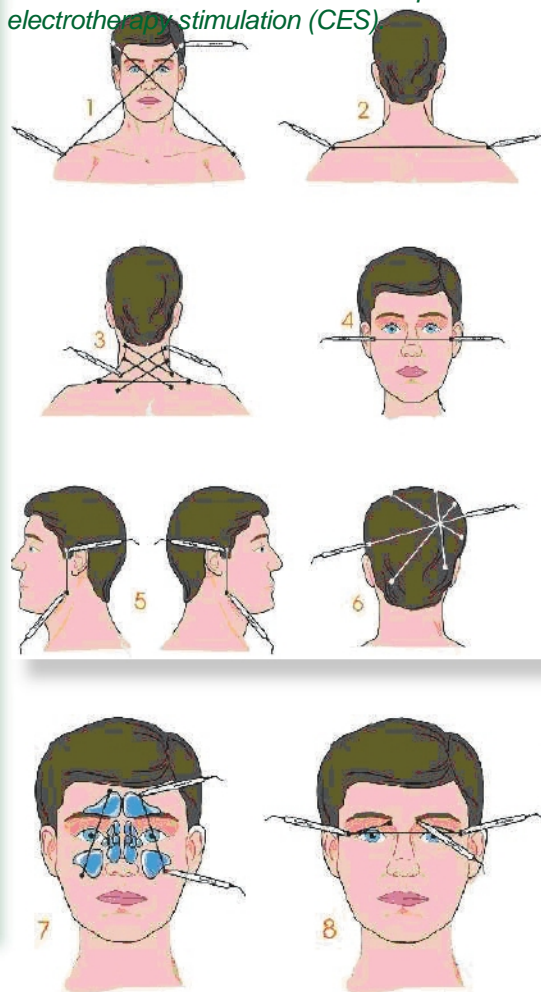
### Current Intensity:

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

### Timer:

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

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. Treat sinuses when indicated, above and below eyes, or from side to side. The patient should be able to breathe more clearly immediately after treatment.
8. For ocular headaches treat behind eyes by placing probes on each temple, lateral to the lateral canthus of the eyes, and across each eye (one at a time) at the bridge of the nose to the lateral canthus.

\* 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.

