

## BASIC RULES (4 STEPS) OF THE PROBE PROTOCOL



### 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 ① output. Attach felt pads to probes. Wet pads thoroughly with Alpha Conducting Solution<sup>™</sup>. Reapply solution as needed during treatment.

### Frequency:

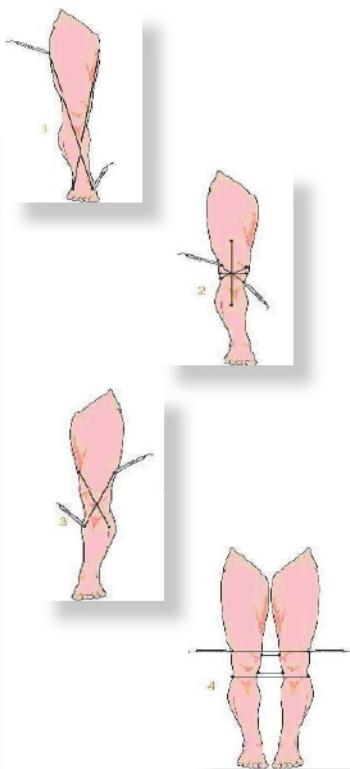
Set the frequency slider switch for channel ② to 0.5Hz (far left).

### Current Intensity:

Turn dial for channel ③ to "6" (600µA) or to highest comfortable level.

### Timer:

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



**Step 1.** First treat in a large "X" manner over a wide area holding the probes so that the current is directed through the problem area. An example of this strategy for knee pain would be to first make the large X by treating from the medial, superior thigh to the lateral foot, then lateral at the hip to the medial foot.

**Step 2.** Treat with smaller Xs, or a "star" (\*) closer and directly around the involved knee (e.g., two obliques, one or two medial-lateral, one or two anterior-posterior, etc.).

**Step 3.** Treat the opposite knee for at least 20 seconds (one X), even if there is no pain.

**Step 4.** Connect the two knees by placing a probe on each knee at least four times (*most important step*).

*For optimal results, always follow the probe treatment with cranial electrotherapy stimulation (CES).*

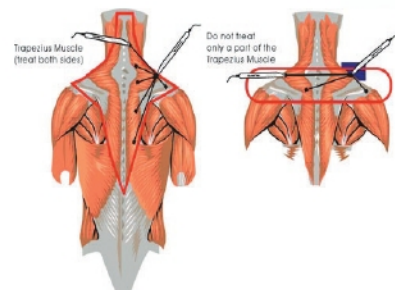
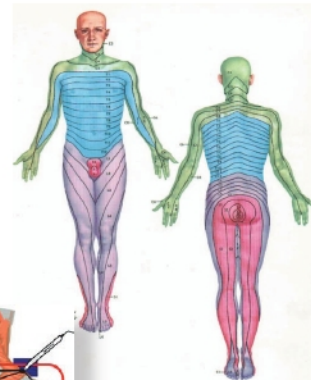
### Always Remember to:

... place the probes so that current flows *through* the area of pain and press fairly hard for a good contact.

... connect both sides (Step 4) to treat spinal nerves and corresponding dermatomes and myotomes.

... consider anatomy, e.g., treat entire muscle, not just part of a muscle!

... re-evaluate pain about every 1 - 2 minutes ("treatment set").



### 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.

