

GET THE RELIEF YOU DESERVE



Alpha-Stim® SCS Ear Clip Protocol

CRANIAL ELECTROTHERAPY

Stimulation Settings (ear clip electrodes)

Alpha-Stim® Model: Alpha-Stim® SCS

Treatment Mode:

Insert L-shaped plug from ear clips all the way into device so plug is touching the surface of the device. A felt pad should be on each side of each ear clip. Saturate each felt pad with 2-3 drops of Alpha Conducting Solution™. Note: L-shaped plug must be pushed in all the way so it is flush with unit, with no aqua color visible.

Current Intensity:

Use dial to adjust intensity of stimulation to comfortable level.

Timer:

Press timer button (on the right) to select desired treatment time. It toggles between 20 or 60 minutes. The Alpha-Stim® SCS will turn itself off once treatment time is complete.

1. After preparing the ear clips as described at left, place ear clips on ear lobes, close to the jaw as shown.
2. Turn the current intensity dial to “0” and press the power button on.
3. Use dial to slowly increase current intensity until you feel a comfortable tingling sensation. Immediately decrease current intensity if tingling becomes uncomfortable. Tingling is caused by the current breaking the skin resistance. You may feel it in one or both ears. (If you do not feel any sensation when you turn up the intensity, please press the L-shaped plug very hard into the device so that it snaps into place, flush with the unit. *There should be no visible aqua color.* Also replace the battery. If the issue persists please call us for tech support.)
4. If you find the treatment comfortable at a setting of 3 or higher on the intensity dial, then treat for 20 minutes. If you prefer a current intensity of 1 or 2 on the dial, then treat for 60 minutes. Adjust the timer setting.
5. *Do not treat at uncomfortably high current levels!* Too much current can cause vertigo or nausea and does not lead to better results. Also do not treat below 1 in intensity. (Call our office for tech support if you do not tolerate a setting of 1.)
6. It is important to complete a CES treatment session (20 or 60 minutes) once you start it. Do not treat for only a few minutes. If a treatment is ended after only a few minutes, some patients may experience a state of heaviness that lasts for hours. You should feel light and refreshed, not tired or groggy, after a CES treatment.
7. For depression, the manufacturer recommends using CES daily for 3 or 4 weeks and then 2 or 3 times per week. For anxiety and insomnia, the manufacturer recommends using CES daily for the first 1 to 2 weeks, then 2 or 3 times per week, or as needed. Anxiety typically responds immediately; depression and insomnia usually require 3 weeks of treatments (sometimes longer).
8. Replace the felt pads as needed. Plan to replace the battery every 10-20 hours of treatment time; use only alkaline 9V batteries (industrial strength recommended).
9. Questions? Please call us at 800-684-9343 or email info@alleviahealth.com.



ALLEVIA
Health

Alpha-Stim® Sales & Service
2312 NW Kings Blvd.
Corvallis, OR 97330
(800) 684-9343 Phone
(888) 684-8414 Fax
www.AlleviaHealth.com
info@alleviahealth.com

References

Alpha-Stim® 100 Owner's Manual (2002). Electromedical Products International, Inc.

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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