

# GET THE RELIEF YOU DESERVE



## Alpha-Stim® 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 flush with surface. Attach felt pads to ear clips. Saturate each felt pad with 2-3 drops of Alpha Conducting Solution™.

### 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 device and 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 or if you feel dizzy.* 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, make sure the L-shaped plug is plugged all the way in, so that it is flush with the unit and no aqua color is visible. Otherwise 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, unless otherwise specified by your clinician. Adjust the timer setting to 20 or 60 minutes.

5. *Do not treat at uncomfortably high current levels!* Too much current can cause vertigo or nausea and does not lead to better results.

6. It is advised to complete a treatment session once you start it to avoid being “caught” in a state of heaviness that some patients may experience as soon as a few minutes into the treatment. 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.

8. Questions? Please call us at 800-684-9343. We are open Monday through Friday, 8A - 5P Pacific Time or 11A - 8P Eastern Time.



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### References

- Alpha-Stim® 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.
- The information provided here is not a substitute for the Owner's Manual. Read the Prescribing Information in the Owner's Manual for Contraindications, Precautions and Adverse Effects associated with the use of Alpha-Stim®. Copyright 2007 Electromedical Products International, Inc. ALL RIGHTS RESERVED. Alpha-Stim® is registered in the US Patent and Trademark Office and worldwide.