



# ALPHA-STIM<sup>®</sup> M QUICK START GUIDE

for treating pain, anxiety, and insomnia

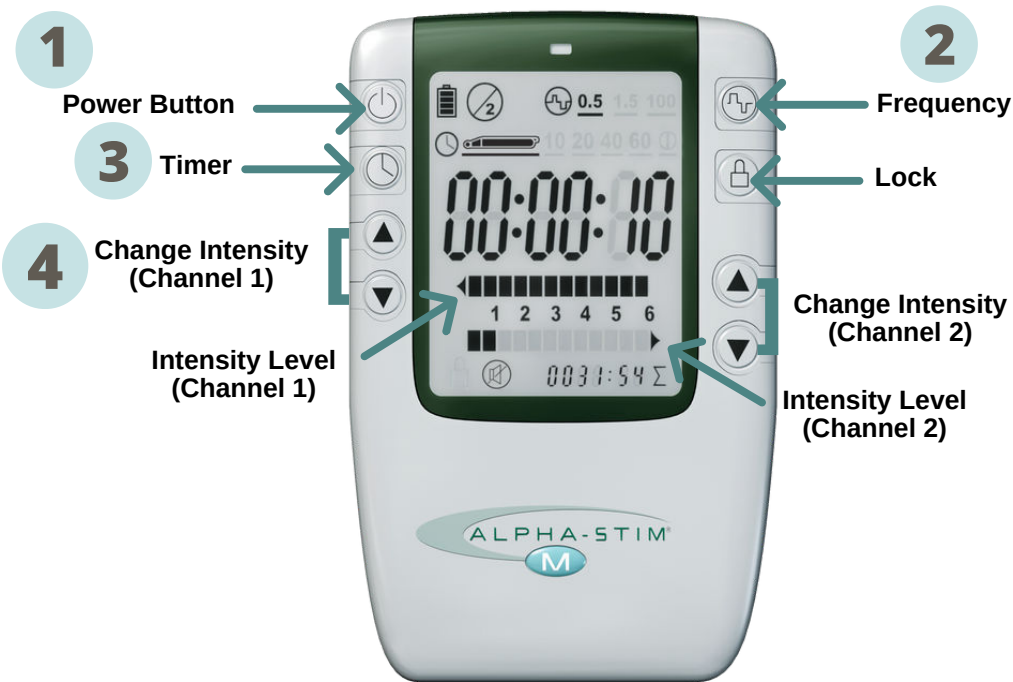


For how-to videos and an Alpha-Stim Health Tracker App™, scan with your phone



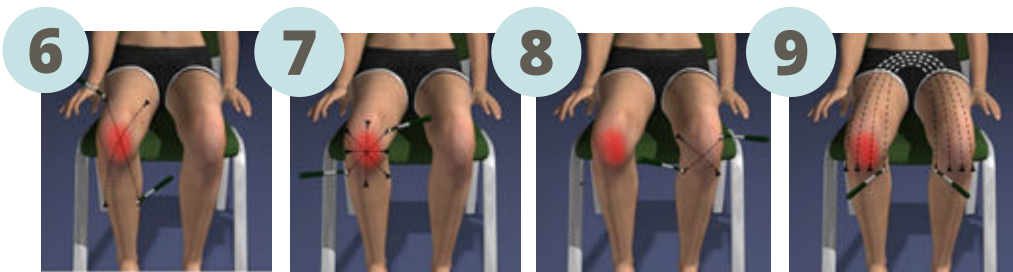
# HOW TO USE SMART PROBES

for treating acute, post-traumatic, and chronic pain



### PLACEMENT TIPS

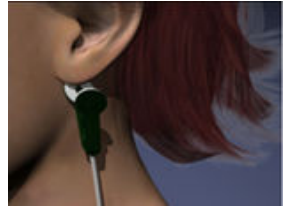
- Probes should be placed on opposite sides of the body, so the current goes through the area of pain
- Repeat treatment as necessary, varying probe positions but always directing the current between the probes through the area being treated
- Continue treatment until pain is completely gone or maximum relief is achieved



1. Power on device
2. Set frequency to 0.5 HZ
3. Set timer to the 10 second probe setting
4. Set intensity on the channel in use.
5. Saturate Probe Electrode Pads™ (PEPs) thoroughly with several drops of conducting solution. Repeat as necessary throughout treatment.

6. First treat in a large "x" pattern, beyond the treatment area (e.g., the entire leg for knee pain, the entire back for back pain)
7. Treat in a small star pattern by applying the probes close in, around and through the area being treated, at about 6 different angles of approach
8. Treat the same body part on the opposite side of the body in at least 2 places (e.g. "x" pattern)
9. Connect the two sides of the body

### AFTER TREATMENT

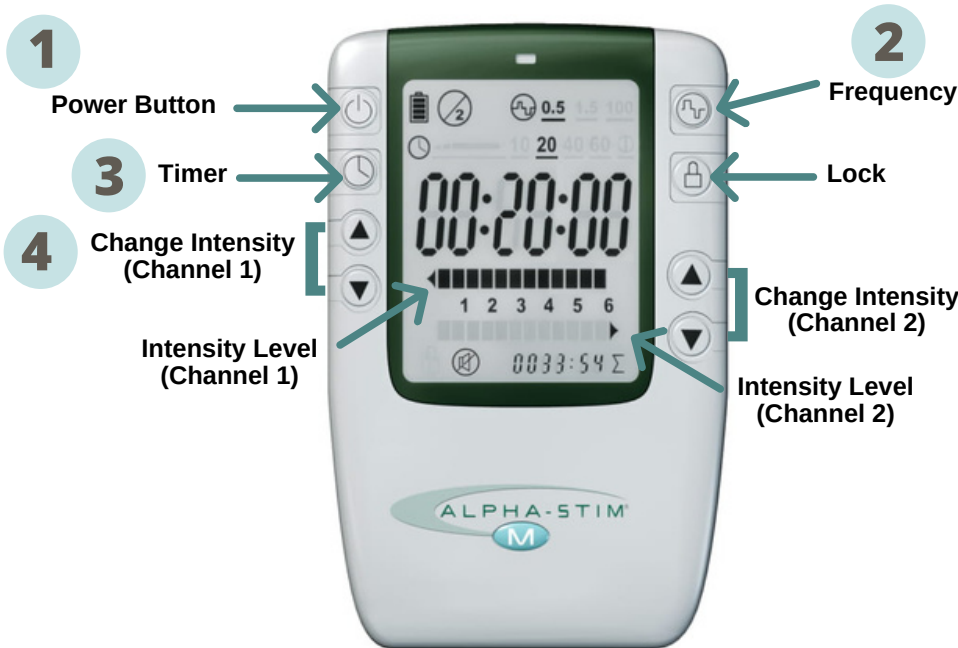


- Follow every treatment with CES using Alpha-Stim earclips
- When done, remove and discard probe and earclip pads, then replace with new pads for next use



# HOW TO USE AS-TRODES™

for treating acute, post-traumatic, and chronic pain



## IMPORTANT NOTES

- Use only AS-Trode brand electrodes
- Many electrodes are significantly less conductive and will not allow the Alpha-Stim® current to penetrate the electrical resistance of the skin
- Discard and replace AS-Trodes when adhesive has split or worn through to the conductive backing



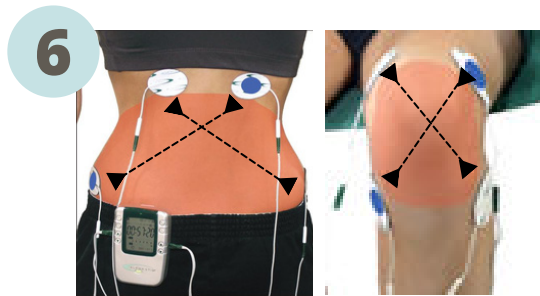
1. Power on device

2. Set frequency to 0.5 HZ

3. Set timer for 20 minutes to 1 hour per AS-Trode location

4. Set intensity on the channel or channels in use

5. Place AS-Trodes on clean, dry skin, placing them to direct the current between them and through the area of pain



6. You can use two pairs of AS-Trodes in an X shape (crisscross pattern) with each line belonging to a pair of AS-Trodes

7. Repeat as necessary, varying AS-Trode positions but always directing the current between them and through the area being treated

## CHOOSE THE INTENSITY LEVEL RIGHT FOR YOU

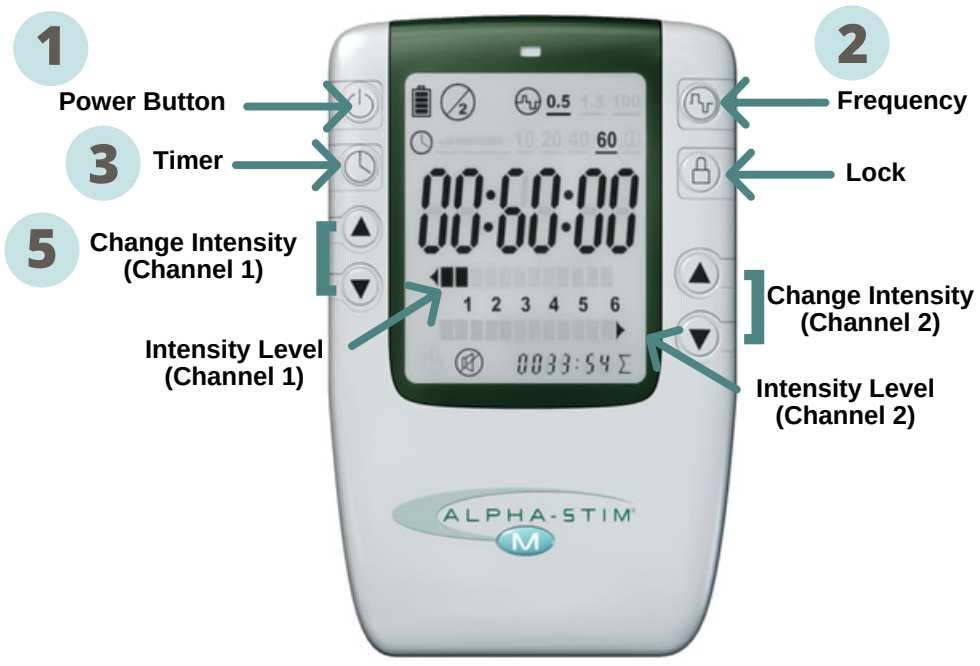
- Use level 6 for maximum pain relief
- Decrease immediately if uncomfortable
- Use level 1 when using AS-Trodes for over 1 hour

## AFTER TREATMENT

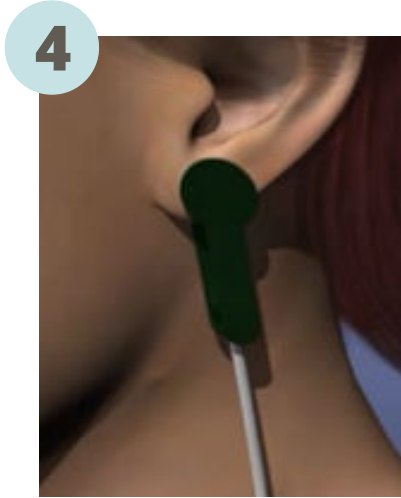
- Follow every treatment with CES using Alpha-Stim earclips
- Place AS-Trodes on plastic backing and return to zippered bag for storing



# HOW TO USE ALPHA-STIM<sup>®</sup> EARCLIPS



1. Power on device
2. Set frequency to 0.5 HZ
3. Set timer to 20 minutes if the current is at 2.5 or higher or 1 hour if the current is at 2 or lower
4. Apply one Earclip to each earlobe (pre-wet with several drops of conducting solution)
5. Increase current until a slight dizzy feeling is experienced, then decrease immediately until the dizziness stops



## BEFORE YOU START

- Clean ear lobes with mild soap and water, alcohol pads or antibacterial wipes and allow skin to dry



- Saturate new Earclip Electrode Pads (EEPs<sup>™</sup>) thoroughly with several drops of Alpha-Stim Conducting Solution

## ALWAYS COMPLETE YOUR TREATMENT

- When the timed session ends, and a “heavy” feeling is still experienced, resume treatment until heaviness lifts and a light feeling develops

## AFTER TREATMENT

- Remove and discard earclip pads
- Clean earclips with alcohol, let dry, and replace 4 earclip pads for the next treatment

For free clinical support, call 1-800-367-7246