



PSTIM™ FAQs

Who created PSTIM™?

Dr. Constantin Szeles of the Clinical Department for Vascular Surgery at Vienna General Hospital in Vienna, Germany, was responsible for PSTIM™ development in 2004. After promising results in the original clinical trial, the PSTIM™ mobile device was developed.

Since then, FDA approved PSTIM™ has been used by thousands of doctors to help minimize and even alleviate acute and chronic pain in their patients.

Who benefits from the PSTIM™ device?

In clinical studies, the PSTIM™ device has proven effective in alleviating head, neck, back and joint pain. PSTIM™ has also been successful in easing pain from arthritis, sciatica, migraines, fibromyalgia and discomfort from cancer and cancer treatments.

These studies have even indicated that stimulations of specific nerve endings with the PSTIM™ device can ease some secondary effects of chronic and acute pain, such as anxiety, depression and insomnia.

How easy is PSTIM™ to use?

PSTIM™ is minimally invasive, lightweight and easy to install and remove. Training for medical staff can be completed in one day, and the PSTIM™ takes only minutes to attach.

As the PSTIM™ is so small, lightweight, and comfortable, most patients can return to normal activities without restrictions.

What are the risks and are there any long term effects of the PSTIM™?

As with any minimally invasive procedure, there is a minor risk of infection, but only if proper sanitary medical procedures are not followed. Although some contraindications exist which may prevent PSTIM's™ use in some patients, no long term effects other than alleviation of pain have resulted.

Can the device be used with generally prescribed pain medications?

Yes, PSTIM™ is designed to be used in conjunction with standard treatments, initially. Then after pain has been mitigated and reduced, medications are generally reduced or discontinued.

How will my practice benefit?

Training and certification for PSTIM™ can be done in one business day. PSTIM™ has low start up and overhead costs, and is reimbursed by Medicare and most major medical plans.



Finally, an advanced,
EFFECTIVE
non-drug treatment
for chronic &
acute pain...



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Pulse Stimulation Treatment (PSTIM™)
is an FDA approved pain treatment program blending conventional acupuncture therapy with contemporary scientific technology. PSTIM™ delivers effective, continuous pain relief to your patients in a safe, personal and discreet device.

The Short- and Long-Term Benefit in Chronic Low Back Pain through Electrical Versus Manual Auricular Stimulation (2003)

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In this clinical investigation, 61 patients who experienced chronic, lower back pain and achieved insufficient relief through standardized analgesic therapy were placed in a random, double blind study to test the hypothesis that electro acupuncture (EA) relieved pain more effectively than conventional manual auricular acupuncture (CO). Acupuncture needles were placed in all patients at nerve points in the ear which corresponded to the lumbar, sacral and thoracic sections of the spine (see diagram). The needles were connected to a newly developed miniaturized battery operated stimulator device (PSTIM™) placed behind the ear. Patients were randomized into groups; EA and CO. Group EA experienced continuous low-frequency electricity stimulation while group CO received none. The treatments were done in 48 hour sessions for a six (6) week period.

During and upon completion of the study, patients in the EA group reported significantly better pain relief, less consumption of analgesic medications, and overall improvements in psychological wellbeing including neuropathic pain, with no adverse side effects.

For more information, visit:
<http://www.biomedcentral.com/content/pdf/1471-2474-7-58.pdf>

Electrical Stimulation of Auricular Acupuncture Points is More Effective than Conventional Manual Auricular Acupuncture in Chronic Cervical Pain: a Pilot Study

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In this clinical investigation, 21 patients experiencing chronic cervical pain and achieving insufficient relief through analgesic therapy were placed into a double blind, randomized study to test the hypothesis that auricular electro acupuncture relieves pain more effectively than conventional manual auricular acupuncture. Acupuncture needles were placed on all patients at the dominant side of the following acupuncture points: cervical spine, shen men, and cushion. The needles were then connected to a newly developed miniaturized battery operated stimulator device (PSTIM™) placed behind the ear.

In 10 patients, needles were continuously stimulated with the PSTIM™ device, in 11 there was no stimulation. The treatments were done in 48 hour sessions for a six (6) week period.

The reduction in pain was significant in the electrical stimulation acupuncture group and this group also reported significant improvements in well-being, sleep, and overall activity levels. Consumption of analgesic medication was significantly lessened with no adverse side effects.

For more information, visit:
<http://www.anesthesia-analgesia.org/content/97/5/1469.full>



advanced
EFFECTIVE
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acute pain

Back Pain

Sharon (54), business owner and caregiver for her elderly mother has degenerative disk disease. Pain, even with daily narcotic treatment, made daily activities difficult and Sharon began using a walker. Sharon began the PSTIM™ treatment and after only a few treatments Sharon reported less pain and anxiety. By the end of treatments, she experienced reduced pain and increased mobility. Sharon is now able to work and care for her mother, and has even began golfing again. **“I would recommend this device for anyone to manage their pain and anxiety. With a business and a loved one relying on me, I had to find a way to manage my pain. PSTIM™ helped me to do that and more.”**

Migraines

“I tried PSTIM™ because chronic migraines were destroying my life,” said Rachel (39). **“I couldn’t work or take care of my family.”** Rachel’s migraines occurred 4-6 times a month. Traditional medications weren’t effective, left her foggy and lethargic, and she found herself bedridden often. After reading about PSTIM™, she decided to try it. Her pain level decreased almost immediately after the first treatment, and improved with each subsequent treatment. She has not suffered a migraine in over 5 months. **“I never expected results like this, PSTIM™ is amazing.”**

Shingles

Richard (68) contracted shingles, a painful viral infection of the nerve roots which causes a blistering rash, headaches, dizziness and extreme sensitivity to light. A once active retiree, he couldn’t drive, read, and was virtually housebound. He was missing the life he had worked so hard for. Within four PSTIM™ treatments Richard was feeling like his old self. The shingles cleared up, and Richard was ready to resume his normal activities. **“Thank goodness for PSTIM™.”**

HOW IT WORKS

PSTIM™ is a small, discreet device which is applied behind a patient’s ear and weighs only seven grams. Once installed, PSTIM™ provides a steady current of low frequency electrical impulses to specific, targeted nerve endings located in the outer ear to relieve specific types of pain.

Studies indicate that PSTIM™ enhances the release of natural endorphins by activating cranial nerves. This in turn produces physiological changes in functional activities within the brain which has been confirmed with MRI. When treatment is done, PSTIM™ is completely disposable.

PSTIM™ is FDA approved for treatment of:

- Back pain
- Sciatica
- Cervical pain
- Arthritic and joint pain
- Fibromyalgia
- Zoster related pain
- Cancer pain
- Depression & Insomnia
- Other neuropathies

Randomized, controlled studies indicate that after initial treatments, the majority of patients describe at least 50% reduction in pain and further accumulation of pain reduction in subsequent treatments. Some patients, having solely relied upon narcotic drug therapies, have been able to discontinue the use of these conventional medicines.

TREATMENT

Because acute and chronic pain sufferers have different needs, PSTIM™ can be customized for individual patients. The initial application is designed to immediately mitigate pain and provide early relief. Additional treatments are then adapted toward addressing each patient’s needs. It is recommended that therapies be applied for up to nine weeks, as each treatment provides accumulated pain relief.

Battery powered, and controlled by a microchip, PSTIM™ is minimally invasive and is applied quickly and painlessly within minutes. Once nerve access points are identified, tiny, titanium acupuncture needles attached to the device are placed on these access points. After initial assessment and placement visit, the recommendation is for nine (9) additional weekly treatments with one week rest period between weeks four and seven. During each four day treatment, 1Hz of energy stimulation is delivered to access points, accelerating the body’s natural release of analgesic endorphins for pain relief.

Contraindications

PSTIM™ pain relief treatment is designed to be minimally invasive with virtually no side effects. Certain heart conditions and pacemakers may prevent patient participation. The physician will make this determination. Advised contraindications are recent organ transplants and any history of seizures.