

HF54 Quick Start Guide

IMPORTANT: This guide explains functions of the HF54 unit once treatment set-up is in place on the patient. For details on how to position soundheads, E-stim etc. on the patient, please refer to the manual.

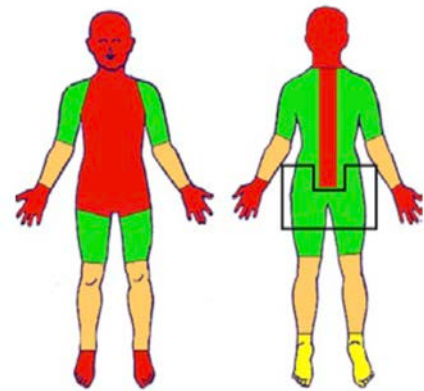
Turn the HF54 Unit on.

The POWER BUTTON is located in the recess on the left side of the unit.

To use Hands-Free Ultrasound

- Under the ULTRASOUND Column, Press the “Output” button to select HF Head1. (If your unit has two soundheads, pressing “Output” a second time selects HF Head2; pressing a third time selects both. When both soundheads are selected, all settings are shared by both)
- Set time by pressing the UP/DOWN arrows
- Press “Start/Stop”
- Press “Select” to set the treatment intensity (IMPORTANT: Intensity can only be changed *after starting a treatment. See chart below.*)
- During treatment, you can adjust the time at any point by using the selector arrows. Time can also be adjusted by pressing Pause/Resume, then using the selector arrows to adjust.
- Press Start/Stop to Stop treatment.

Color	Output Recommendation	Soft Tissue Depth Over Bone
Black Outline (Buttocks Region only)	Up to 10W or 0.36 W/cm ²	Depth Must be Over 8.2cm or 3.25 inches
Green	Up to 8W or 0.25W/cm ²	Depth Must be Over 6.4cm or 2.52 inches
Skin Color	Up to 6W or 0.19W/cm ²	Depth Must be Over 4.2cm or 1.65 inches
Yellow (Bottom of Foot or Ankle)	Up to 4W or 0.13W/cm ²	Depth Must be Over 0.2cm or .08 inches
Red	Can not use the system in stationary (hands-free) mode (see note below)	



Combo Mode (To use ultrasound in combination with Muscle Stim, use large disbursement pad)

- Select HF Head1 and press “Combo” button (the ESTIM CHANNEL1 Column will light up with “Premod” automatically selected).
- Set Time
- Press “Start/Stop”
- Set Intensity (IMPORTANT: Intensity can only be changed *after starting a treatment. Set for both ultrasound and muscle stim respectively*)
- During treatment, you can adjust the time at any point by using the selector arrows. Time can also be adjusted by pressing Pause/Resume, then using the selector arrows to adjust. (Resume the treatment to adjust “Intensity”).
- Press Start/Stop to Stop treatment.

Premod (for one or two treatment locations. *Note: Channels 1 and 2 may be used simultaneously with completely different settings*)

For One Treatment Area

- Select Channel 1 by pressing the “Output” button in the ESTIM CHANNEL 1 Column
- Press IFC Button until PREMODO is selected
- Set Time under ESTIM CHANNEL 1

- Press "Start/Stop" (this will start the Channel 1 treatment)
- Set Intensity (see "Combo Mode" above)
- Pause/Resume and Start/Stop work the same as explained above

For Second Treatment Area

- Select Channel 2 by pressing "Output" a second time in the ESTIM CHANNEL 1 Column
- Set Time under ESTIM CHANNEL 2
- Press "Start/Stop" (this will start the Channel 2 treatment)
- Set Intensity (see "Combo Mode" above)
- Pause/Resume and Start/Stop work the same as explained above

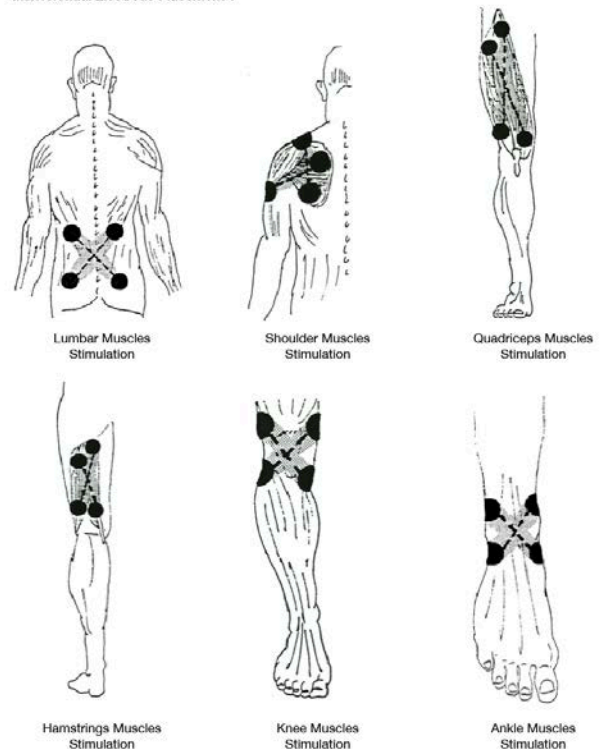
IMPORTANT: Pressing Pause or Stop will only affect the channel currently selected by the OUTPUT button. If Channel 1 and 2 are selected, the time and intensity settings will be the same for both.

IFC

Quadripolar

- Select Channel by pressing the "Output" button in the ESTIM CHANNEL 1 Column (Two pads are used for each channel)
- Press "IFC" Button ("Quadripolar" will select automatically). Quadripolar includes P1, P2, P3, P4, P5 and Custom settings. Cycle through these by repeatedly pressing the IFC button
- **The default settings for IFC are:**
 - o P1: Acute pain - 150 Hz and 80 Hz
 - o P2: Chronic pain - 50 Hz and 1 Hz
 - o P3: Edema 1 - 10 Hz and 0 Hz
 - o P4: Edema 2 - 150 Hz and 1 Hz
 - o P5: Nerve Block - 250 Hz and 1 Hz
 - o Custom (Display reads "CUST"): 1 Hz - 250 Hz
- Set Time under ESTIM CHANNEL 1
- Press "Start/Stop" (this will start treatment)
- Set Intensity (see "Combo Mode" above)
- Pause/Resume and Start/Stop work the same as explained above

Interferential Electrode Placement 1



Russian

- Select Channel by pressing the "Output" button in the ESTIM CHANNEL 1 Column
- Press "IFC" Button repeatedly until "Russian" is selected. Russian includes High Frequency, Low Frequency, Cyclic On and Cyclic Off settings controlled by the "Select" button in the bottom/center column.
- Set Time
- Press "Start/Stop" (this will start treatment)
- Set Intensity (see "Combo Mode" above)
- Pause/Resume and Start/Stop work the same as explained above

NOTE: Russian may also be used in two locations at once. Consult "**For Second Treatment Area**" under PREMOD above.

TENS

- Select Channel by pressing the “Output” button in the ESTIM CHANNEL 1 Column
- Press “TENS” Button (“Conventional” will select automatically). TENS includes Conventional, Burst and Modulation settings. Cycle through these by repeatedly pressing the TENS button and the “Select” button in the bottom/center column. Set Time under ESTIM CHANNEL 1
- Press “Start/Stop” (this will start treatment)
- Set Intensity (see “Combo Mode” above)
- Pause/Resume and Start/Stop work the same as explained above

NOTE: TENS may also be used in two locations at once. Consult “*For Second Treatment Area*” under PREMOD above.

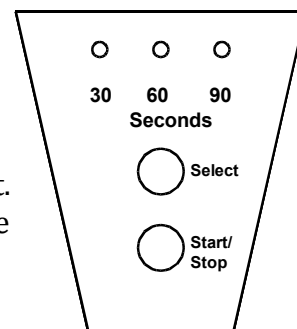
To use Standard (Hands-On) Ultrasound (Must use a disbursement pad larger than the soundhead)

- Under the ULTRASOUND Column, Press the “Output” button three times to select “Standard”.
- Press “Mode” to set for either “Continuous” or “Pulsed”
- Press “Band” to set for “1MHz” or “3MHz”
- Set time by pressing the UP/DOWN arrows
- Press “Start/Stop”
- Press “Select” to set the treatment intensity (IMPORTANT: Intensity can only be changed *after starting a treatment*)
- Press “Pause/Resume” to pause the treatment and adjust the time (Resume the treatment to adjust “Intensity”)
- Press Start/Stop to Stop treatment

NOTE: Combo Treatment works the same with Hands-On Soundhead as it does with Hands-Free Ultrasound. Further, the unit will not allow the use of Hands-Free Treatment with the Hands-On Ultrasound.

INFRARED LIGHT (for those with this option)

- The probe is operated continuously at one power level and can be set to 4 different time levels: 30, 60, 90 seconds or Continuous (for Continuous, press “Select” four times till all lights are lit).
- Press the Start/Stop button to begin the treatment.
- Press the Start/Stop a second time if you want to stop the treatment.
- Keep the probe in one location at a time. Do not move or “bathe” the treatment area. (If the treatment area is larger than the probe, treat one area at a time until the entire area is covered.

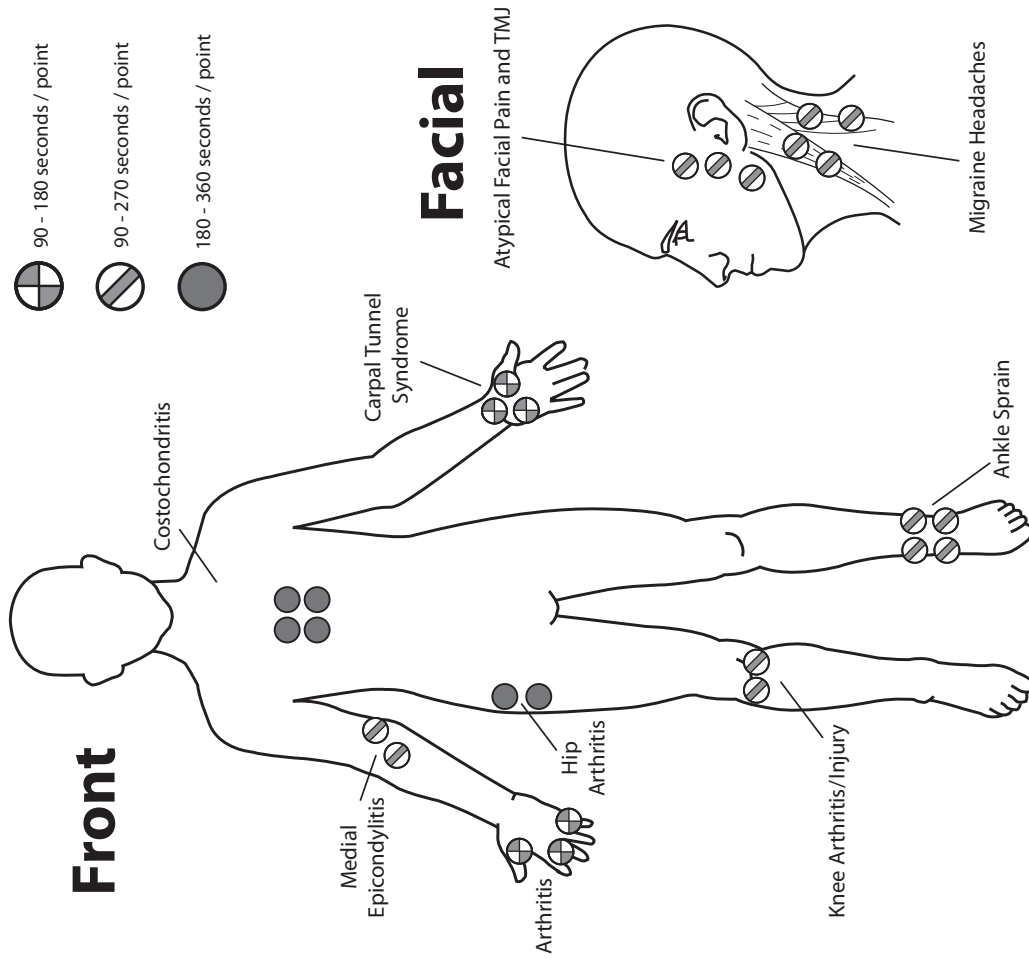


DOSAGE: *Every 90 Seconds produces slightly less than 4 Joule/cm²*

- Minimum Tissue to Bone Depth: 90 - 270 Seconds per area until entire injury is covered
- Deeper Musculoskeletal: 180 - 360 Seconds per area until entire injury is covered

Horizon Infrared Therapy Applications

This is a starting reference guide. Additional points can be administered directly over an injury or tender points.

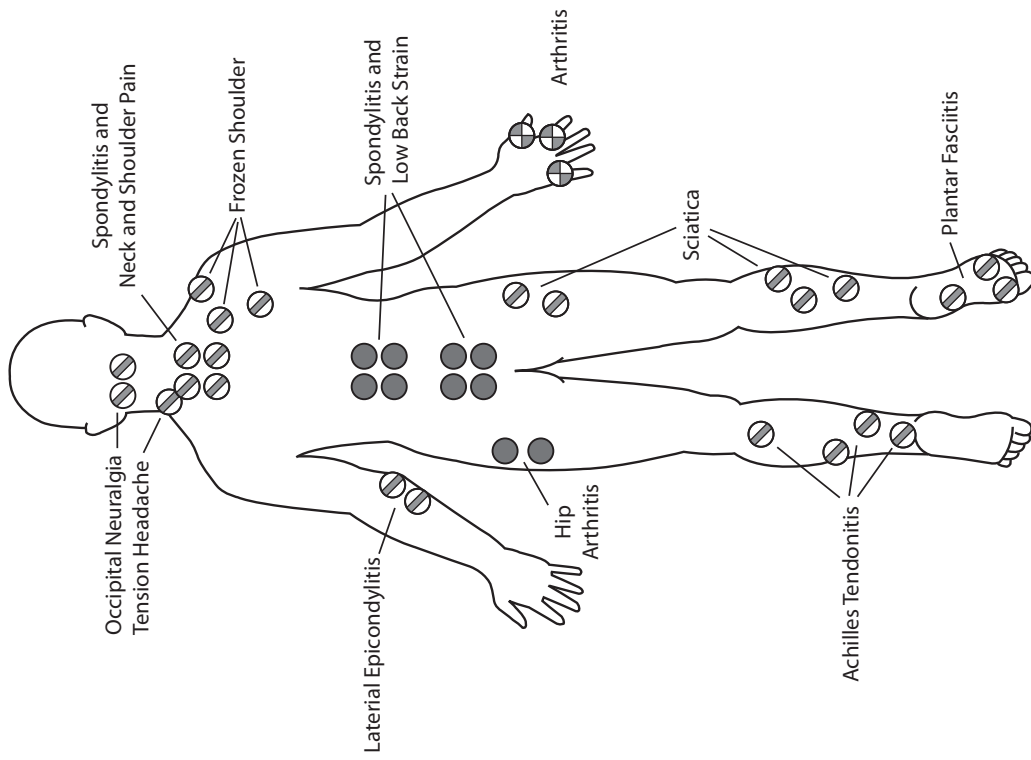


Back

90 - 180 seconds / point (circle with diagonal line)

90 - 270 seconds / point (circle with horizontal line)

180 - 360 seconds / point (solid black circle)



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