

## 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.

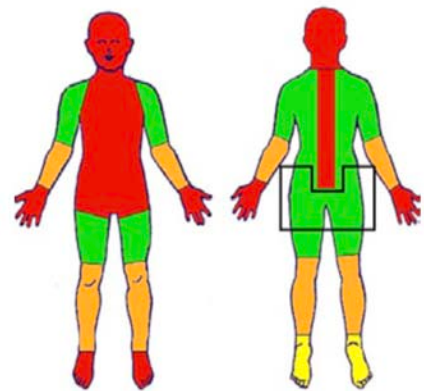
### Turn the HF54 Unit on.

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
<b>Black Outline</b> (Buttocks Region only)	Up to 10W or 0.36 W/cm <sup>2</sup>	Depth Must be Over 8.2cm or 3.25 inches
<b>Green</b>	Up to 8W or 0.25W/cm <sup>2</sup>	Depth Must be Over 6.4cm or 2.52 inches
<b>Orange</b>	Up to 6W or 0.19W/cm <sup>2</sup>	Depth Must be Over 4.2cm or 1.65 inches
<b>Yellow</b> (Bottom of Foot or Ankle)	Up to 4W or 0.13W/cm <sup>2</sup>	Depth Must be Over 0.2cm or .08 inches
<b>Red</b>	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

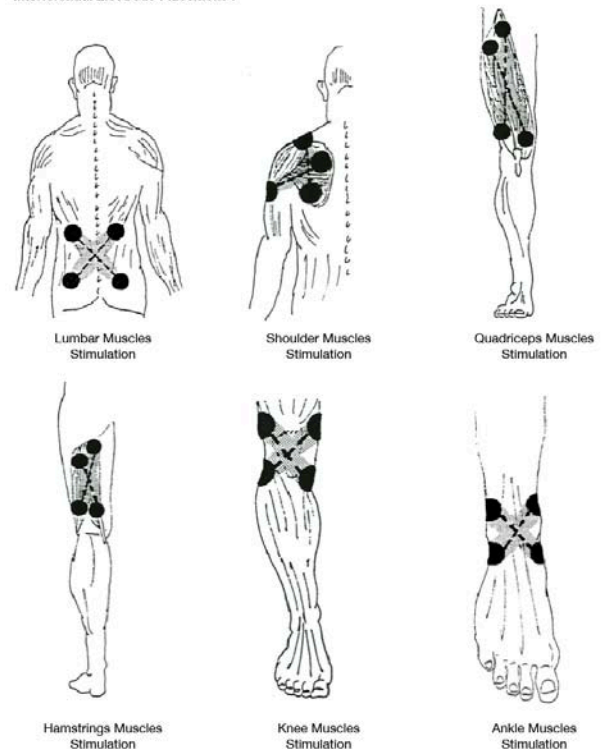
**IMPORTANT:** Pressing Pause or Stop will only affect the channel currently selected by the OUTPUT button. If Channel 1 and 2 are selected, the time and intensity settings will be the same for both.

## **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** (OPTIONAL FEATURE) 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.