

User Reference Guide for UltraCure PRO and US 1000

Condition	Treatment Time	Frequency	Intensity Levels (Only applies to UltraCure Pro)			Treatment Notes
			Acute	Subacute	Chronic	
			(0 - 5 days after injury)	(6-15 days after injury)	(16+ days after injury)	
Tendonitis (Shoulder, Knee, Achilles)	10 minutes	2 x day	L	M	H	*
Tendonitis (Wrist, forearm, biceps)	10 minutes	2 x day	L	M	H	*
Muscle Aches and Tension	10 minutes	2 x day	L	M	H	*
Sprains/Strains/Pulled Muscles	10 minutes	2 x day	L	M	H	*
Tennis/Golfer's Elbow	5 minutes	2 x day	L	M	H	*
Sciatica	10 minutes	2 x day	L	M	H	*
Plantar Fasciitis/Heel Spurs	5 minutes	2 x day	L	M	H	*
Joint and Arthritis Pain	10 minutes	2 x day	L	M	H	*
Bursitis (Shoulder/Hip/Knee)	10 minutes	2 x day	L	M	H	*
Bursitis (Achilles/Wrist/Elbow)	5 minutes	2 x day	L	M	H	*

Condition

Location to Apply Ultrasound Head

Tendonitis (Shoulder, Knee, Achilles)

Shoulder

Find the bone on top of your shoulder. Place in front and behind that bone.

Knee

Below and top of the knee bone (patella) based on your area of pain.

Achilles Tendon

Start above your heel and work your way up the Achilles tendon (repeat).

Tendonitis (Wrist, forearm, biceps)

Wrist

Find your wrist line and work around the whole wrist based on your area of pain.

Forearm

On the muscles that are hurting in the forearm.

Biceps

Start where the forearm meets the biceps and work your way up the biceps (repeat).

Muscle Aches and Tension

Start in the middle of the muscle and your way around the whole muscle.

Sprains/Strains/Pulled Muscles

Start in the middle of the muscle and your way around the whole muscle.

Tennis/Golfer's Elbow

Inside of the elbow for Golfer's elbow. Outside of the elbow for Tennis elbow.

Sciatica

Start in the low back and work your way down to your buttocks on the affected side (repeat).

Plantar Fasciitis/Heel Spurs

Start above your heel and work your way down to the sole of your foot (repeat).

Joint and Arthritis Pain

On the painful joint(s).

Bursitis (Shoulder/Hip/Knee)

Shoulder

Find the bone on top of your shoulder. Place head in front and behind that bone.

Hip

Find your hip and place it in the area of pain.

Knee

Below, above, and top of the knee bone (patella) based on your area of pain.

Bursitis (Achilles/Elbow)

Achilles Tendon

Start above your heel and work your way up the Achilles tendon (repeat).

Elbow

Directly on bony part of elbow.

Further information can be viewed at www.youtube.com/ezultrasound

* Treatment Notes:

1. Before beginning treatment refer to manufacturer's manual and contraindications.
2. Make sure to always apply ample clear ultrasonic gel to the area treated.
3. On small bony body parts such as wrists, elbows, fingers, ankles, and toes, treat for 5 minutes at a time.
4. Constantly keep moving ultrasound head allowing it to glide over the ultrasound gel.

How do I know it is working?

1. Turn power on.
2. Turn mode onto L, M, or H setting.
3. Turn timer onto 5, 10, or 15 setting.
4. Apply water droplets to the ultrasound head. Lightly rub your finger on the head.
5. If the water is vibrating and you feel a pulse the unit is working. If there is no contact with the skin it will quit pulsing.

Why is the timer button blinking on the UltraCure PRO?

When there is not solid contact with the head onto the skin with ample gel the ultrasound will not emit frequency and the light will blink.

Intensity Settings for UltraCure PRO:

High Setting (Red) - Uses the maximum power of the machine - you are getting the full benefits of the 1Mhz waves. On the high setting, the waves are emitting from the transducer in quick succession, and you will get the deepest penetration at this level. Which is why the high setting is ideal for large muscle groups and tendon issues - the thigh, back, glutes, hamstring etc.

Low to Medium Setting (Green & Yellow) - Generally recommended for any areas that are more delicate - wrist, ankle and areas with bony prominences - the elbow, knee, etc. You still get 1Mhz ultrasound waves on these settings, but they just aren't quite as frequent as the high setting, where it is one wave right after another.

Make sure to use ample ultrasound gel, do not use lotions or other substances. Failure to do so will void your warranty.

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