

Quick Start Guide – CS-Pro MED Device

Before Starting Treatment



1. Apply Couplant Oil

- Ensure a thin, even layer of couplant oil on both the ceramic shock wave plate and the backside of the selected standoff by placing a small "pea-sized" drop of oil on the plate and spreading it with your finger. Apply any excess oil inside the standoff.
- A visible "sheen" should cover the entire ceramic plate for optimal conduction.
- Reapply another "pea-sized" drop of oil as needed whenever the sheen is no longer visible on the ceramic plate.
- Do not use petroleum-based products—they will damage the standoff polymer and void the warranty.
- Couplant oil is available via Curative Sound for \$39 per two vials, plus shipping.



2. Use of Ultrasound Gel

- Apply sufficient ultrasound gel to the standoff and the treatment area to ensure proper transmission of acoustic energy into the patient's tissue.
- Reapply gel as needed during treatment.
- Shaving the area is unnecessary, but ensure full gel coverage for effective treatment.
- Focused ultrasound does not travel through air – so make sure the device's standoff is fully in contact with the patient's skin during treatments.
- Remember: You can't use too much gel, but you can use too little.



3. Test Acoustic Transmission

- To confirm proper transmission of acoustic energy, dispense some ultrasound gel on the standoff, place your fingertip on the standoff and press the start button.
- You should feel a sharp tingling feeling as the shock wave energy is transmitted into your fingertip.





Choosing the Correct Standoff

1. Selecting the Appropriate Depth

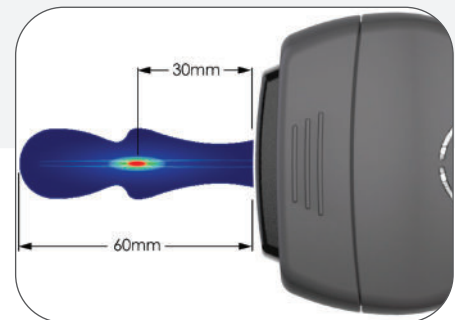
- Each standoff is designed to target a specific tissue depth.
- The number on each standoff represents the focal depth in millimeters (mm) where the shock wave delivers the most energy (i.e., the focal point).

The therapeutic field extends beyond the target depth:

- 2mm, 5mm, and 10mm standoffs: Additional 20mm penetration beyond the focal point.
- 20mm and 30mm standoffs: Additional 30mm penetration beyond the focal point.

2. Example Depth Coverage

- 10mm standoff: Treats from the skin surface to 30mm deep.
- 30mm standoff: Treats from the skin surface to 60mm deep.



Adjustable Settings

The following settings can be adjusted on the device:

- Frequency (Hz): Number of shocks per second. 10Hz is recommended as the default setting. The device can operate effectively between 2Hz and 12Hz.
- EFD (Energy Flux Density): Energy output. Higher settings equate to more energy.
- Shock Count: Number of shocks administered during treatment.
- The device automatically registers the depth of the attached standoff.

Important: The device will default to the same settings as the previous session settings. Ensure proper setting adjustments before each treatment.



General Treatment Suggestions

- Treat each area with 1000-3000 pulses at a repetition frequency of 10 Hz. Set EFD to the highest setting the patient can tolerate.
- Conduct treatment 1-2 times per week for a total of 4-8 treatments.
- Typically treatments are delivered over a 4-week timeline.
- These recommendations are only general guidelines and can be deviated from at practitioner discretion.

Treatment Technique

- Maintain full contact between the standoff and patient tissue using light pressure.
- Do not treat with only the edge of the standoff in contact with the patient.

For targeted treatment:

- Rock the head slightly while maintaining full contact.
- Use a slow scanning technique to treat larger areas, such as around joints, tendons or wounds, etc.

The device can be safely discharged into the air when repositioning or completing treatment. Ultrasound shock waves do not travel in air, and therefore no risk is posed to the patient or clinician.

Contraindications for Focused ESWT

Do not use the CS-Pro MED device in the following cases:

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| <input checked="" type="checkbox"/> Malignant tumor in the treatment area. | <input checked="" type="checkbox"/> Heart or lung tissue in the treatment area. |
| <input checked="" type="checkbox"/> Fetus in the treatment area. | <input checked="" type="checkbox"/> Eyes in the treatment area. |
| <input checked="" type="checkbox"/> Epiphyseal plate in the treatment area. | <input checked="" type="checkbox"/> Severe coagulopathy or patients on blood thinners. |
| <input checked="" type="checkbox"/> Brain or spinal cord in the treatment area. | |



Cleaning & Storage

1. Cleaning Procedures

- Wipe the ceramic plate and standoffs with a soft, clean lint-free cloth or non-abrasive paper wipes (KimWipes are a good option).
- Lens cleaner wipes are also acceptable for external surfaces.
- If using a damp cloth, dry the device completely before storing.

2. Handling Standoffs

- The five standoff assemblies are designed to be magnetically connected to the hand piece. The standoff assemblies are easily attached and detached from the device.
- Remove the dust cover before attaching the standoff assembly to the device.
- Always store each standoff assembly with its dust cover to keep it clean and protect its critical acoustic coupling surface.
- Standoffs CAN be sterilized in low-temperature sterilizers, such as Air Plasma, Sterrad, or ETO. (NEVER place the handheld shock wave device in low-temperature sterilizers, only the standoff.)
- NEVER place the device or standoff assemblies in an autoclave.



Important: Each standoff includes a polymer head that is permanently attached to the standoff assembly. Removing the polymer head from the assembly will render the standoff inoperable and require a replacement.

3. Device Storage

- Wipe off excess couplant oil before storing the device with a lint free cloth or KimWipes.
- Do not use bleach or harsh chemicals on any part of the device.
- The device can be wiped with a disinfectant wipe if necessary. It is recommended to wipe the device with a damp cloth afterward to remove disinfectant residue before storing.
- Storage temperature should not exceed 140°F, as extreme heat may damage the lithium batteries.
- Keeping the battery in place during storage does not harm the device but may slightly reduce battery life between charges.
- If a standoff is attached during storage, excess couplant oil may seep onto the device. Simply wipe off excess couplant oil with a soft cloth.

