

# Instructions for Use

## The Pulsed Heelease Unit



Thank you for purchasing the pulsed version of the Heelease treatment for plantar fasciitis. Heelease has been treating this condition successfully since 2013 and the latest pulsed version has been shown to offer improved healing and better pain relief than previous models.

These instructions are in addition to the product instructions that are received with the standard unit.

### Frequencies in shockwave treatment

The effect of changing the frequency of shockwave therapy (pulse rate frequency) is to mediate the pain levels of the user. In clinical trials higher frequencies have been described by patients as feeling easier to manage, lower frequencies more painful. Mode 1 gives optimum performance of the device in the first week of use with the option to reduce any discomfort by raising the frequency (modes 2 and 3) if required.

### Pulse rate and performance

The initial pulse of a shockwave induces cavitation in the tissues. This has been shown to be the most effective part of the wave so repeated pulsing gives better performance than a constant signal. Pulse rate and frequency also affect the depth of wave penetration.

As a pulsed application is stronger it should be balanced with the treatment time to allow the user to build up to using it. Because of this we recommend mode 4 and above is best for the second and third weeks of treatment.

### Instructions

The pulsed unit is operated by pushing the on/off switch. Repeated pressing of the switch cycles the unit through a number of pre-programmed settings and treatment profiles. Press and hold the on/off button at any time to turn the unit off. Battery consumption varies depending on the setting and we recommend using rechargeables or new batteries regularly to maintain full effectiveness of the unit.

### Treatment profile

**Day 1 & 2** Start with setting one, a low frequency non-pulsed setting. Use this three times a day for 10 minutes each time to start the treatment.

**Day 3 - 5** Increase the mode to 2 or 3 if necessary, keeping the same frequency of treatments.

**Day 7+** Use each of the modes to see which provides the greatest level of pain relief. You can reduce treatment frequency to twice a day using modes 4 and upwards.

**Ongoing** Use modes 8, 9 and 10 for occasional use after treatment (week 4+).



### Pulse modes

- 1 Low frequency
- 2 Mid range frequency
- 3 High frequency
- 4 Standard repeating pulse
- 5 Fast pulse alternating with 1,2 and 3
- 6 Maximum power pulse
- 7 Short pulse, fast pulse, repeating
- 8 Slow pulse
- 9 Fast pulse
- 10 Long pulse, alternating

Press and hold the on/off button at any time to turn the unit off.