

Universal Patient Protocol

Patient Chronology

Day of fitting

A VQ OrthoCare technician will personally fit you with the VQ Vector, explain how to use it, and answer any questions you may have.

Day of fitting to day 14

Begin treatment according to Preset #1 or #3.

- Preset #1 or #3 should not be utilized more than 3 times per day.
- For additional, continuous pain control only, select Preset #2 at any time during your rehabilitation.

Day 14 (second week after fitting)

Continue treatment according to desired preset.

- This device should be used on a regular basis throughout your rehabilitation.
- A VQ OrthoCare representative will follow up with you regarding continued use as the prescribed treatment period draws to a close.



Control instructions

Press **ON/OFF** to turn on stimulation system at the start of each cycle.

To select preset:

- Press **DISPLAY** until Preset # is displayed on the screen. Press **INCREASE** to select preset number. Press **DISPLAY** again to return to the treatment screen.

To start treatment:

- Press **INCREASE** to desired level. To reduce comfort level. To reduce amplitude, press **DECREASE**.

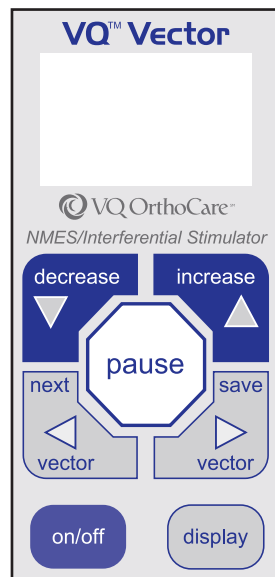
To start vectoring:

- Press and release one of the **VECTOR** buttons. To make the VQ Vector sweep" back and forth between the two channels, press and hold either of the **VECTOR** buttons until **SWEEP** appears on the screen.

* **Do not** vector stimulation if you have already set amplitude to your maximally tolerable levels.

To pause treatment:

- Press **PAUSE**. To resume treatment, press **PAUSE** again.



Presets

Use Preset #1 as your standard protocol OR, if you are experiencing muscle spasms, use Preset #3 as your standard protocol.

Preset #1 - PAIN CONTROL

- Provides 40 minutes of treatment
- Preset #1 should be used 2 to 3 times per day throughout your rehabilitation period

Preset #2 - CONTINUOUS PAIN CONTROL

- Use this preset as needed for continuous pain control only

Preset #3 - INCREASE CIRCULATION - REDUCE MUSCLE SPASM - PAIN CONTROL

- Provides 40 minutes of treatment
- Preset #3 should be used 2 to 3 times per day throughout your rehabilitation period

If you experience severe muscle spasms or intolerance to the stimulation, please call VQ OrthoCare's Patient Care department at **800.452.7993**.

Component Use and Care

Electrodes

IMPORTANT: Read the instructions for the application and use of electrodes found on the electrode package and in the patient operating manual.

- Reusable, self-adhering electrodes are included in your kit.
- **Do not** use alcohol to clean skin surface.
- Apply electrodes to dry, clean, unbroken skin surfaces only, checking all edges for proper adhesion.
- **Do not** apply skin lotion prior to application of electrodes.
- Electrodes should always be placed at least **one inch apart**.
- Remove reusable electrodes before showering.
- Once electrodes are removed from skin, adhesive-remover towelettes can be used to clean off any adhesive residue.
- If you experience symptoms of skin irritation while using the VQ Vector, discontinue use immediately and contact VQ OrthoCare's Patient Care department at **800.452.7993**, or consult your physician.

Caution

Electrodes should be discarded and replaced if damaged or when proper adhesive tack can no longer be obtained, the gel has separated, or a change in stimulation intensity is perceived. If in doubt about the integrity or proper function of any electrode, replace it before proceeding with treatment. **IF USING PAIN MEDICATION AND/OR PAIN MANAGEMENT DEVICES, EXERCISE CAUTION WHEN INCREASING AMPLITUDE ON THE VQ VECTOR.**

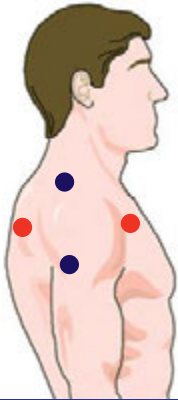
Warning

This device is designed for use only with electrodes approved for medical electrical stimulation.

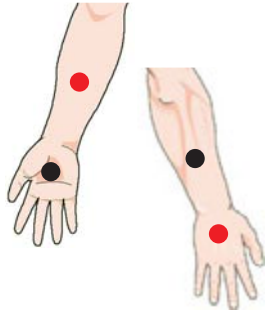
Batteries and AC adapters

- Low battery indicator will flash when it is time to replace the battery power pack; remove used power pack and replace with new power pack.
- If using the AC adapter, it bypasses the batteries; **THE AC ADAPTER DOES NOT CHARGE THE BATTERIES.**
- Power packs are not rechargeable. Replacement power packs should be ordered from VQ OrthoCare's Patient Care department at **800.452.7993**.

Electrode Placement



Shoulder



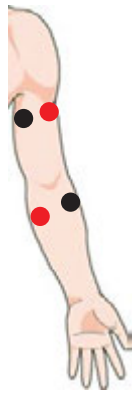
Wrist or Hand



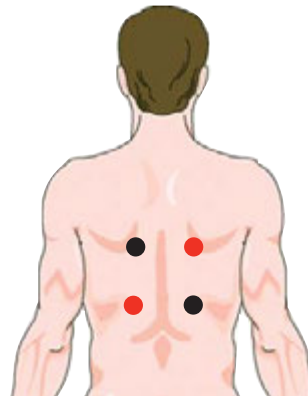
Cervical



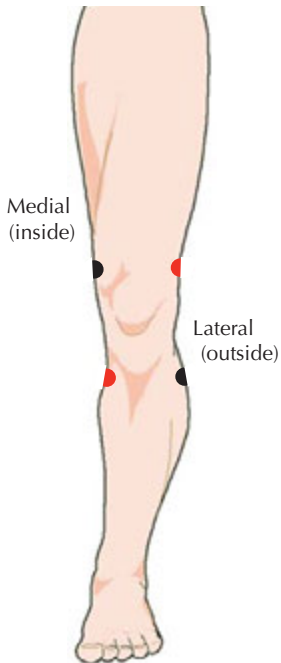
Lateral Elbow



Medial Elbow



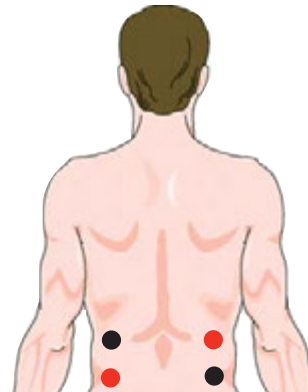
Thoracic



Knee



Hip



Lumbar



Foot



Ankle



Indications

- Symptomatic relief of chronic intractable pain and as an adjunctive treatment in the management of post-traumatic and postsurgical pain relief
- Relaxation of muscle spasms
- Prevention or retardation of disuse atrophy
- Increasing local blood circulation
- Muscle re-education
- Immediate postsurgical stimulation of calf muscles to prevent venous thrombosis
- Maintaining or increasing range of motion

Stimulators should only be used under medical supervision for adjunctive therapy for the treatment of medical diseases and conditions.

Contraindication

Stimulators should not be used on patients with cardiac demand pacemakers.

Warnings

- The long-term effects of chronic electrical stimulation are unknown
- Stimulation should not be applied over the carotid sinus nerves, particularly in patients with a known sensitivity to the carotid sinus reflex
- Stimulation should not be applied over the neck or mouth. Severe spasm of the laryngeal and pharyngeal muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing
- Stimulation should not be applied transthoracically in that the introduction of electrical current into the heart may cause cardiac arrhythmias
- Stimulation should not be applied transcerebrally
- Stimulation should not be applied over swollen, infected, or inflamed areas or skin eruptions (e.g. phlebitis, thrombophlebitis, varicose veins, etc.)
- Stimulation should not be applied over, or in proximity to, cancerous lesions

Precautions

- Safety of stimulators for use during pregnancy has not been established

- Caution should be used for patients with suspected or diagnosed heart problems
- Caution should be used for patients with suspected or diagnosed epilepsy
- Caution should be used in the presence of the following:
 - When there is a tendency to hemorrhage following acute trauma or fracture;
 - Following recent surgical procedures when muscle contraction may disrupt the healing process;
 - Over the menstruating or pregnant uterus; and
 - Over areas of the skin which lack normal sensation
- Some patients may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium; the irritation can usually be reduced by using an alternative conductive medium or alternate electrode placement
- Electrode placement and stimulation setting should be based on the guidance of the prescribing practitioner
- Keep out of reach of children
- Use only with the leads and electrodes recommended for use by the manufacturer
- Portable stimulators should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury

Adverse Reactions

Skin irritation and burns beneath the electrodes have occasionally been reported with the use of stimulators.

Caution:

Federal law restricts this device to sale by, or on the order of, a practitioner licensed by the law of the State in which he/she practices to use or order the use of this device.



Patient-Centered Solutions

18011 Mitchell South, Irvine, CA 92614

800.266.6969 Fax 800.821.8012

www.vqorthocare.com

customerservice@vqorthocare.com