

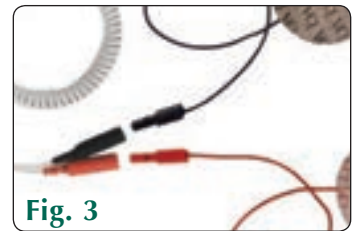
AVID IF 2™

Universal Patient Protocol and Quick Reference Guide

STOP DO NOT USE if you have a pacemaker or are pregnant. For complete list of warnings and precautions, see back page.

Setup Instructions

- **Step 1:**
Insert battery pack with **+** at top right and **-** at bottom left (Fig.) OR attach AC Adapter and plug into wall.
- **Step 2:**
Attach lead wire to Avid IF 2 (Fig. 2).
- **Step 3:**
Attach each electrode to the lead wire – match up reds and blacks (Fig. 3).
- **Step 4:**
Place electrodes on skin (see Electrode Placement on next page) at least 1-2 inches apart.



Control Instructions

Press **ON/OFF** to turn on the Avid IF 2.

- **To select a preset:**
You have 2 presets. Press **S** to select preset 1. Press **+** to go to preset 2 and then **S** to select.

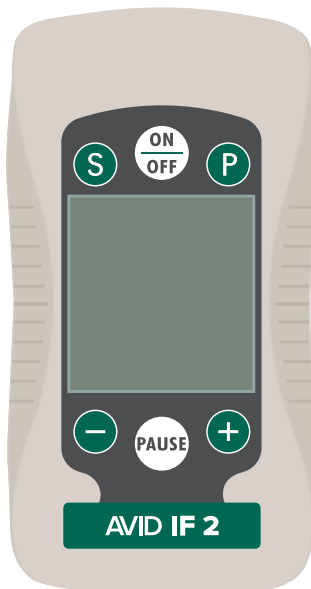
Preset #1

PROVIDES 40 MINUTES OF TREATMENT
Use this preset for pain control.

- Preset # 1 may be used two to three times per day throughout your rehabilitation period.

Preset #2

PROVIDES CONTINUOUS PAIN CONTROL
Use this preset as needed for continuous pain control.



- **To begin treatment:**
Press the **+** button until comfortable intensity level is reached. To reduce intensity level, press the **-** button.
- **To pause treatment:**
Press the **PAUSE** button. To resume treatment, press the **PAUSE** button again.
- **NOTE:** The Avid IF 2 has a patient safety feature in which the keypad will lock out after 30 seconds. This prevents accidental increases to stimulation. To increase the amplitude during treatment, after the keypad has locked, press the **-** button, then press the **+** to increase to desired levels.

If you need help setting up the Avid IF 2 or have questions please call VQ OrthoCare's Patient Care Department at **800.452.7993** and someone will assist you.

AVID IF 2™

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 the 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 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 Avid IF 2, discontinue use immediately and contact VQ OrthoCare's Patient Care Department at 800.452.7993, or consult your physician.
- Do not remove electrode by pulling wire; peel away from skin by grasping the edge of the electrode.

Caution

Electrodes should be discarded and replaced if damaged, when proper adhesive tack can no longer be obtained, the gel has separated, or you sense a change in stimulation intensity. If in doubt about the integrity or proper function of any electrode, replace it before proceeding with treatment. **IF USING PAIN MEDICATION AND/OR OTHER PAIN MANAGEMENT DEVICES, EXERCISE CAUTION WHEN INCREASING AMPLITUDE ON THE Avid IF 2.**

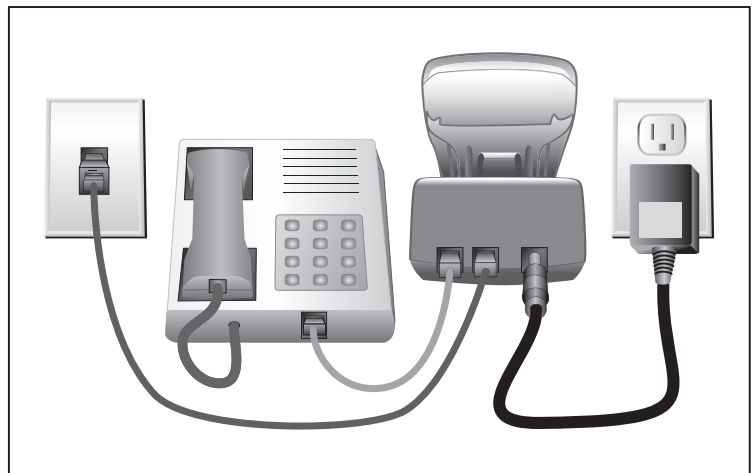
Warning

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

Batteries and AC Adapter

- The Avid IF 2 can be operated with two types of power sources: VQ OrthoCare Power Packs or an AC adapter.
- A low-battery indicator flashes in upper left corner of screen when battery is low. Remove alkaline battery packs and dispose of properly.
- The AC Adapter will NOT recharge Power Packs
- Replacement alkaline Power Packs can be ordered from VQ OrthoCare's Patient Care Department at 800.452.7993.

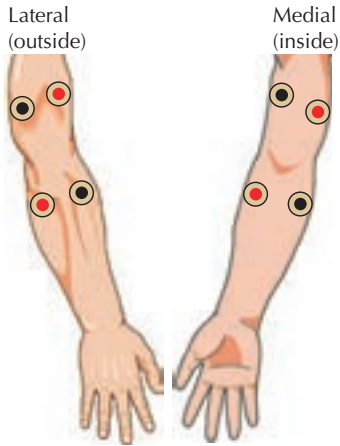
Modem Set-up



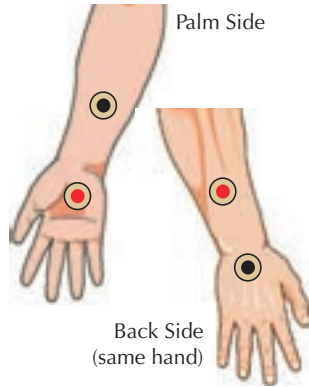
VQ OrthoCare does not assume liability for the improper use of this equipment.

Electrode Placement

All electrodes must be 1 to 2 inches apart.



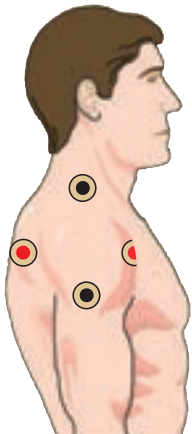
Elbow



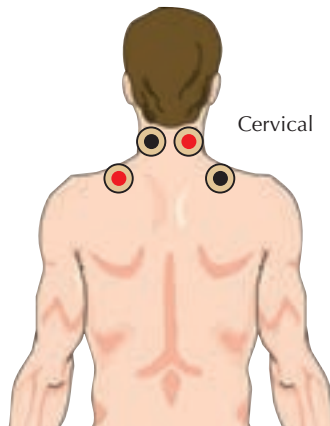
Hand



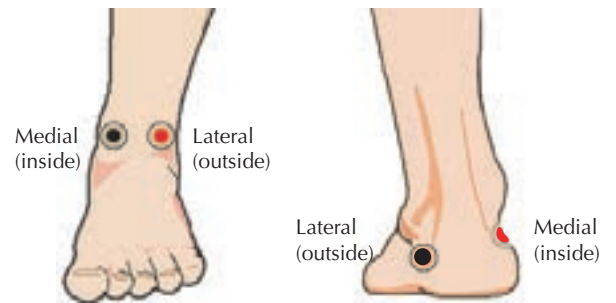
Foot



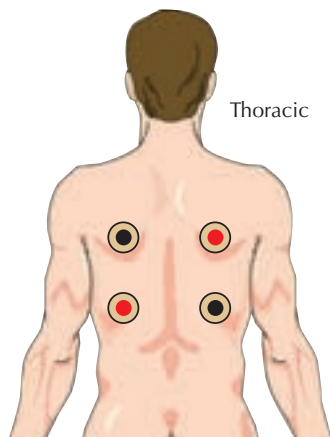
Shoulder



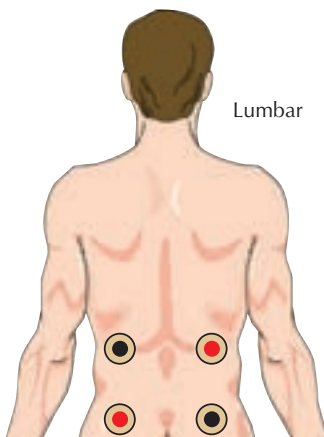
Back



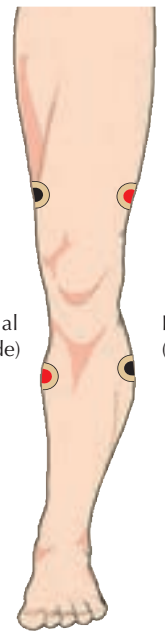
Ankle



Back



Hip



Knee

Indications

Interferential Stimulation can be used in the following applications:

- Symptomatic relief of post traumatic acute pain
- Symptomatic relief of chronic intractable pain
- Relaxation of muscle spasms
- Maintaining or increasing range of motion
- Increases local blood circulation:

Contraindications

- 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; 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;
 - 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 the 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.

AVID IF 2™



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VQO021733REVA