

homewave®

quick reference



There are 3 buttons that control the device:

1. Power ON/OFF button
2. PLUS (+) button to increase intensity
3. MINUS (-) button to decrease intensity

DIRECTIONS FOR USE

1. Attach electrodes to leadwire cable. Either electrode can be attached to either blue leadwire connector.
2. Place electrodes on body. See Electrode Placement Examples inside.
3. Gently slide gray connector on leadwire cable into device so it clicks in place.
4. Turn on device. Start up screen should read 0.0%.
5. Start treatment by pressing the (+) button.
6. Continue to press the (+) button throughout the treatment so that a steady strong but comfortable tingling and pressure sensation is felt under the electrode(s) covering the pain site(s).

See User's Manual for detailed instructions.

Homewave

Electrodes

The Homewave Neuromodulation Pain Therapy System can be used with the following noninvasive Homewave Electrodes manufactured by Biowave Corporation:

B HWE001 (B-Set) – 2 round equal area electrodes (2" diameter) for treating 2 equal points of pain. Used for:

- bilateral or unilateral pain in the low back and buttocks
- bilateral pain in the cervical spine and shoulders
- radiculopathies
- pain centered directly over the spine
- pain throughout the knee
- pain over large areas



E HWE002 (E-set) – 1 small round electrode for the primary pain site (1.375" diameter); and 1 rectangular electrode (2" x 4") for a secondary pain site or to be placed over a bony prominence in the region being treated. Used for:

- pain in the extremities including the knees, ankles, feet, neck, shoulders, elbows, wrists, hands and fingers



U HWE003 (U-Set) – 1 round electrode for the primary pain site (2" diameter); and 1 large rectangular electrode (5" x 8") to be placed over the bony prominence in the region being treated - the hip/lateral aspect of the thigh. Used for:

- unilateral pain in the mid-torso region including, obliques, hips, groin, buttocks, hamstrings and quadriceps



See opposite page for electrode placement examples.

Warning: Electrodes must not touch each other.

Electrode Placement Rationale

Homewave electrode placements are different from conventional electrical stimulation. The mixing of the proprietary therapeutic signals occurs in a 2–3 inch hemisphere (volume of tissue) beneath and surrounding each electrode, not along the surface of the skin between the electrodes. As a result, **electrodes need to be placed directly over points of pain.**

Electrical signals can be focused to different parts of the body by pairing electrodes of different areas with one another.

B-Set: 2 Equal Area Round Electrodes for 2 Equal Points of Pain

If two electrodes of equal area are used, then two distinct volumes of tissue can be treated that each have the same magnitude of pain. If the two equal area electrodes are placed close together so that there is only 0.5 to 1.0 inch of space between them, the pair can be used to treat one larger volume of tissue.

E-Set and U-Set: 1 Small Round Electrode for Primary Point of Pain and 1 Larger Rectangular Electrode for Secondary Point of Pain or for Bony Prominence

By pairing an electrode of smaller area with an electrode of larger area, the density of the therapeutic low frequency electric field is **greater** in the volume of tissue beneath the **smaller** area electrode. Therefore, the smaller round electrode needs to be placed directly over the primary painful area. The larger rectangular electrode is still active (it is not a grounding pad) and should be placed over a secondary point of pain. If there is no secondary point of pain, then the larger rectangular electrode must be placed over a **bony prominence** near the treatment site. Placement of the larger electrode over a **bony prominence** allows the patient to more comfortably increase the intensity of the signal to higher levels allowing a stronger electric field to encompass the pain site under the smaller primary electrode.

Body Position During Treatment

Position of the body during the treatment is important. Generally, sitting in a supported position on an athletic training or physical therapy table is best for most treatment locations on the body.

Low Back and Buttock

Torso should be at approximately 90 degrees to the legs causing tissue in low back and buttocks to be more taut. If necessary, patient can be in a prone position during the treatment.

Knee

Knee should be bent at approximately 80 degrees. This angle provides the strongest sensation in the knee during the treatment which will yield the best outcome.

Shoulder

Generally, sitting is the most comfortable position during the treatment. Arm should rest against the side of the body with the elbow slightly bent.

Ankle, Foot and Toe

Sitting with the foot flat against a surface is the best position. The foot should be at approximately 90 degrees to the tibia. If necessary, the foot may be elevated during the treatment.

Elbow, Wrist, Hand and Finger

The arm should rest at the side of the body with the elbow bent at approximately 80 degrees. The patient should rest their forearm on a table and hold a ball or rolled up towel with their palm facing downwards to keep their hand and fingers in a comfortable position during the treatment.

Hamstring, Quadricep and Groin

Sitting or prone with the legs straight is the best position. A better treatment result may occur if the tissue in the area of treatment is kept a little more taut. For example, for hamstring treatments, keeping the torso approximately at a right angle to the legs.

Movement During Treatment

The sensation from the treatment is a deep smooth tingling and pressure sensation as the muscle is held in tension in the volume of tissue being treated. Movement may cause a stronger or weaker sensation and will cause the electrical field to shift slightly internally.

The goal is to have the patient slightly articulate the joint at the treatment location to shift the sensation caused by the electrical field so that it focuses directly onto the primary point of pain. This is a fine tuning of the treatment that will provide the best treatment result.

Treatment Regimen Protocols

Athletic Training

Three 30-minute treatments separated by 2-3 hours: immediately before practice or a game, immediately after practice or a game, and time permitting 2-3 hours later.

Physical Therapy

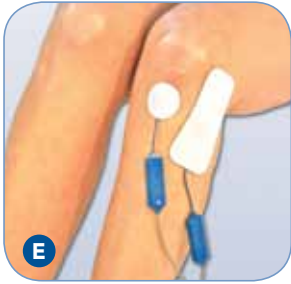
Use for 30 minutes in place of heat, immediately preceding exercise therapy. The patient will be able to do more resistance through a greater range of motion. Use for 10 minutes preceding and then use **during** range of motion therapy to significantly increase range of motion with less pain.

Pain Management

One 30-minute treatment per day or on an as needed basis. May be used up to four times per day with each 30 minute treatment separated by 2-3 hours.

Homewave is complimentary with heat or cold therapy.

Placement Examples for the **E** Set of Electrodes



Patellar Tendinitis



Lateral Knee Pain



Medial Knee Pain



Shoulder Pain (e.g. AC Joint or Rotator Cuff)



Cervical or Neck Pain in One Location



Lateral Epicondylitis (Electrodes are reversed for Medial Elbow Pain)



Wrist or Hand Pain



Finger Pain



Foot or Ankle Pain (e.g. Low Ankle or Foot Sprain)



Plantar Fasciitis

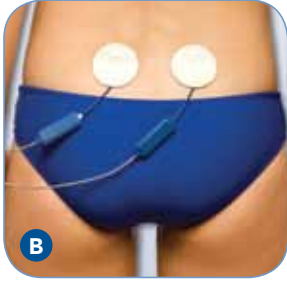


Achilles Tendinitis

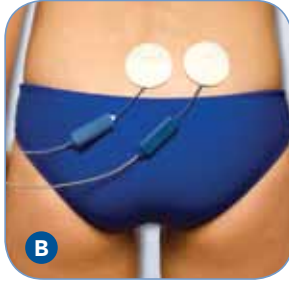


Metatarsal Joint Pain (e.g. Turf Toe)

Placement Examples for the **B** Set of Electrodes



Bilateral Low Back Pain



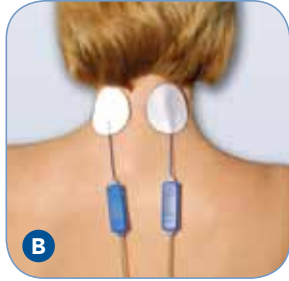
Unilateral Low Back Pain Focused to one Side of the Spine



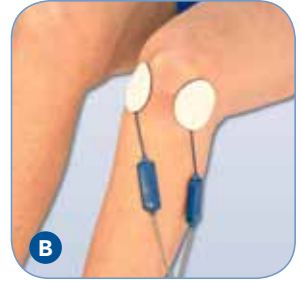
Low Back Pain Focused Over the Spine



Bilateral Shoulder Pain
(Two Equal Points of Pain)



Bilateral Neck Pain
(Two Equal Points of Pain)



Knee Pain Throughout Entire Knee
(e.g. pain from TKA or Two Equal Points of Pain)



High Ankle Sprain
(Two Equal Points of Pain)



Hamstring Pain Over Large Area

Placement Examples for the **U** Set of Electrodes



Hip or Mid-Torso Pain in One Location



Hamstring Pain in One Location



Groin Pain in One Location

biowave

Manufactured by
Biowave Corporation
Norwalk, CT

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www.biowave.com
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Device must only be
used with power
supply provided.

See User's Manual for
more information.

