



**Sonic Relief**

Est. 2003

# Treatment Manual

**AND User Guide**

# How to Use Sonic Relief

Congratulations on your decision to purchase  
Sonic Relief Portable Ultrasound Therapy!

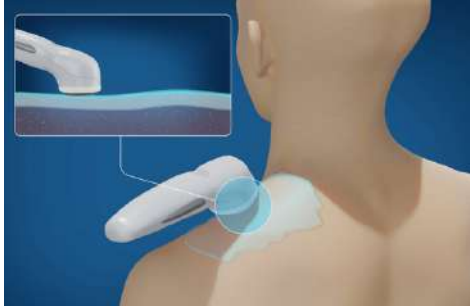
You are on the road to effective, portable pain relief and an improved quality of life.

Each Sonic Relief treatment takes only 3 steps - A, B, C:

## Assess:

- Take note of where it hurts - muscle, tendon, ligament or inside the joint. You can palpate or press on the area to find the pain point.
- Refer to the treatment guide below to determine where to apply the Sonic Relief treatment for your condition.

## Begin Treatment:

- Apply a quarter size dollop of Sonic Relief Gel to the area.
  - Turn on your Sonic Relief and press the intensity button to High.
  - Place the sound head to the gel and rub the sound head over the area of pain using a small circular motion no larger than twice the size of the sound head.
- 
- The intent is to direct the sound waves into the painful area to remove inflammation, bring blood flow to the area and release the pain.
  - Sonic Relief will turn off automatically with a small beep after 10 minutes.

## Complete:

- Wipe the gel from the sound head and your skin with a soft towel or paper towel.
- Replace Sonic Relief into the charger stand so it's ready for your next treatment.

### **Treat your condition 2-3 times per day when possible.**

1. Before bed for a restful, pain-free sleep (keep your Sonic Relief on your bedside table!)
2. When you wake up for a good start to your day.
3. A third treatment throughout the day is recommended before or after you do activity that might aggravate your pain or condition such as walking, lifting, doing sports, before or after long periods of standing or driving etc. or whenever you feel pain.

[Click here for more detailed information including FAQs, how ultrasound works, specifications and contraindications.](#)

## What to Expect:

Sonic Relief treats a myriad of acute and chronic soft tissue injuries and conditions. Healing can take time but will be sped-up with regular and consistent use of ultrasound therapy.

It's recommended that you treat your condition 2-3 times per day when possible for up to 4 weeks.

During treatment, you will not feel much sensation. You may feel a slight tingling, soothing sensation.

Sonic Relief does not produce significant noticeable sound or motion. It does not vibrate or act like a 'massager'. Sonic Relief is a medical device that provides low-dose therapeutic ultrasound.

Some people feel some easing of pain and inflammation and gain in range of motion within the hour after their very first treatment. Many take a few days to start to feel relief depending on the severity and length of time they've had the painful or inflammatory condition.



# Conditions Treated

Below is a list of the common conditions treated with Sonic Relief Ultrasound.

Find your condition below and click on the link to go to the treatment page.

Or visit the next page to click where it hurts to go to the treatment page.

## Foot Ailments

[Heel Spur](#)  
[Gout](#)  
[Plantar Fasciitis](#)  
[Ankle Sprain](#)  
[Achilles Tendonitis](#)

## Hip Ailments

[Hip Bursitis](#)  
[Hip Arthritis](#)  
[Sciatica](#)

## Shoulder Ailments

[Shoulder Tendonitis](#)  
[Shoulder Bursitis](#)  
[Rotator Cuff Injury](#)

## Leg Ailments

[Sciatica](#)  
[Hamstring Strain](#)

## Neck Ailments

[Neck Pain/Strain/Whiplash](#)  
[Neck Arthritis](#)  
[Headache](#)

## Hand & Wrist & Arm Ailments

[Carpal Tunnel Syndrome](#)  
[Wrist Sprain](#)  
[Hand/Finger Arthritis](#)  
[Wrist Tendonitis](#)

## Knee Ailments

[Knee Bursitis](#)  
[Knee Arthritis](#)  
[Knee Ligament Injury](#)

## Back ailments

[Back Strain/Pain](#)  
[Back Arthritis](#)  
[Sciatica](#)

## Sports and Repetitive Injuries

[Hamstring Strain](#)  
[Carpal Tunnel Syndrome](#)  
[Knee Ligament Injury](#)  
[Plantar Fasciitis](#)  
[Heel Spur](#)  
[Wrist Sprain](#)  
[Ankle Sprain](#)  
[Achilles Tendonitis](#)  
[Rotator Cuff Injury](#)  
[Shoulder Tendonitis](#)

## Bursitis Ailments

[Hip Bursitis](#)  
[Shoulder Bursitis](#)  
[Knee Bursitis](#)

## Tendonitis Ailments

[Plantar Fasciitis](#)  
[Wrist Tendonitis](#)  
[Shoulder Tendonitis](#)  
[Achilles Tendonitis](#)  
[Tennis Elbow](#)

## Ligament Injuries

[Knee Ligament Injury](#)  
[Rotator Cuff Injury](#)

## Arthritis Ailments

[Gout](#)  
[Hip Arthritis](#)  
[Neck Arthritis](#)  
[Back Arthritis](#)  
[Knee Arthritis](#)  
[Hand and Finger Arthritis](#)

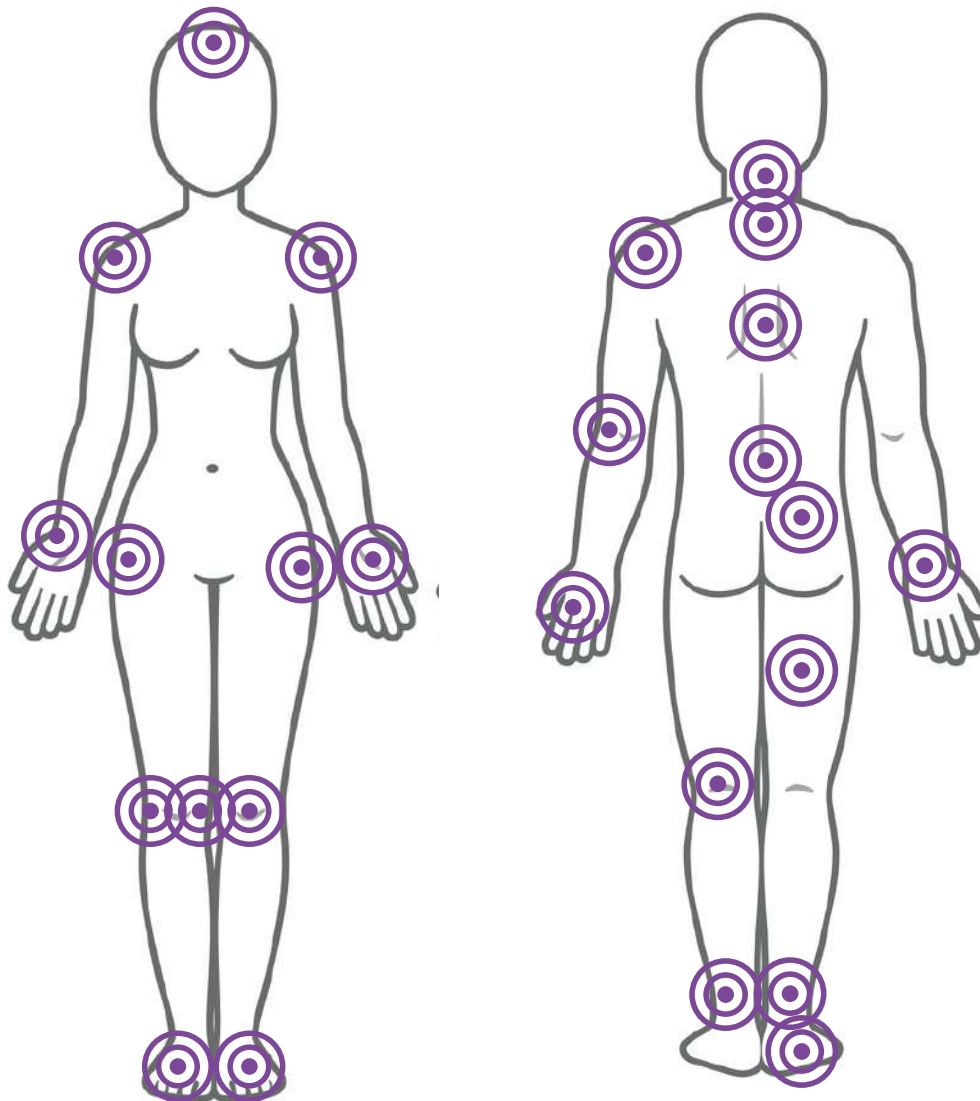
## Other

[Fibromyalgia and Nerve Pain](#)  
[Headache](#)



# Pain Points

Click where it hurts.  
You will be taken to the corresponding treatment page.



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## Neck Ailments

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### Neck Pain

#### Neck pain causes include:

- Muscle strains. Overuse, such as extended computer or smartphone use, reading in bed.
- Worn joints and arthritic conditions.
- Nerve compression. Herniated disks or bone spurs in the vertebrae of your neck can press on the nerves branching out from the spinal cord.
- Injuries. Including whiplash, slip and falls.

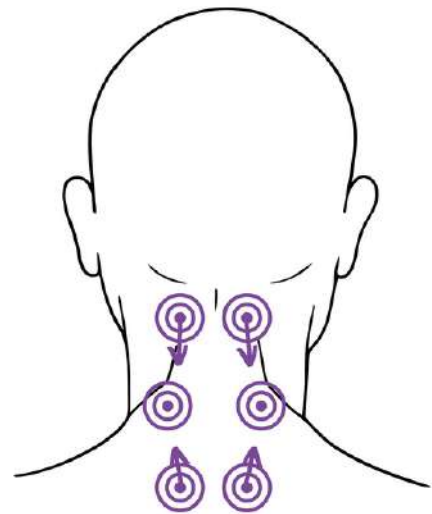


#### Symptoms include:

- Pain that's often worsened by holding your head in one place for long periods, such as when driving or working at a computer
- Muscle tightness and spasms
- Decreased ability to move your head
- Headache

### Treatment Placement

- Feel with your fingers for any area of tension and pain or trigger points/knots.
- Place the sound head on the areas of pain.
- You can treat multiple areas one area after another. Some neck pain is referred from knots lower in the shoulder blade area.
- Move the sound head in small circles and slowly up and down the neck.



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## Arthritis and Joint Pain Ailments

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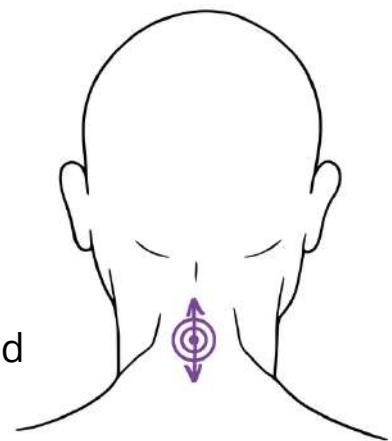
### Neck Arthritis

- Chronic pain and stiffness in the neck that may be worse with upright activity.
- The sound or feeling of popping in the neck when moving.
- Involuntary contractions of the muscles (spasms) that cause pain or a loss of movement or headaches that start from the neck.
- Numbness and weakness in the arms, hands and fingers.



### Treatment Placement

- Place the sound head to aim the ultrasound into the afflicted neck joints.
- Move the sound head in slow small circles and up and down.



## Shoulder Ailments

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### Shoulder Bursitis

Shoulder bursitis occurs when the large bursa near the top of the shoulder becomes inflamed.

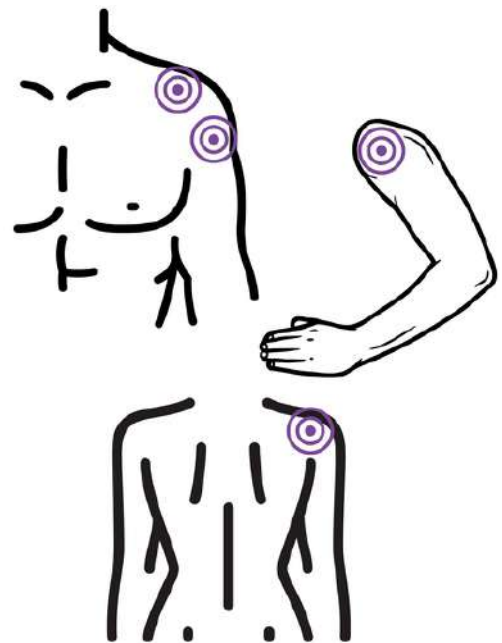
Symptoms:

- Pain and tenderness around the shoulder, especially when raising the arm above the head, may be a sign of shoulder bursitis.



### Treatment Placement

- Aim the sound head into the shoulder joint avoiding the sharp bony part at the top of the shoulder.
- Move the sound head in slow small circles.



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## Shoulder Ailments

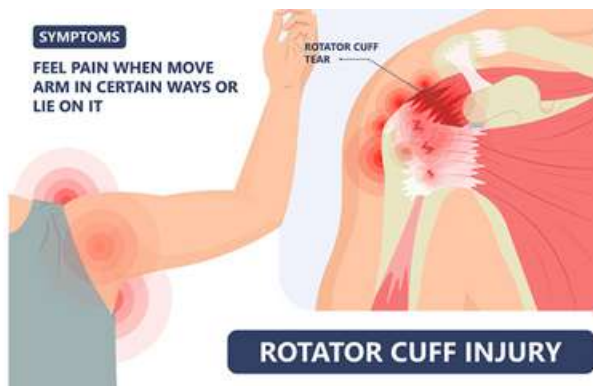
### Rotator Cuff Injury

The rotator cuff is a group of muscles and tendons that surround the shoulder joint, keeping the head of your upper arm bone within the shoulder socket.

Injury often occurs from overuse of pushing motions (using a hand drill, pushups) or from falling injuries where the arms are used to catch the fall.

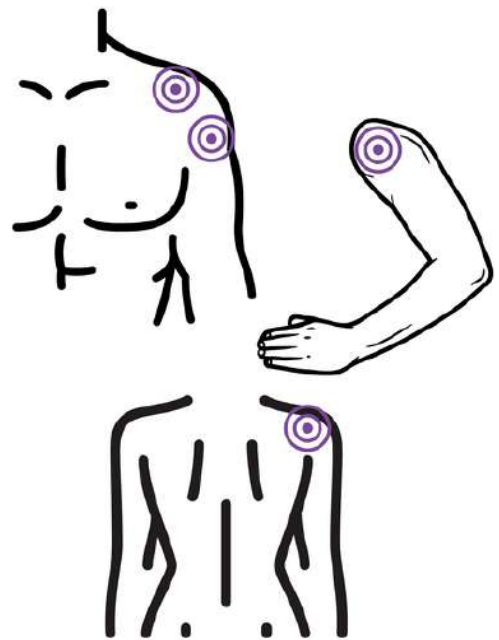
Frequently pain at rest and at night, particularly if lying on the affected shoulder including:

1. Pain when lifting and lowering your arm or with specific movements.
2. Weakness when lifting or rotating your arm.
3. Crackling sensation when moving your shoulder in certain positions.



### Treatment Placement

- Aim the sound head into the shoulder joint avoiding the sharp bony part at the top of the shoulder.
- Move the sound head in slow small circles.



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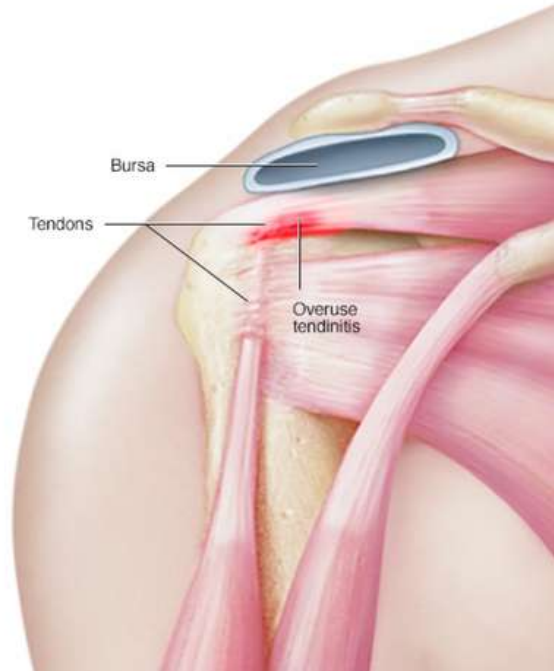
# Tendonitis

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## Shoulder Tendonitis

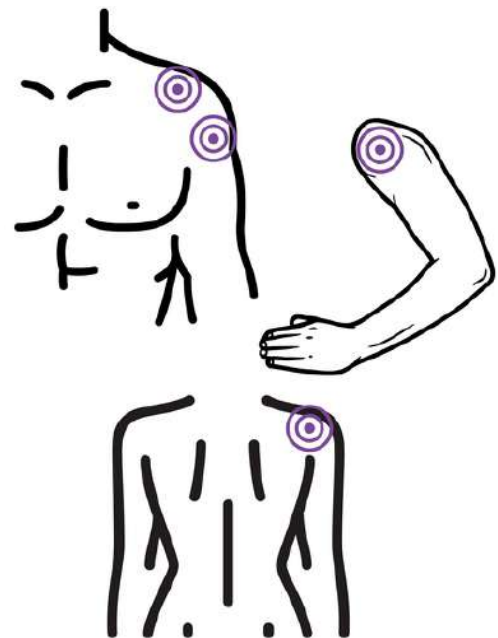
When the tendons of the shoulder are inflamed due to injury or repetitive motion, you may feel:

- pain and swelling in the front of your shoulder and side of your arm
- pain triggered by raising or lowering your arm
- a clicking sound when raising your arm
- stiffness
- pain that causes you to wake from sleep
- pain when reaching behind your back
- a loss of mobility and strength in the affected arm



## Treatment Placement

- Aim the sound head into the shoulder joint avoiding the sharp bony part at the top of the shoulder.
- Move the sound head in slow small circles.



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# Tennis Elbow

Tennis elbow is caused by overuse of the forearm muscles that results in pain at the elbow. It affects the outside elbow.

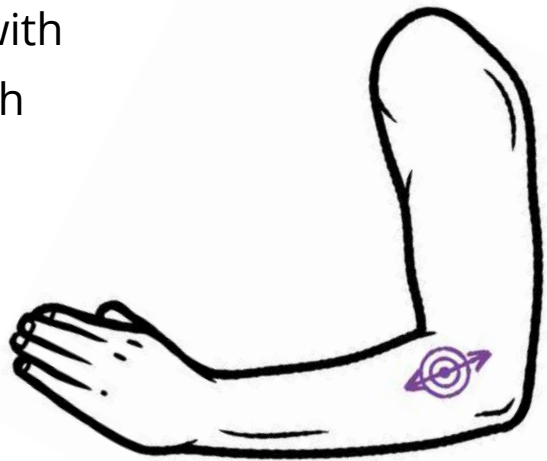
Tennis elbow causes pain and tenderness on the outside of your elbow.

You may also have pain in your forearm and in the back of your hand.



## Treatment Placement

- Palpate the area (feel around) with your fingers to find the spot with the most pain.
- Place the sound head over the painful tendon. Avoid the bony part of the elbow.
- Move the sound head in slow small circles and up and down the tendon.



# Wrist Tendonitis

Wrist Tendonitis is the inflammation of one or more tendons in the wrist. This inflammation typically causes symptoms such as pain, swelling, stiffness, and/or warmth in the wrist.

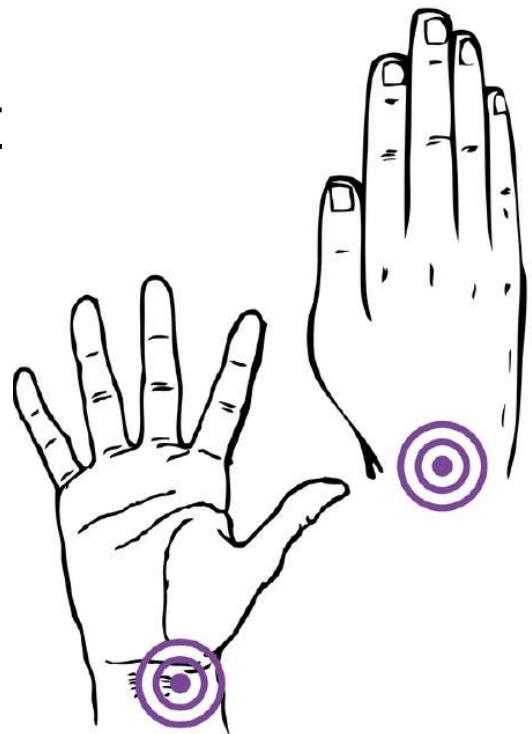
Wrist tendonitis is caused due to small (micro) tears in a tendon as a result of sudden or repetitive injury

Movements such as opening and closing the hand and/or bending/rotating the wrist in one or more directions may be painful.



## Treatment Placement

- Place the sound head on the area of pain on the inside or outside of the wrist.
- If pain is on both sides, treat one side after the other.
- Move the sound head in slow small circles.



# Wrist Sprain

Sprained wrist occurs when the ligaments in the wrist are stretched beyond normal range of motion causing injury.

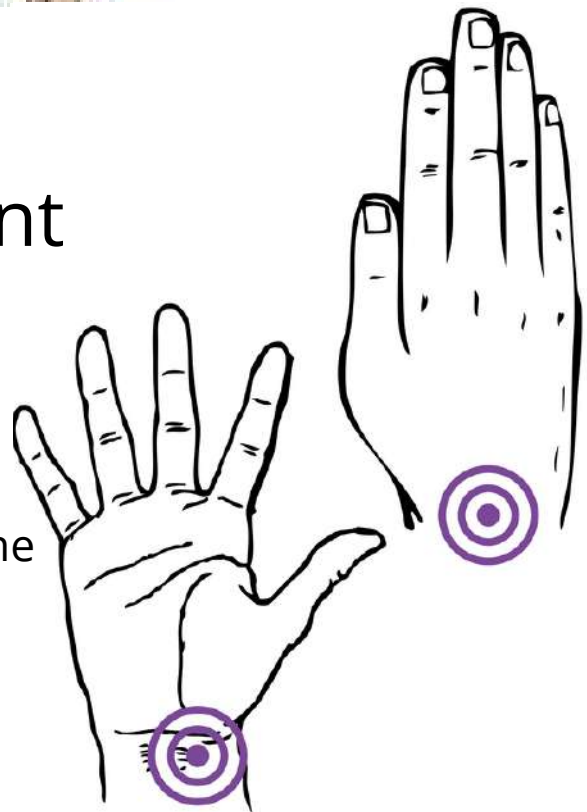
### Symptoms include:

- Swelling
- Loss of range of movement
- Pain
- Bruising



## Treatment Placement

- Place the sound head on the area of pain on the inside or outside of the wrist.
- If pain is on both sides, treat one side after the other.
- Move the sound head in slow small circles.



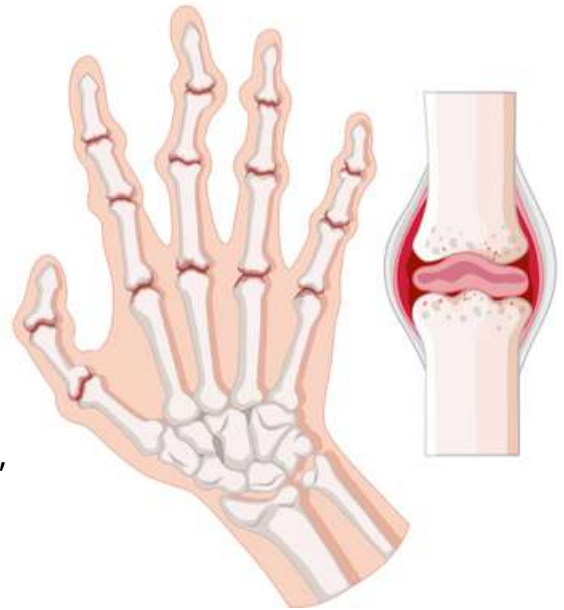


## Arthritis and Joint Pain Ailments

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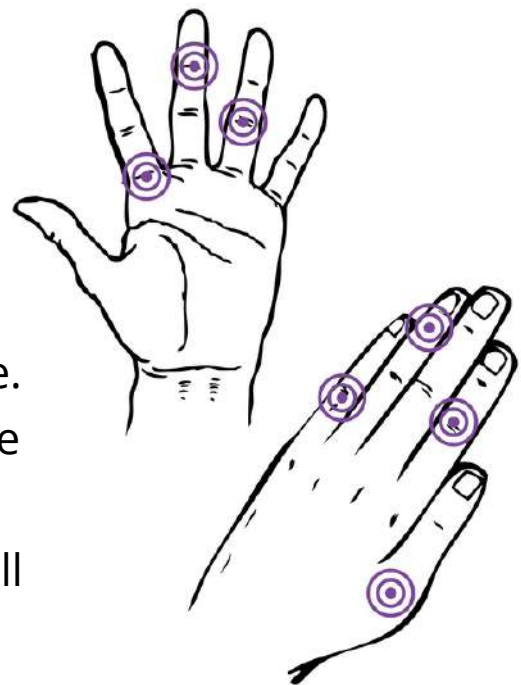
### Hand and Fingers Arthritis

- Pain, inflammation and stiffness in the joint itself.
- It is made worse when in use (such as when gripping heavy objects).
- dull ache to a sharp pain, which sometimes extends beyond the joint area.
- Loss of motion in the joints
- Joint motion that is accompanied by grinding, clicking, or cracking.
- Joints that swell and often become red and tender to the touch.
- Weakness.



### Treatment Placement

- Place the sound head to aim the ultrasound into the finger joint.
- Treatment can also be done from behind the finger on the palm side.
- Multiple fingers can be treated one after another as required.
- Move the sound head in slow small circles



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# Carpal Tunnel Syndrome

Carpal tunnel syndrome is caused by pressure on the median nerve causing pain. The carpal tunnel is a narrow passageway surrounded by bones and ligaments on the palm side of your hand.

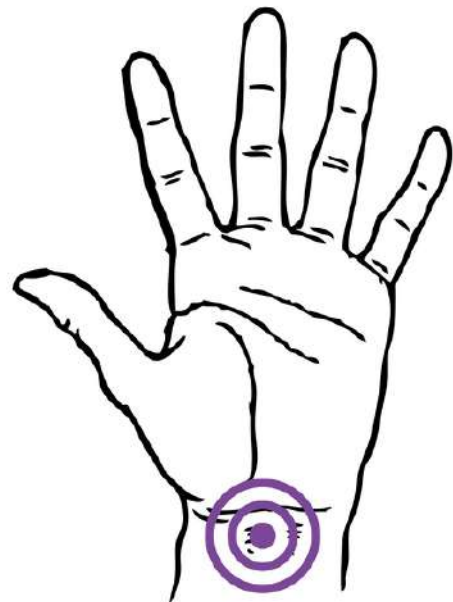
### Symptoms:

- Sensation like an electric shock in fingers that may travel from your wrist up your arm.
- Symptoms often occur while holding a steering wheel, phone or newspaper, or may wake you from sleep.
- Hand and arm numbness and weakness.



## Treatment Placement

- Place the sound head over the wrist and heel of the hand.
- Move the sound head in slow small circles and across the ligament.



## Arthritis and Joint Pain Ailments

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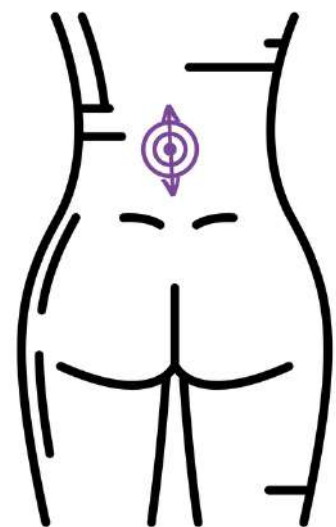
### Back Arthritis

- Back and neck pain, especially in the lower back
- Stiffness and loss of flexibility in the spine, such as being unable to straighten your back or turn your neck
- Swelling and tenderness over the affected vertebrae
- Feeling of grinding when moving the spine



### Treatment Placement

- Place the sound head to aim the ultrasound into the afflicted back joints.
- Move the sound head in slow small circles and up and down.



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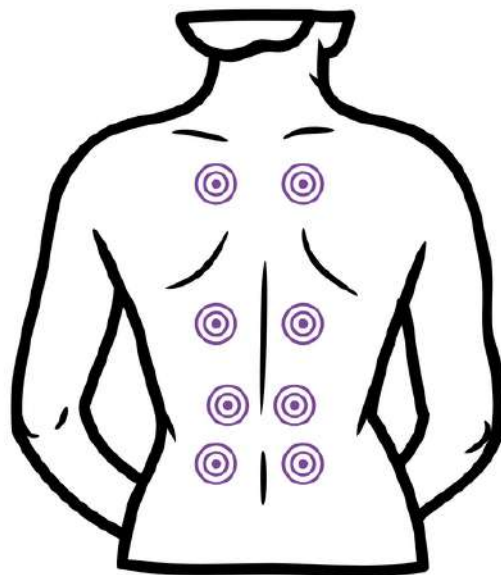
### Back Pain and Strain

Back pain can range from a muscle aching to a shooting, burning or stabbing sensation. In addition, the pain may radiate down your leg or worsen with bending, twisting, lifting, standing or walking.



### Treatment Placement

- Aim the sound head onto the afflicted tissues.
- Upper, mid, and lower back can be treated one area after another and one side after another as needed.
- Move the sound head in slow small circles and up and down.



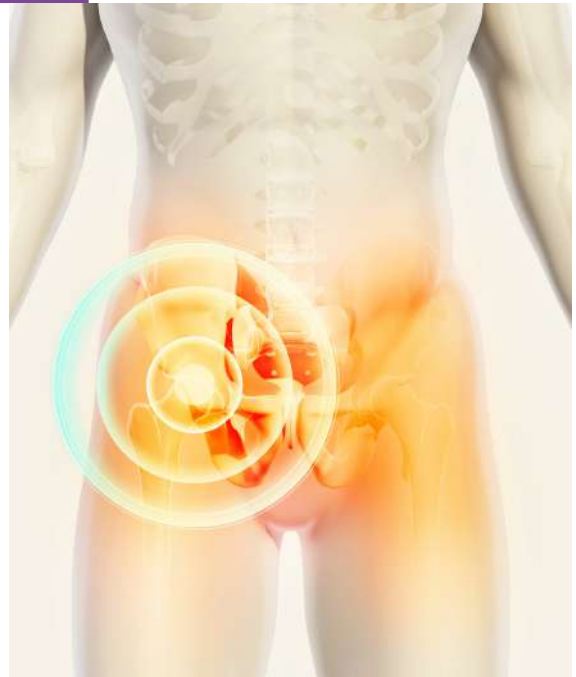
## Arthritis and Joint Pain Ailments

### Hip Arthritis

A hip affected by inflammatory arthritis will feel painful and stiff.

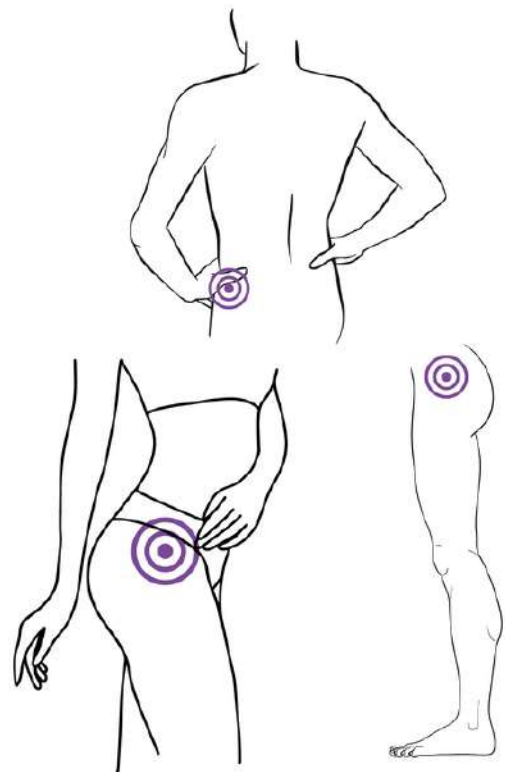
Other symptoms could include a dull, aching pain in the greater thigh, knee, or buttocks.

Pain that is worse in the morning or after sitting or resting for a while, but lessens with activity.



### Treatment Placement

- Aim the sound head into the hip joint.
- Both hips can be treated one after the other if pain on both hips.
- Move the sound head in slow small circles.



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## Bursitis Ailments

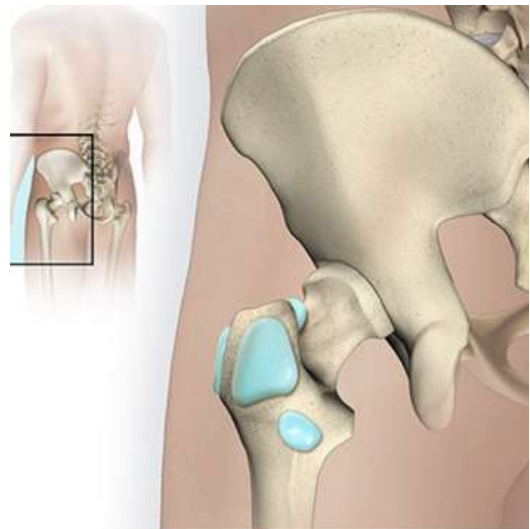
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### Hip Bursitis

Hip bursitis occurs when the large bursa that lies over the bony knob near the top of the thigh bone becomes inflamed.

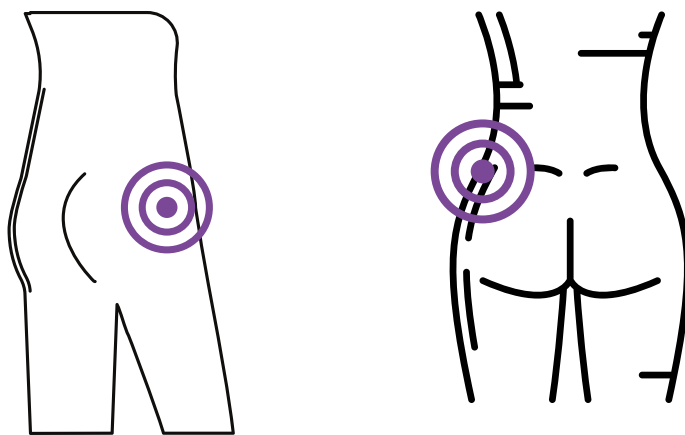
**Symptoms include:**

- Pain and tenderness at the outward curve of the upper thigh.
- Pain may radiate down the outside of the thigh and occasionally to the buttock, groin, knee, and low back.
- Pain walking, climbing up stairs, lying down on the side of the affected hip, or getting out of a chair, especially after sitting for a long time.
- Pain when lying on one's side.



### Treatment Placement

- Aim the sound head into the hip joint over the area of pain.
- Move the sound head in slow, small circles.
- Treat 2-3 times per day at high intensity as needed - morning, night and before or after any activity that increases pain or inflammation.



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## Sciatica

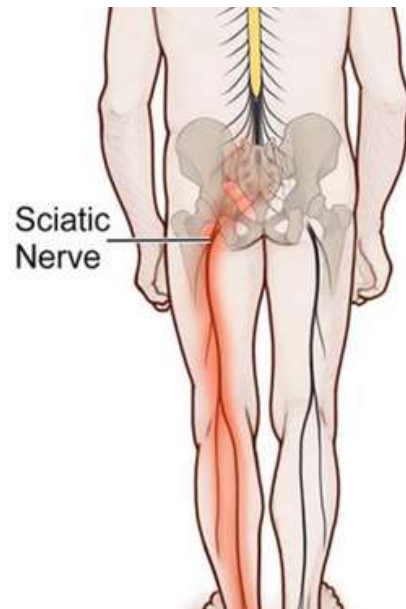
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# Sciatica

Sciatica pain is caused by an irritation, inflammation, pinching or compression of a nerve in the lower back.

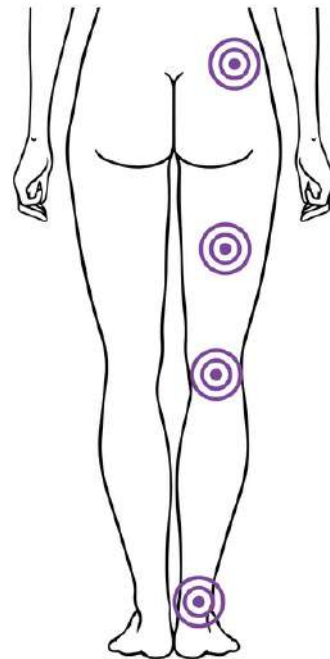
The symptoms of sciatica include:

- Moderate to severe pain in lower back, buttock and down your leg.
- Numbness or weakness in your lower back, buttock, leg or feet.
- Pain that worsens with movement; loss of movement.
- "Pins and needles" feeling in your legs, toes or feet.



## Treatment Placement

- Place the sound head over the area of pain
  - lower back/upper buttocks
  - and/or back of the thigh
  - back of the knee
  - back of the calf
- You can treat multiple areas one area after another.
- Move the sound head in slow small circles.

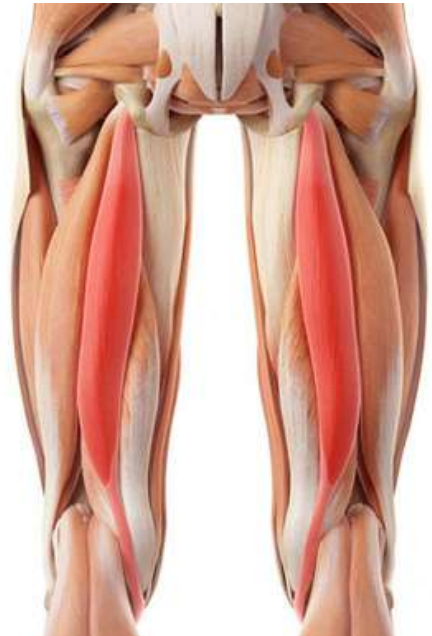


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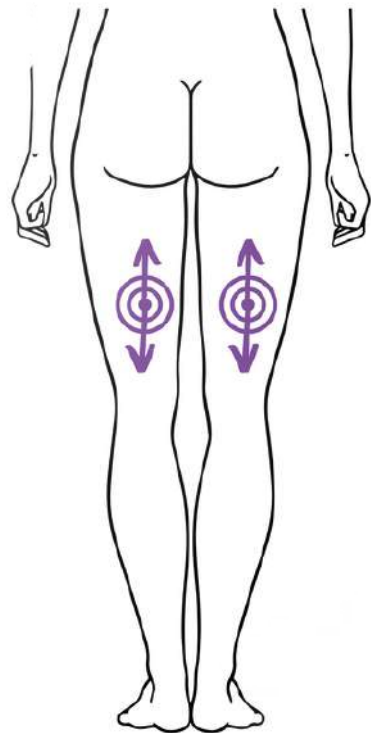
# Hamstring Strain

- A muscle strain, or pulled muscle, occurs when your muscle is overstretched or torn. This usually occurs as a result of fatigue, overuse, or improper use of a muscle.
- Strains can happen in any muscle, but they're most common in your lower back, neck, shoulder, and hamstring, which is the muscle behind your thigh.



## Treatment Placement

- Place the sound head on the areas of pain.
- You can treat multiple areas one area after another.
- Move the sound head in small circles and slowly up and down the affected area.



## Arthritis and Joint Pain Ailments

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### Knee Arthritis

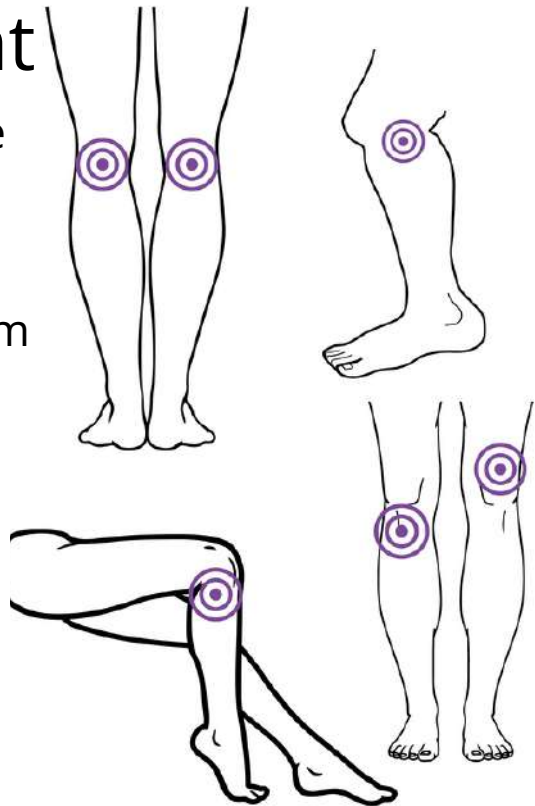
The most common symptoms of knee arthritis include:

- Pain with activity
- Limited range of motion
- Stiffness of the joint
- Swelling of the joint
- Tenderness of the knee
- A feeling the knee may "give out"
- Deformity of the joint (knock-knees or bow-legs)



### Treatment Placement

- Place the sound head to aim the ultrasound into the knee joint avoiding the knee cap.
- Treatment can also be done from behind the knee.
- Each knee can be treated one after another if arthritis on both knees.
- Move the sound head in slow small circles.



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## Knee Ailments

### Knee Ligament Injury

The four knee ligaments support the knee joint to keep it in place and to allow for forward, back and lateral movements.

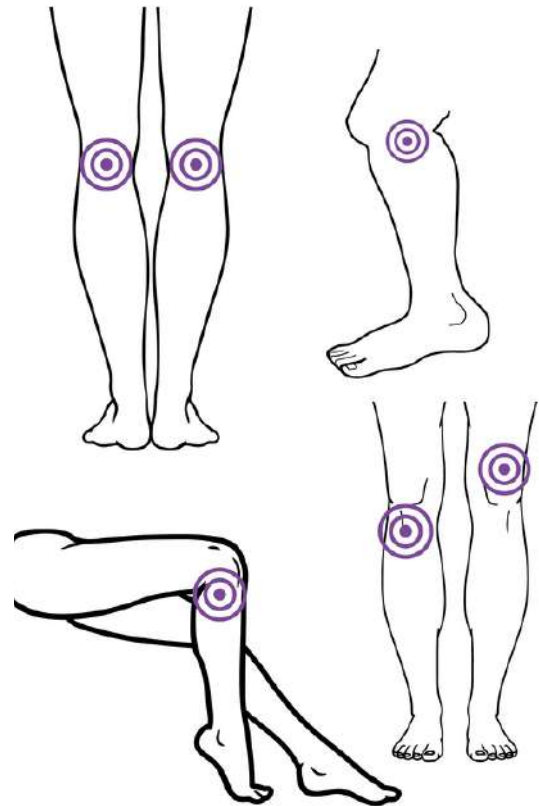
Inflammation due to overuse and injury can cause unstable joint and further referred pain. The most common symptoms of ligament injury include:

- Pain with activity
- Limited range of motion
- A feeling the knee may "give out"



### Treatment Placement

- Place the sound head to aim the ultrasound onto the painful ligament avoiding the knee cap.
- Treatment can also be done from behind the knee.
- Each knee can be treated one after another if injury on both knees.
- Move the sound head in slow small circles.



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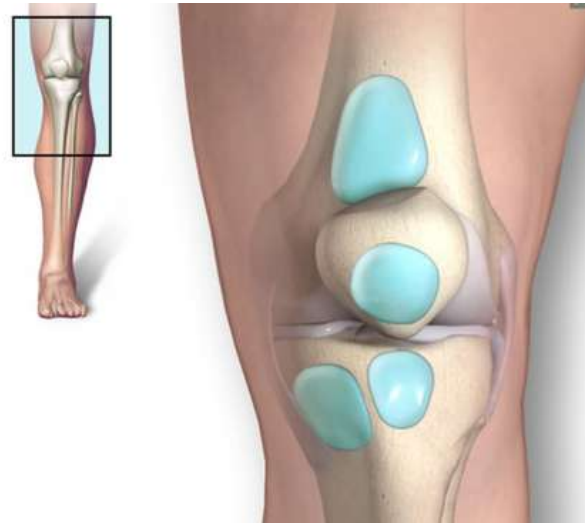




### Knee Bursitis

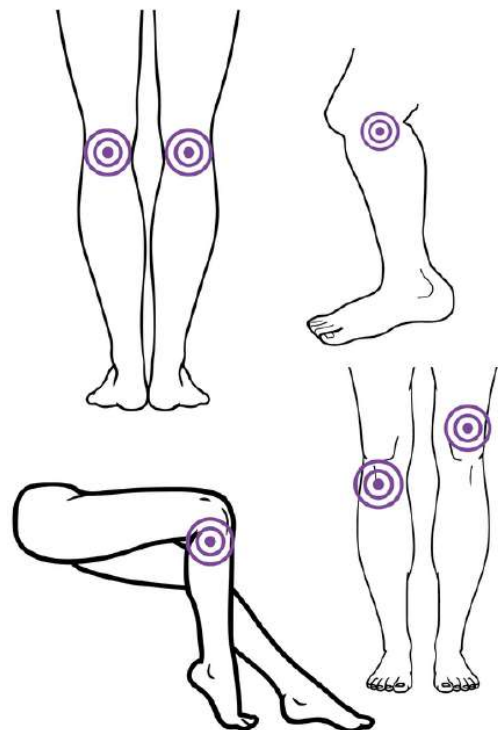
Knee bursa may become inflamed, such as repeated irritation, an injury, or an underlying inflammatory condition.

Repeated irritation from kneeling is the most common reason.



### Treatment Placement

- Aim the sound head into the knee joint avoiding the knee cap.
- Move the sound head in slow, small circles.



# Ankle Sprain

Sprained ankle occurs when the ligaments in the wrist are stretched beyond normal range of motion causing injury.

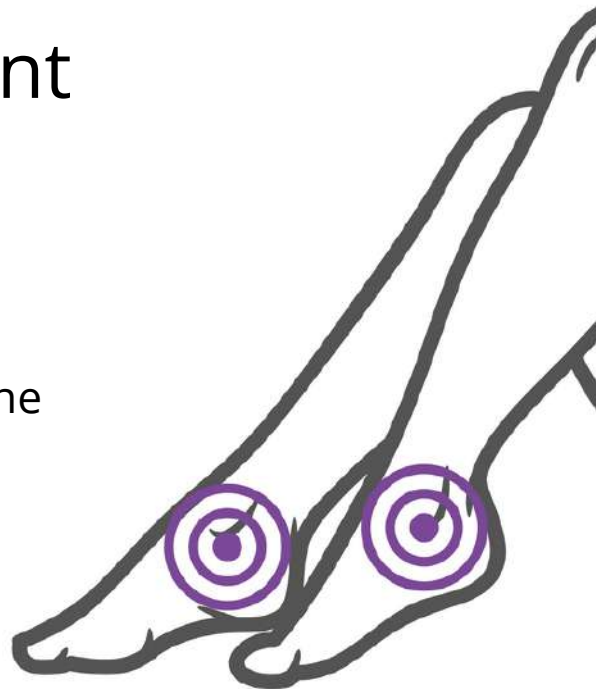
**Symptoms include:**

- Swelling
- Loss of range of movement
- Pain upon standing and walking
- Bruising



# Treatment Placement

- Place the sound head on the area of pain on the inside or outside of the ankle.
- If pain is on both sides, treat one side after the other.
- Move the sound head in slow small circles.



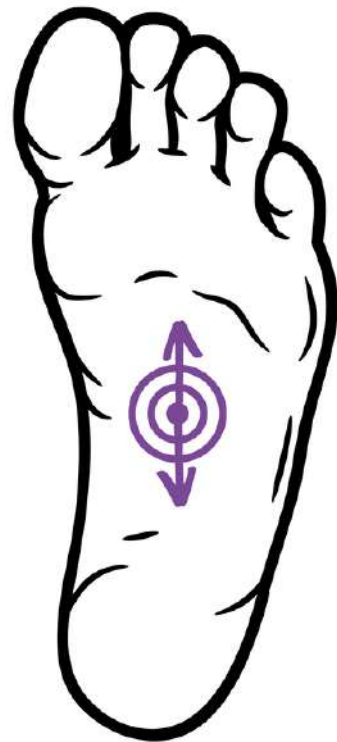
### Plantar Fasciitis

- Plantar fasciitis is most commonly caused by repetitive strain injury to the ligament of the sole of the foot. Such strain injury can be from excessive running or walking, inadequate foot gear, and jumping injury from landing.
- Symptoms include: Stiffness, pain across the bottom of the foot and back toward the heel.



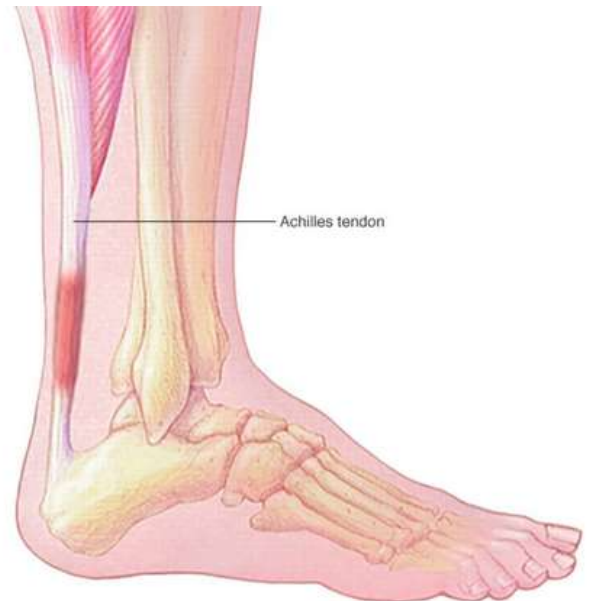
### Treatment Placement

- Place the sound head on the bottom of the foot in the middle of the foot.
- Move the sound head slowly up and down the bottom of the foot.



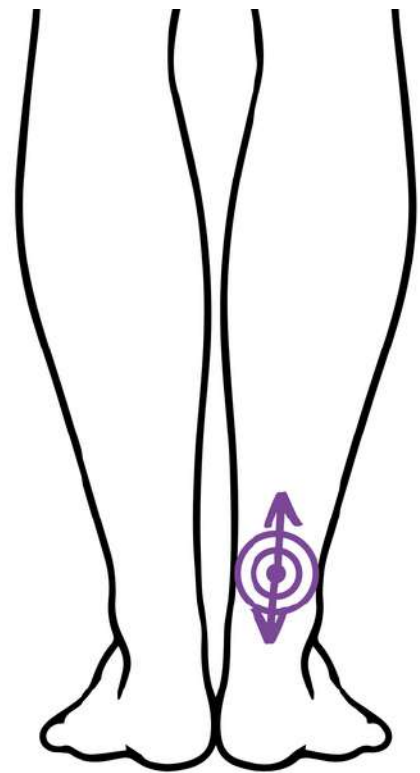
### Achilles Tendonitis

- Achilles tendinitis is an overuse injury of the Achilles tendon, the band of tissue that connects calf muscles at the back of the lower leg to your heel bone.
- Pain associated with Achilles tendinitis typically begins as a mild ache in the back of the leg or above the heel after running or other sports activity.
- Episodes of more-severe pain may occur after prolonged running, stair climbing or sprinting.
- You might also experience tenderness or stiffness, especially in the morning, which usually improves with mild activity.



### Treatment Placement

- Apply sound head to the afflicted tendons.
- Move the sound head in slow small circles and up and down the tendon.



## Arthritis and Joint Pain Ailments

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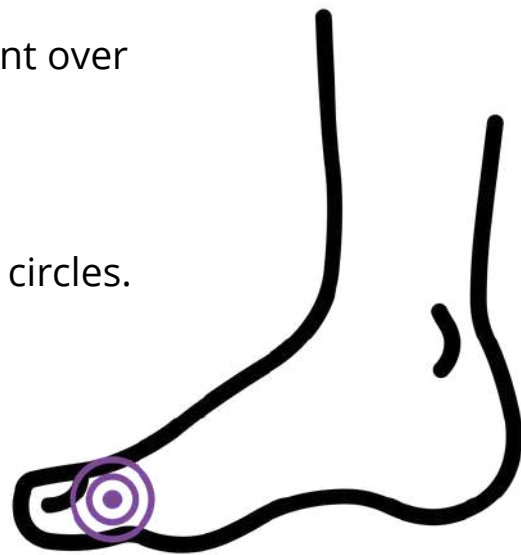
### Gout

- Gout usually affects the big toe, but it can occur in any joint.
- Intense joint pain.
- Lingering discomfort. After the most severe pain subsides, some joint discomfort may last from a few days to a few weeks.
- Inflammation and redness.
- Limited range of motion.



### Treatment Placement

- Aim the sound head into the toe joint over the area of pain.
- You may also apply to the side or underneath the toe joint.
- Move the sound head in slow small circles.



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## Foot Ailments

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### Heel Spurs

A heel spur is a condition where a calcium deposit grows between the heel and arch of the foot.

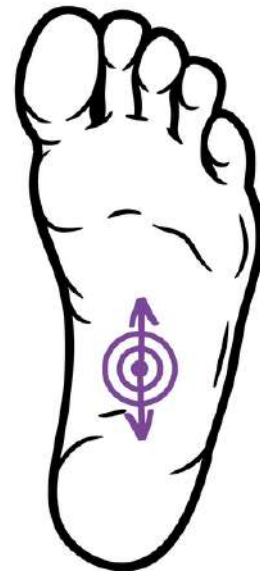
**Symptoms of heel spurs can include:**

- sharp pain like a knife in the heel when standing up in the morning.
- a dull ache in the heel throughout the rest of the day.
- inflammation and swelling at the front of the heel.
- heat radiating from the affected area.
- small, visible bone-like protrusion under the heel.
- point of tenderness at the bottom of the heel that makes it hard to walk barefoot



### Treatment Placement

- Place the sound head on the bottom of the foot near the heel.
- Move the sound head slowly up and down the bottom of the foot.



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Est. 2003



# Fibromyalgia & Nerve Pain

Nerve pain often feels like a shooting, stabbing or burning sensation. Sometimes it can be as sharp and sudden as an electric shock. People with neuropathic pain are often very sensitive to touch or cold and can experience pain as a result of stimuli that would not normally be painful, such as brushing the skin.

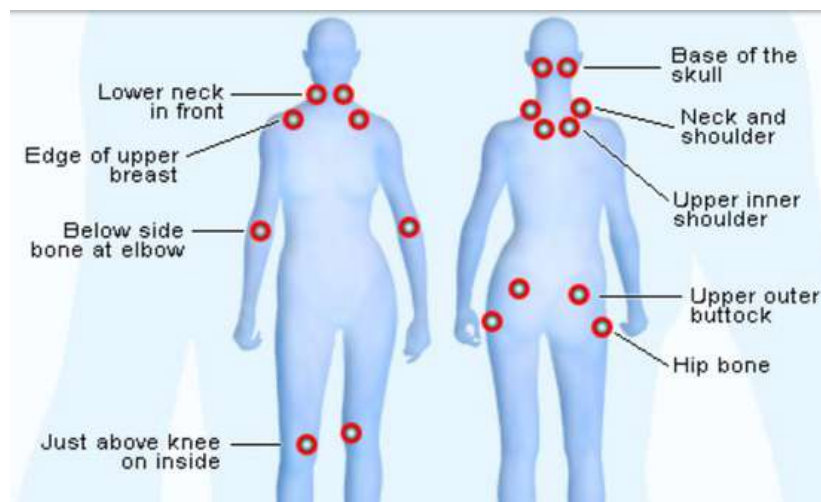
### Fibromyalgia

The pain of fibromyalgia may be described as aching, burning, gnawing, stabbing, or throbbing. Pain typically is in one or more of the “18 tenderpoints”



## Treatment Placement

- Apply sound head directly over the afflicted area of pain.
- You can treat multiple areas one after the other as needed
- Move the sound head in slow small circles on the trigger points and up and down the muscles

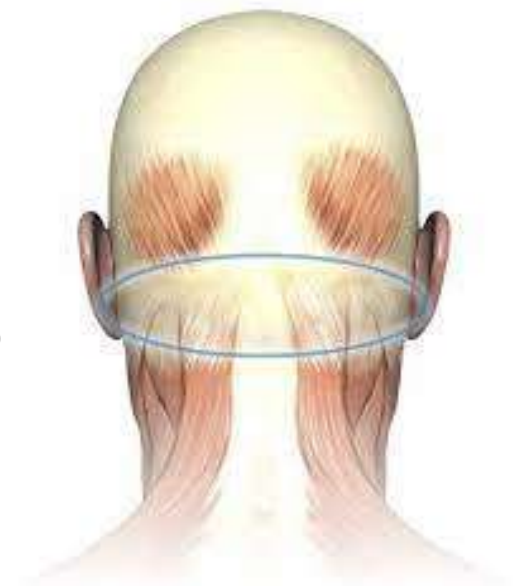


# Headache

Symptoms of a tension headache include:

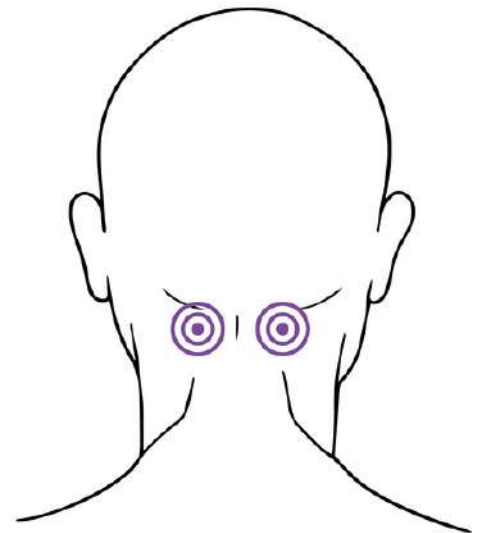
- dull head pain
- pressure around the forehead
- tenderness around the forehead and scalp

It can cause mild, moderate, or intense pain behind your eyes and in your head and neck.



## Treatment Placement

- Feel with your fingers for any area of tension and pain.
- Place the sound head on the neck muscles just below the skull to the side of the neck bones.
- Treat both sides of the back of the neck one after the other.



# Ultrasound Therapy Explained

## What is Ultrasound?

Ultrasound is a therapeutic treatment method utilizing sound waves to treat pain, inflammation and muscle spasm. Ultrasound therapy has been used by physical therapists since the 1940s.

## How does it work?

Ultrasound waves are applied to tissues using a round-headed wand or transducer. Ultrasound gel is used on the skin in order to reduce friction and act as a wave conductor. Therapeutic ultrasound is in the frequency range of about 0.8-1.0 MHz (millions of vibrations/second).

A typical ultrasound treatment will take 10 minutes. During the treatment the head of the ultrasound probe is kept in constant motion.

You will not feel any sensation – the sound waves are acting deep in the tissues– although you may feel a slight tingling, soothing sensation.

## What do ultrasound waves do?

### ***Adds Heat:***

Sound waves penetrate the skin's surface causing the soft tissues below to vibrate, creating gentle heat within the tissues.

### ***Increases Blood Flow:***

Ultrasound waves cause increases in tissue relaxation and local blood flow to the treatment area. The Increased blood flow can help reduce local swelling and chronic inflammation, delivers needed oxygen and nutrients, and removes cell wastes.

### ***Enhances Absorption of Analgesics and Anti-inflammatory Agents:***

Ultrasound can also be used to evoke phonophoresis. This is a non-invasive way of enhancing the absorption of medicated ingredients to tissues below the skin using ultrasound waves.

### ***Decreases Trigger Point Pain:***

Ultrasound works by decreasing the pain/sensitivity associated with muscular trigger points. Studies have demonstrated trigger points to be important causes of headache, back ache and all types of muscular/soft tissue "overuse" syndromes.

## Benefits of Ultrasound Therapy:

- relieves pain
- reduces inflammation
- reduces muscle spasms
- accelerates healing increases range of motion
- decreases the pain/sensitivity associated with muscular trigger points

# What is Sonic Relief?

## Portable Pain Therapy

Sonic Relief is your personal therapeutic ultrasound device. It's the same ultrasound technology used at your physical therapist's office. It is lightweight, safe and portable. Its contoured handle allows for comfortable, easy application to all areas of the body. Use it at home, while traveling or at the office!

## Effective Therapy and Pain Relief

When used as directed with Sonic Relief Ultrasound Gel, your Sonic Relief device has been scientifically demonstrated to be an effective therapeutic device for the treatment of multiple medical ailments. Sonic Relief emits ultrasound waves at a frequency of 1-million vibrations per second (1 MHz). Its automatic shut-off makes Sonic Relief safe to use.

Sonic Relief has been scientifically and medically tested to relieve pain and promote healing. Sonic Relief is Chiropractor and Doctor recommended for patients who require ultrasound treatment for ailments.

Sonic Relief comes with specially formulated Sonic Relief Ultrasound Gel which gives immediate topical relief while conducting the ultrasound waves deep into the affected tissues.

## Cost Effective and Convenient

Sonic Relief delivers the same kind of pain relief and healing benefits as professional ultrasound treatment at the physical therapy office.

When used in conjunction with other physical therapy regimens, users can reduce recurring physical therapy costs and decrease time traveling to inconvenient appointments.

Your Sonic Relief device may be covered by private insurance plans.

## What does Sonic Relief Treat?

Sonic Relief treats all soft tissue injuries and conditions you would treat using regular therapeutic ultrasound. Check out the treatment guide for your condition.





# How to Use the Sonic Relief Ultrasound Device

1. Remove Sonic Relief Device from packaging.
2. Plug the circular end of the cord into the charging stand. Plug the USB end into a USB wall adaptor and into a regular wall socket or plug the USB end into a computer USB slot.
3. Charge for a 1 hour before using for the first time. Replace Sonic Relief in the charging stand after use and charging so it's ready when you need it.
4. Take note of where it hurts - muscle, tendon, ligament or inside the joint. You can palpate or press on the area to find the pain point. Refer to the treatment guide to determine where to apply the Sonic Relief treatment.
5. Position yourself comfortably, with the treatment area fully exposed.
6. Apply a generous layer of Sonic Relief Ultrasound Gel to the skin over the treatment area.
7. Press the power switch – the panel will be lit when the machine is on.
8. Choose the Intensity by pressing the up/down button to select the desired intensity based on the treatment manual. Sonic Relief will shut off after about 2 minutes if intensity is not pressed.
9. High, Medium, Low – choose High especially for long term or chronic conditions or those areas requiring deep penetration of sound waves (ie hips, knees, buttocks, back) and lower settings for areas that are closer to the surface of the skin (fingers, toes) since you will receive a higher level of ultrasound in those areas.
10. Apply the face of the ultrasound transducer head to the treatment area.
11. Move the head of the device slowly (3-4 cm/second) in a small, circular motion using firm pressure. The area treated should be about 2 inches or 5 cm in diameter (approximately twice the size of the device head). Keep the face of the ultrasound device flat against the surface of the skin.
12. If the gel begins to dry out before the end of treatment, apply more gel and continue treatment.
13. When the treatment is complete, the Sonic Relief will automatically turn off (10 minutes). Immediately clean the device head and skin with a paper towel or a soft towel.
14. Place the Sonic Relief wand back into the charger so it is ready for your next treatment.

Note: You will not feel any sensation – the sound waves are acting deep in the tissues to heal and reduce inflammation – although you may feel a slight tingling soothing sensation.

If there is no improvement, consult a physician or therapist for re-evaluation.

Treatments with Sonic Relief should be pain free and comfortable. If you feel any discomfort or pain during or after using Sonic Relief, discontinue use immediately.



## Output Specifications

- Power Source: 100-250V 50/60 Hz
- Output Power: 5V 1A wireless
- Lithium Battery Capacity: 1100mAH
- Transducer Head Size: 40mm
- Switch: On/Off Plus Hi/Med/Low Intensity
- Frequency: 1 MHz  $\pm$  5%
- Max Power: 5 watts
- Intensity: High 5W, Medium 3W, Low 2W ( $\pm$ 0.5)
- Timer Setting: 10 minute auto off  $\pm$  5%
- Weight: 178 gm

## Warnings for use

- Always use the Sonic Relief ultrasound device with Sonic Relief conductive gel.
- Never clean the Sonic Relief with water or submerge it under water. Use a dry soft towel or tissue to wipe clean.
- Sonic Relief should not be used on children under the age of 18 without the recommendation/supervision of a physician or therapist.
- Use of Sonic Relief is not recommended:
  - over organs (stomach, liver, lungs, spleen, bowels, heart, kidneys)
  - over the pelvis, abdomen and lumbar (lower back) region if pregnant or potentially pregnant.
  - over highly ultrasound-sensitive organs (eyes, ears, ovaries, testicles, brain, spinal cord)
  - over mucous membranes (mouth, nose, rectum/anus, vagina)
  - on patients with pace-makers or electronic implants
  - over areas with poor circulation
  - on tissue and/or bone with active infection
  - over areas suspected to be cancerous or pre-cancerous
  - over open sores or lesions
  - in the front of the upper neck (thyroid region)
  - over joints or tissues that have been injected with medication, within the last 3 months
  - over plastic or cement implants
  - directly over the skull or bony prominences (i.e. bony part of elbow)
  - over growth plates in children under 18 years of age

We recommend you consult a physician before using any medical device.

## Sonic Relief Ultrasound Gel

Sonic Relief comes with a specially formulated conductive gel that enhances the therapeutic effects of ultrasound. Blended with natural compounds, this gel reduces inflammation and soothes pain through its deep-heating effect when exposed to ultrasound.

### Directions for Use

Apply a generous layer approximately 2 cm (1 in.) in diameter of specially formulated Sonic Relief Ultrasound Gel to the skin over the treatment area. Proceed with Sonic Relief ultrasound treatment according to the Sonic Relief instruction manual. When treatment is complete, remove Sonic Relief Gel from the skin and the Sonic Relief ultrasound device with a towel or tissue.

For external use only; do not use on broken skin. Discontinue use if rash or irritation occurs. If gel is swallowed, do not induce vomiting, seek medical attention immediately.



### Ingredients

Medicinal: Menthol 0.5%, Eucalyptus 0.5%, Peppermint 0.5%, Lavender 0.1%  
Others: Water, Carbopol, TEA 85%, Germall Plus, Methyl Paraben, FD&C Blue1

### Gel Warnings and Contraindications

The use of Sonic Relief Ultrasound Gel is not recommended:

- Over mucous membranes (mouth, nose, rectum/anus, vagina) and sensitive organs (eyes, ears, nose, genitalia)
- On tissue and/or bone with active infection
- Over areas suspected to be cancerous or pre-cancerous
- Over de-sensitized (numb, hypoaesthesia) areas of the skin (eg. diabetic neuropathy)
- Over open sores or lesions
- For use as a general lubricant
- For use with other medical or therapeutic devices

## Frequently Asked Questions:

*Q – I am using the Sonic Relief as directed but I don't feel anything during my treatment. Is it really working?*

A - Yes, if the light is on, Sonic Relief is working. You should feel no sensation from the ultrasound waves. You may feel a slight cooling or warming sensation on the skin from the Sonic Relief Ultrasound Gel. You should feel some beneficial effects of Sonic Relief within a few days of your treatment program if used as directed - i.e. reduced pain and inflammation, increased range of motion, reduced muscle spasm. If you do not feel any improvement after 4 weeks, discontinue use and consult your physician or therapist for a re-evaluation.

*Q – Can I harm myself using Sonic Relief?*

A – We designed Sonic Relief to be very safe when used as directed. The automatic shut-off allows you to know when the treatment session is over. Output and power settings are preset so you will never get “too much” ultrasound. Refer to the directions for use and treatment protocols in this manual.

*Q - I'm pregnant, can I use Sonic Relief?*

A – If you are pregnant or suspect you are pregnant, do not use Sonic Relief over the pelvis, abdomen and lumbar (lower back) region. Advise your physician about your intention to use Sonic Relief elsewhere on your body.

*Q - Where can I get more Gel?*

A - An 8 oz bottle of Sonic Relief will last about 18-24 treatments. You can order your Sonic Relief Ultrasound Gel by visiting our website [www.sonicrelief.com](http://www.sonicrelief.com)

*Q - Can I use water or oil or lotion instead of gel with my Sonic Relief?*

A - Sonic Relief Gel is specially made to work with your Sonic Relief Device. Use of any other product with your Sonic Relief is not recommended and may affect the performance of your device or can even damage the sound head. Sonic Relief gel is hyper-ionic so it conducts the ultrasound waves better than any other medium. Using any other medium will void your Sonic Relief warranty.

*Q – Can my 12 year old son use Sonic Relief?*

A – Use of ultrasound is not recommended on children under the age of 18 unless on the advice of a physician.

*Q – Can I use Sonic Relief anywhere on my body?*

A – All ultrasound is designed to be used on muscles, joints, tendons and ligaments. Review the Sonic Relief contraindications before using.



*Q - How do I know my Sonic Relief is working?*

A - If the light on the unit turns on, the Sonic Relief device should be working. You can run a 'water-drop' test to confirm the output of the device. To do this, follow these steps:

- Choose the high setting so that the light is on.
- Turn the unit over so the 'head' is facing upwards.
- Place a small drop (size of a ten-cent coin) of water on the head.
- Ensure that the water does not run off the head onto the body of the device.
- Turn Sonic Relief on high for 10 seconds – the water should agitate and bubble or 'jump'.
- Turn Sonic Relief off and wipe off any water.



Drop a water on probe head

Turn on ultrasound function, the water drop will vibrate

## Warranty

The Sonic Relief Portable Pain Therapy program comes with a 60 Day Money Back Guarantee from the date you received it for products purchased DIRECTLY from Sonic Relief. If you are not satisfied with your purchase within 60 days, you must call email [info@sonicrelief.com](mailto:info@sonicrelief.com) to arrange for your refund.

Sonic Relief will exchange any product with manufacturer defects for new product within one year (less shipping/handling) after date of purchase. Damage caused by user mishandling, dropping etc. will not be exchanged. Email Sonic Relief to arrange for your exchange. Sonic Relief does not cover products purchased through eBay.

We stand behind, and are proud, of all the medical devices we have created and the countless number of people they have helped and improved their quality of life.

We hope you enjoy the use and benefits of your Sonic Relief Portable Therapeutic Ultrasound as much as we did creating it.