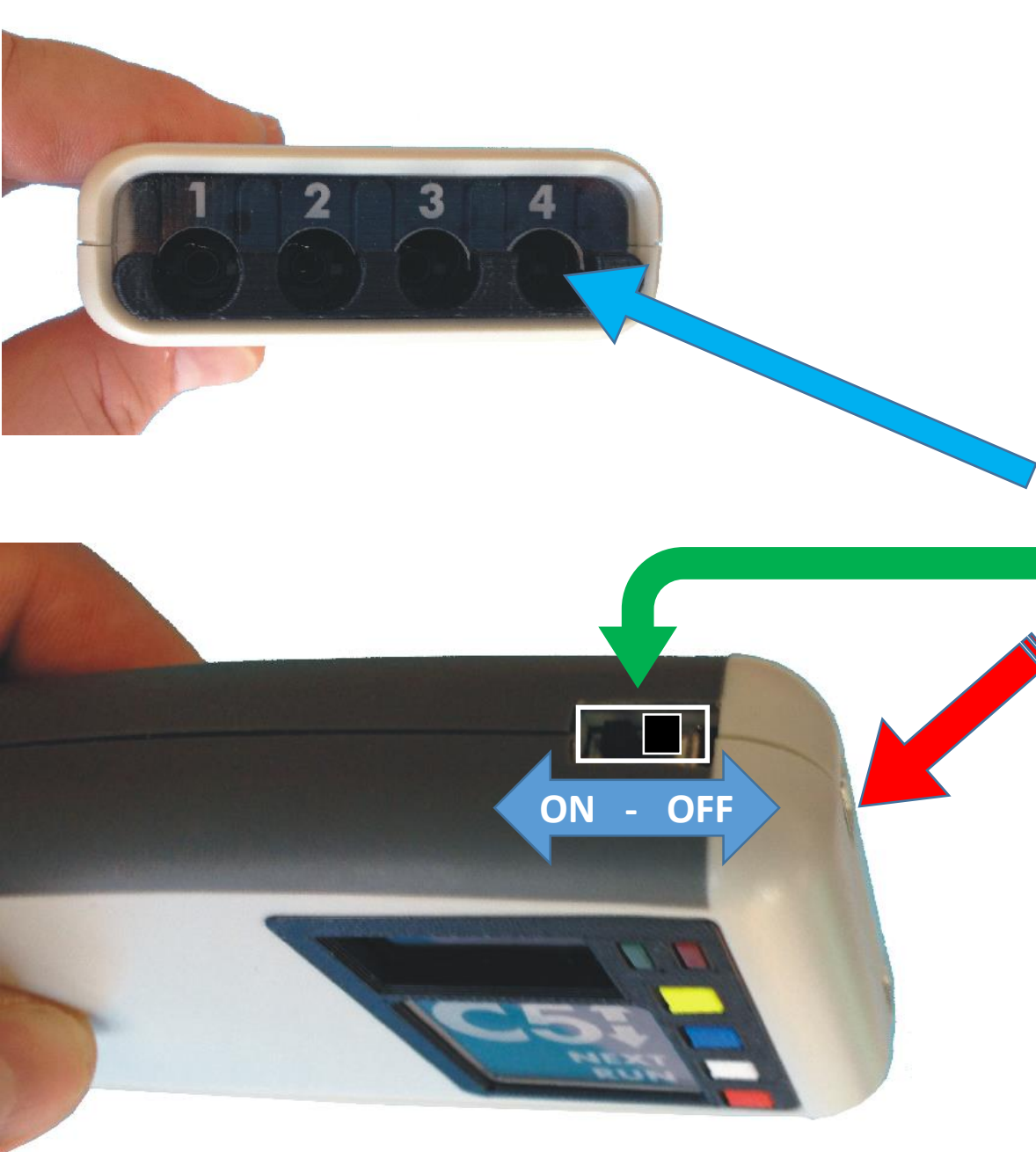# Model C5 Quick start

For experienced I.C.E.S. users, getting started is easy:

1 – Plug in the coils, up to 4 in any combination.

2 – Switch it ON

3 – Plug in the power with the supplied USB charger cable

4 – Let it RUN. The C5 will run automatically in 10 seconds

5 – The screen will look like this: just let it run on these settings

ON - OFF

```
-- C5 --

[||||||||||------] 9

↑ ↓  <NEXT> <RUN>
```

6 – Use your C5 immediately without changing anything. Then over time you can learn how to adjust the intensity, and select a protocol from the list.

7 – C5 User Manual is available on the C5 product page:

https://www.micro-pulse.com/collections/frontpage/products/ices-digiceutical-c5-model-system

Control Panel Overview:

Powering ON display
Press RED button to start previous program immediately

Adjust Power Level display
Press <YELLOW> or <BLUE> to adjust power UP or DOWN
15 (high) to 1 (low), press <WHITE> to go to next screen,
or wait 4 seconds, or Press <RED> to begin immediately

Select Protocol display
Press <YELLOW> or <BLUE> to adjust protocol UP / DOWN
See all protocols in the list to the right →→
<WHITE> or <RED> to begin pulsing immediately

System Running display
Displays Protocol and Power Level, buttons are disabled
You must switch the power OFF then ON to change
power or protocol settings

LEDs: 🟩 🟥 **Green flashing = pulses being sent**
Red steady = ERROR or malfunction

For general use: Experiment on pain and inflammation	
-- C5 --	(5, 100+, 100-, 10, 5/100+, 5/100-); +/- = unipolar
-- A9 --	(classic, before 5/2016) (5, 100+, 100-); +/- = unipolar
-- P2 --	(5, 100+, 100-, rest 20 min) = SomaPulse, AllevaWave...
-- Omni 8 --	(5, 100+, 100-, 3.9, 7.1, 10.4, 13.7, 16.9) = A9 now

Experiment with Schumann frequencies	
-- Schumann 1 --	(7.83 pps)
-- Schumann 2 --	(7.83, 14.3 pps)
-- Schumann 3 --	(7.83, 14.3, 20.8 pps)
-- Schumann 4 --	(7.83, 14.3, 20.8, 27.3 pps)
-- Schumann 5 --	(7.83, 14.3, 20.8, 27.3, 33.8 pps)

Experiment with fixed constant frequencies	
-- 1 pps --	continuous bipolar pulses at 1 pulse per second
-- 2 pps --	continuous bipolar pulses at 2 pulses per second
-- 3 pps --	continuous bipolar pulses at 3 pulses per second
-- 4 pps --	continuous bipolar pulses at 4 pulses per second
-- 5 pps --	continuous bipolar pulses at 5 pulses per second
-- 10 pps --	continuous bipolar pulses at 10 pulses per second

Experiment with low-power TMS	
-- scTMS 10pps 30 minutes --	Low power TMS simulator
-- scTMS 10pps 60 minutes --	Low power TMS simulator

Experiment with brainwave entrainment	
-- alpha wave --	10 Hz to 13 Hz (10 minute cycle time)
-- beta1 wave --	LOW: 12.5 Hz to 16 Hz (4 minute cycle)
-- beta2 wave --	MED: 16.5 Hz to 20 Hz (4 minute cycle)
-- beta3 wave --	HIGH: 20 Hz to 28 Hz (4 minute cycle)
-- delta wave --	1.5 Hz to 3 Hz (20 minute cycle time)
-- theta wave --	5 Hz to 6 Hz (20 minute cycle time)
-- mu wave --	8.5 Hz to 11 Hz (10 minute cycle time)
-- SMA wave --	13 Hz to 15 Hz (10 minute cycle time)
-- gamma wave --	32 Hz to 47 Hz (10 minute cycle time)

NOTE: "Hz" means pulses per second (pps); +/- = unipolar pulses