

Model M Quick Start Guide



2 Insert freshly charged battery (DLI88)



IMPORTANT!

Slide battery in from the side. DO NOT press in from top to avoid breaking the gold spring pin contacts:



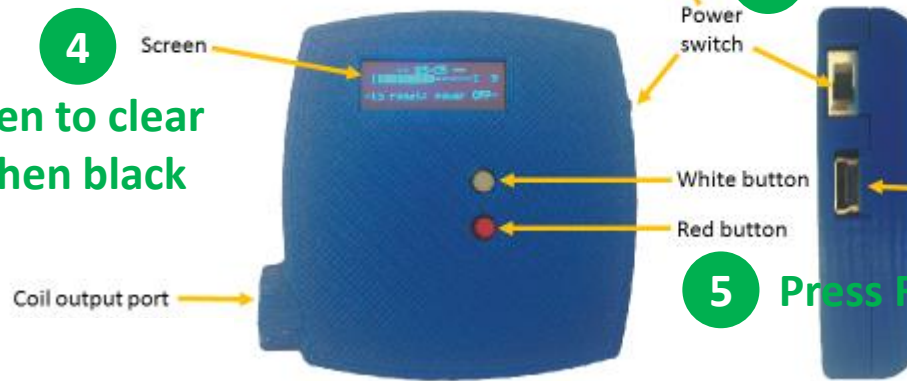
6 When GREEN LED is flashing, unit is operating correctly



4 Wait 2 seconds for screen to clear
It will sweep all white then black



3 Set switch to "battery" position (down)



Switch Functions:
↑ power from USB
↓ power from battery

5 Press RED button 3 times firmly

NOT FDA APPROVED
Intended for experimental purposes only

Control Panel Overview:

ICES model M series
Rev: M-20170706
(C) 2017 Micro-Pulse
< SET >

POWER LEVEL = 9
[|||||] 9
-- B5 – C5 --
< CHANGE > < SET >

SELECT PROTOCOL
-- B5 – C5 --
< CHANGE > < SET >

-- B5 – C5 --
[|||||] 9
- to reset: power OFF -

Powering ON display
Press RED button to start your previous program immediately

Adjust Power Level display
Press <WHITE> to adjust power: 15 (high) to 1 (low), then back to 15
Press <RED> to begin immediately

Select Protocol display
Press <WHITE> to select protocol: See all protocols in list at right →→
Press <RED> to begin immediately

System Running display
Displays Protocol and Power Level
Must switch power OFF then ON to change power or protocol settings



LEDs:

Green flashing = pulses being sent
Red steady = ERROR or malfunction
Yellow = REST (no pulses during rest)

For general use:
Experiment on pain and inflammation

- B5 – 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, AllewaWave...
- 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)

Experiment using rest periods between cycles

- B5 – C5 -- REST 5 -- 5 minute rest at end of each cycle above
- A9 -- REST 5 -- 5 minute rest at end of each cycle above
- P2 -- REST 5 -- 5 minute rest at end of each cycle above
- Omni 8 -- REST 5 -- 5 minute rest at end of each cycle above

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