aquaroll® USA

AQUAROLL® A2S2 SYSTEM
TECHNIQUE GUIDE

New Innovations. New Rules. New Paradigm.

The all-natural Aquaroll® system relies on nature's most soothing and basic movement – the wave. Combining 30,000 refined glass beads with water, Aquaroll® focuses the benefits of natural wave technology in a constant, controlled setting. The socially responsible treatment is consistent, regardless of location, user and therapist.

Embrace the new age of healthcare with innovations that aid your practice and your patients.

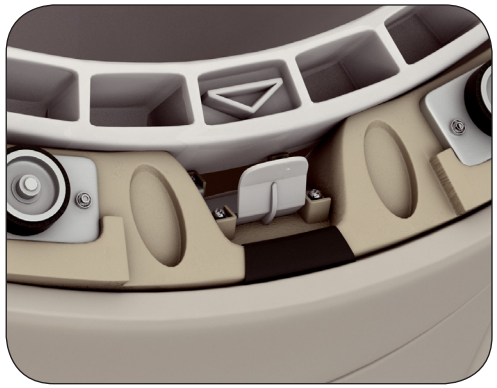
- Experience a breakthrough advance in the rehabilitation of hand and foot injuries
- Time-efficient sessions
- Supplement post-surgical rehabilitation
- Improve circulation and decrease swelling
- Decrease visibility of scars
- Reduce pain, including arthritic pain

Patient Positioning and Usage

- All jewelry and other accessories should be removed from the patient's extremity prior to placement into the Aquaroll® system.
- It is recommended that all extremities be cleansed thoroughly before an Aquaroll® session. Refer to the Aquaroll® Care and Cleaning Instructions (90000007) for further details.
- Caution: Ensure the wheels on the Aquaroll® A2S2 system are locked prior to use.
- Caution: Immediately suspend use of the Aquaroll® A2S2 system upon any signs of skin or other irritation to the patient.

Step 1: Fill the tank

- Fill the tank with water, at the desired temperature.
  Caution: The Aquaroll® A2S2 system utilizes natural tap and/or purified water. No other types of liquids should be used.
- To fill the tank, press the "Water" supply button. Water temperature may be controlled using the temperature dial next to the water connection on the back of the system.
  Note: The "Hot" water light will illuminate regardless of the temperature being used.
  Caution: When utilizing hot water, ensure the temperature never exceeds forty-five (45) degrees Celsius.
- Ensure the shower hose is above and facing the tank. The tank may be filled by pressing the lever on the shower handle.



Step 2: Start rotation of the tank

- To begin rotation, press the "Rotation" button. The tank will begin to rotate slowly. Rotation speed can be adjusted by pressing the "+" button to increase speed and by pressing the "-" button to decrease speed.
- Place the patient's extremity into the tank. It is possible to continue to adjust rotation speed with the extremity immersed.
  Caution: Only place the patient's extremity into the tank after rotation has begun.

Step 3: Treatment

- Treat the patient's extremity, using the chart on the next page. Additional treatments may created and/or adjusted, at the discretion of the operating personnel.
  Caution: Never treat a part of the human body not specifically intended by this Technique Guide. Never treat anyone under the age of thirteen (13). Never treat non-humans.

Step 4: Stop rotation of the tank

- To stop the tank, press the "Rotation" button. The tank will continue to rotate slowly before stopping in the proper drainage position.
  Note: Should the device experience unintended rotation stoppage at any point during usage, ensure the tank is properly repositioned by lining the arrow of the tank with the draining handle, as during initial tank installation. Rotation can only take place where the tank is securely installed and properly aligned. Events that could contribute to unintended rotation stoppage include opening the cover, exceeding the recommended amount of glass beads in the tank, and pressing the "Off" button.

Step 5: Drain the liquid from the tank

- To drain the tank, ensure that all plumbing is properly connected. Open the cover. Then press and hold the drainage lever. The pump will activate and drainage will begin. Continue to hold the drainage lever for 20 seconds, or until all liquid has been drained.
  Caution: Drainage will not be possible if the tank has not stopped rotation fully and come to rest with the arrows aligned. The system should never be powered off to stop rotation in order to drain the tank. Rather, the tank must be gradually slowed / rotated into the correct position utilizing the "Rotation" button.
- After draining, proceed with cleaning the Aquaroll® A2S2 system, per the Aquaroll® Care and Cleaning Instructions (90000007).
- Close the cover.
- Always press the power button to "Off" and unplug the device after each daily usage session.
- Refer to the Aquaroll® A2S2 Maintenance and Warranty Guide (70000002) for further details and storage information.

Indications and Corresponding Aquaroll® A2S2 Treatment Settings

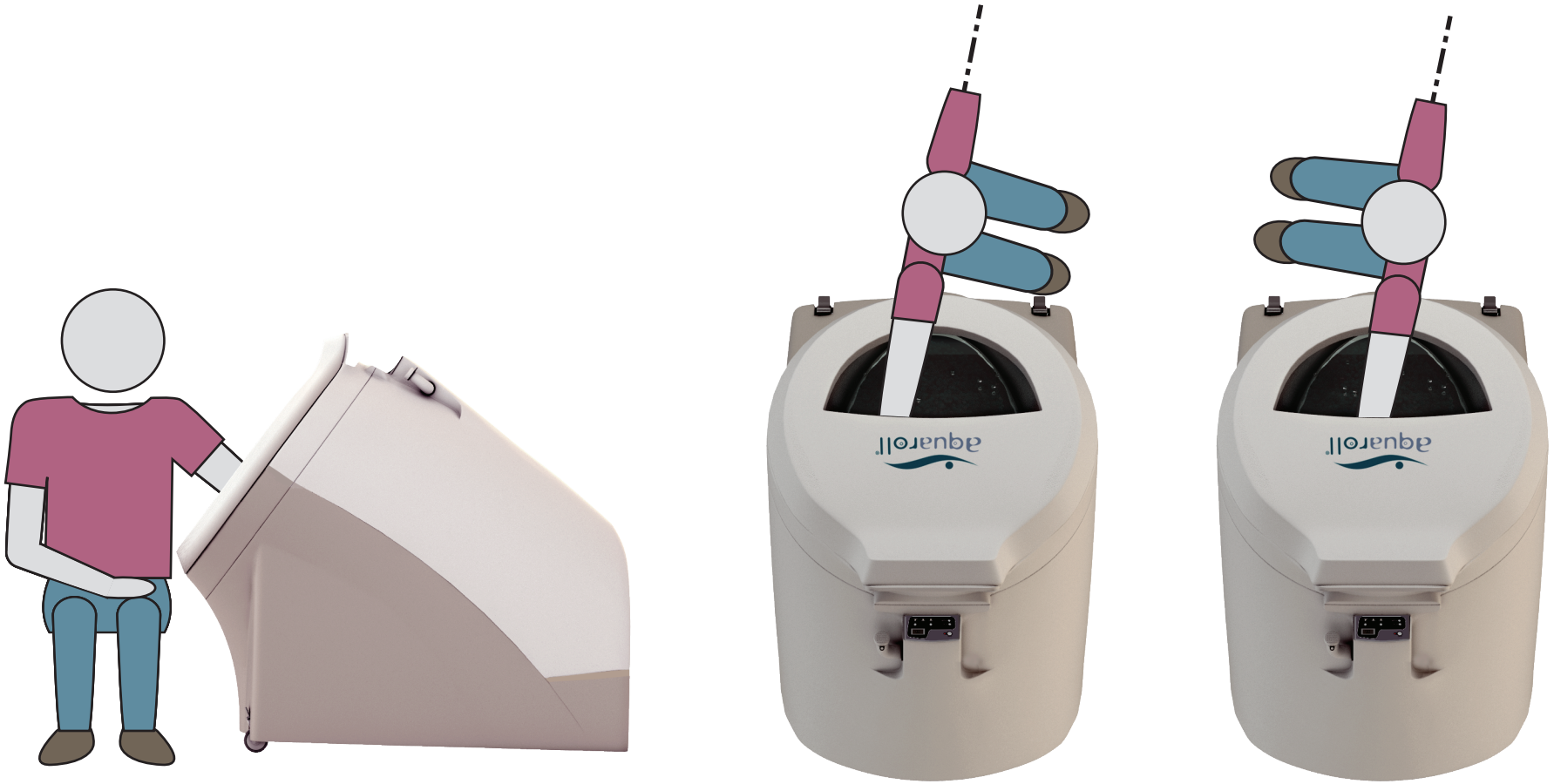
Indication	Treated Extremity	Running Time	Rotation Speed	Temperature	Frequency
Carpal Tunnel Syndrome	Hand / Wrist	12-15 minutes	Medium speed of 50-60	Warm water – 34-37° C	3-5 times / week for 4 weeks, then re-assess
Tendinitis, including Achilles Tendinitis	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 50-60	Warm water – 34-37° C	3-5 times / week for 4 weeks, then re-assess
Plantar Fasciitis	Foot / Ankle	15-20 minutes	Medium speed of 50-60	Warm water – 34-37° C	3-5 times / week for 4 weeks, then re-assess
Dupuytren's Contracture	Hand / Wrist	12-15 minutes	Medium speed of 50-60	Warm water – 34-37° C	3-5 times / week for 4 weeks, then re-assess
Wrist Synovitis	Hand / Wrist	12-15 minutes	Medium speed of 50-60	Warm water – 34-37° C	3-5 times / week for 4 weeks, then re-assess
Overuse Syndromes	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 50-60	Warm water – 34-37° C	3-5 times / week for 4 weeks, then re-assess
Post-surgical Rehabilitation	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 50-60	Warm or cold water, as desired	3-5 times / week for 4 weeks, then re-assess
Post-fracture Rehabilitation	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 50-60	Warm or cold water, as desired	3-5 times / week for 4 weeks, then re-assess
Lymphedema / Swelling in Hands and Feet	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Slow rotation initially of 40-45. Increase speed to 50 for duration of treatment.	Cold water – 20-25° C	Once daily, or as needed
Arthritis	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Slow rotation initially of 30-45. Increase speed as desired for duration of treatment.	Warm water – 34-37° C	Once daily during active treatments, then as needed for maintenance / pain control
Ligament Sprains	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Slow rotation initially of 30-45. Increase speed as desired for duration of treatment.	Cold or warm water, as desired	5 times / week for 2 weeks, then 3-5 times / week for 2 weeks, then re-assess
Muscle Strains	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Slow rotation initially of 30-45. Increase speed as desired for duration of treatment.	Cold or warm water, as desired	5 times / week for 2 weeks, then 3-5 times / week for 2 weeks, then re-assess
Sports Recovery / Injury Prevention	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium / high speed of 50-60	Cold / icy water – maximum of 20° C	Up to 3 times daily, after work-out / performance sessions
Joint Stiffness / Decreased Range of Motion	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 50-60	Warm water – 34-37° C	3-5 times / week for 4 weeks, then re-assess
Scar Tissue Reduction	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 50-60	Warm water – 34-37° C	3-5 times / week for 4 weeks, then re-assess
Skin Rejuvenation	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 40-55	Warm water – 34-37° C	5 times / week for at least 1 week, then on a regular basis, as needed
Complex Regional Pain Syndrome	Hand / Wrist	12-15 minutes	Slow rotation initially of 30-45. Increase speed, as desired.	Warm water – 34-37° C	3-5 times / week for 8 weeks, then maintenance program, as desired
Hypersensitivity	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Slow rotation initially of 30-45. Increase speed, as desired.	Warm water – 34-37° C	3-5 times / week for 4 weeks, then re-assess
General Relaxation and Well-Being	Hand / Wrist Foot / Ankle	12-15 minutes for hand / wrist 15-20 minutes for foot / ankle	Medium speed of 40-45	Warm water – 34-37° C	Up to 3 times daily

Hand / Wrist Treatment

- Hand / wrist sessions last twelve to fifteen (12-15) minutes, and can be performed in succession on opposite extremities (i.e., right, then left).
  Caution: Aquaroll® A2S2 sessions should never last longer than thirty (30) minutes. There is a built-in safety feature that will automatically stop tank rotation after twenty (20) minutes. No more than three (3) sessions should ever be performed on a single extremity per day.

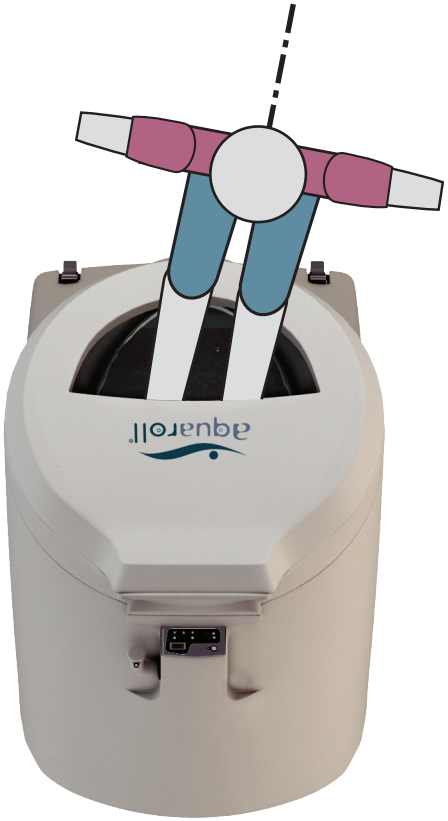
- Each hand / wrist should be placed into the Aquaroll® individually. This ensures proper positioning and maximum benefit of the natural wave motion.

- Seating should be at a comfortable height and angle, depending on the size of the patient. The arm should hang freely down the body, with the treated hand / wrist immersed in the Aquaroll® unit. A raised chair is recommended, of at least thirty-eight to forty-six (38-46) centimeters from the base of the Aquaroll®.
  Caution: At the end of each treatment session, wait until the rotation of the Aquaroll® unit has stopped completely (which may take a few seconds after the rotation button is pressed to stop rotation) before removing the extremity. Any beads that may be stuck in the fingers should be removed while the extremity is still in the Aquaroll® system.



Foot / Ankle Treatment

- Foot / ankle sessions last fifteen to twenty (15-20) minutes, and can be performed in succession on opposite extremities (i.e., right, then left), or with both extremities treated simultaneously.
- Though it is possible to place both feet and ankles in the Aquaroll® at the same time, it is recommended that each foot / ankle be treated individually to obtain maximum benefit.
  Caution: When utilizing Aquaroll® in sports and/or healthcare therapeutic settings, always treat each extremity individually.
  Caution: Aquaroll® A2S2 sessions should never last longer than thirty (30) minutes. There is a built-in safety feature that will automatically stop tank rotation after twenty (20) minutes. No more than three (3) sessions should ever be performed on a single extremity per day.
- Ideally, the body is positioned slightly to the right or the left of the center of the tank ten to thirty (10-30) degrees.
- Seating should be at a comfortable height and angle, depending on the size of the patient. For taller individuals, a raised chair is recommended with a seat height of at least fifty-eight to eighty-one (58-81) centimeters above the base of the Aquaroll® unit. To fully experience the benefits of increased circulation, knees should be bent such that the thighs and/or calves do not rest on the Aquaroll® system.
  Caution: At the end of each treatment session, wait until the rotation of the Aquaroll® unit has stopped completely (which may take a few seconds after the "Rotation" button is pressed to stop rotation) before removing the extremity. Any beads that may be stuck in the toes should be removed while the extremity is still in the Aquaroll® system.
  Caution: Patients should sit for a few moments after foot / ankle treatment prior to walking.



Frequently Asked Questions

Is Aquaroll® right for my center?

The short answer is, Yes. Aquaroll® is right for almost everybody.* With wide-ranging benefits from post-operative recovery to minimizing swelling and reducing arthritic pain, chances are your patients will benefit from Aquaroll®.

What does it feel like?

Most patients report a feeling of intense relaxation and well-being. Aquaroll® is gentle and should not feel painful in any way. Some patients report experiencing a slight tingling or numbness immediately after a treatment. This is completely normal, due to the increase in circulation, and the sensation will go away within ten to forty-five (10-45) minutes.

If my patients are using the Aquaroll® for therapeutic benefits, will they need to treat the non-injured extremity also?

Of course, there is no requirement to treat both hands or both feet. However, many patients find that the rejuvenation results are so immediately visible that they do request to treat both extremities, often at their own cost.

What does a treatment cost the average patient?

Aquaroll® is a reasonably-priced experience, meant to be enjoyed on a continuous basis. Patient pricing is that of an average co-pay, but may differ depending on market and practice.

What are the monthly upkeep costs for Aquaroll®?

Facility costs associated with Aquaroll® maintenance are minimal, and include cleaning and disinfecting solutions. Glass beads need to be replaced roughly every thousand (1,000) uses.

Is use of the Aquaroll® A2S2 System a billable, reimbursable event?

Yes. Aside from self-pay patients, facilities may bill insurance for Aquaroll® patient treatments in conjunction with active range of motion exercises for hand / wrist and foot / ankle. Refer to the Coding Reference card (90000009) for further details.

Does Aquaroll® have any special installation requirements?

Aquaroll® A2S2 systems operate on a standard 220v power system. Hot and cold water connections are required. Professional installation is recommended. Refer to the Maintenance and Warranty Guide (70000002) for further details.

Are separate systems required for hand / wrist and foot / ankle usage?

No. The same Aquaroll® A2S2 system treats all indications. However, most facilities find it beneficial to have a separate system for upper and lower limb. Refer to aquarollUSA.com to locate a local aquarollUSA professional for more information on how an Aquaroll® A2S2 system can benefit your practice.

Note: *Patients should not use Aquaroll® if they have an open wound, suffer from a transmissible skin disease or infection, or are otherwise advised by their doctor or healthcare professional. Refer to the Aquaroll® A2S2 Instructions for Use (80000002) for further details and a complete list of indications and contra-indications.

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Disclaimer: This Usage Technique Guide is intended as an educational tool to assist professionals in the usage of Aquaroll® A2S2 systems. It is not meant to replace professional judgment as to usage and technique. Prior to use, professionals should consult the product's Instructions for Use and rely on their own training and experience. AM Rejuvenation shall not be held liable in the event of incorrect usage, including the addition of chemicals or other ingredients to the water, attempts to hydro-massage non-recommended parts of the human body or non-human use. Aquaroll® A2S2 systems are not medical devices and are not intended to be sold or used, as such. Patients are encouraged to speak with a medical or trusted therapeutic professional prior to usage.

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