

## Care IFC Sport®

### Home Interferential Therapy



- |               |                  |
|---------------|------------------|
| Low Back Pain | Arthritis        |
| Neck Pain     | Tendonitis       |
| Shoulder Pain | Fibromyalgia     |
| Knee Pain     | Edema Reduction  |
| Ankle Pain    | Fracture Healing |
| Foot Pain     | Chronic Pain     |

Care IFC Sport® is a true interferential current device in a small take-home size case. Simply apply the four electrodes, choose a treatment frequency, and turn the amplitude up to the desired level. Most patients find interferential current to be their treatment of choice for acute or chronic pain.



***Be Active. Stay Active.***

# Care IFC Sport<sup>®</sup>

Home Interferential Therapy

## SPECIFICATIONS:

**Carrier frequency:** 4000 Hz nominal, fixed.

**Adjustable frequency:** 4001, 4020, 4080, and 4150 Hz.

**Interference frequency:** Continuous mode 1 - 150 hz, equal to difference frequency between carrier and adjustable frequency. Determined by frequency dial, which controls adjustable frequency.

**Output configurations:** Quadra polar (4 electrodes).

**Quadra polar:** Output channel #1 delivers carrier frequency. Output channel #2 delivers adjustable frequency. Interference occurs within tissue, maximal point of intersection among four electrodes.

**Waveform:** Symmetric biphasic square with zero net DC.

**Duty cycle:** Interferential stimulation has a 100% duty cycle, since stimulation is always being delivered.

**Channel isolation:** Channel isolation depends upon the use of two independent transformers.

**Electrode size:** Maximum electrode densities were determined using 1976 sq. mm. (1.75" x 1.75") electrodes.

**Electrical current as a function of amplitude dial setting:** 500-ohm load was used.

**Pulse Width:** 125 microseconds for each phase.

**Output current:** 0 - 50 milliamps, adjustable.

**Output voltage:** 0 - 25 volts (50 volts peak-to-peak), adjustable.

**Maximum charge per cycle:** 12.5 microcoulombs (one biphasic pulse).

**Maximum current density at electrodes:** 25 micro amps per square millimeter.

**Maximum power density at electrodes:** 630 microwatts per square millimeter.

**Output regulation:** Voltage is invariable from 500 to 1500 ohms (+/- 10%). Voltage output does not change as a function of battery voltage until the low battery light comes on. At this point, voltage follows battery voltage. Constant voltage is not a feature regulated by feedback circuitry, but depends upon the use of a low impedance transformer.

Simplest IFC device available



True interferential current

AC adapter included

**In use light:** Shows unit is operating. Blinks at interferential frequency intervals.

**Low battery:** Indicates when batteries become discharged.

**Power source:** Four (4) alkaline AA batteries or (1.5v). AC Adaptor, 6.0V DC, 1.2A.

**Size:** 3.7" X 6.2" X 1.25".

**Weight:** 16oz (including batteries).

**Tolerances:** All electrical specifications are +/- 10% into 500 ohm resistive load.

## SUPPORTING RESEARCH AND REFERENCES:

Clin J Sport Med. 2003 Jan;13(1):16-20. "The effects of home interferential therapy on post-operative pain, edema, and range of motion of the knee." PMID: 12544159

Clin Physiol Funct Imaging. 2002 May;22(3):187-96. "A single-blind placebo-controlled investigation into the analgesic effects of interferential currents on experimentally induced ischemic pain in healthy subjects." PMID: 12076344

*Federal Law (USA) restricts this device to sale by or on the order of a physician so licensed by the state.*



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