

## The Dynatron Solaris® Ultrasound Machine: Slower Heating Than Textbook Recommendations at 3 MHz, 1.0 W/cm<sup>2</sup>

Kara N. Gange, Michael C. Kjellerson, and Christiane J. Berdan

**Context:** Therapeutic ultrasound clinical parameters are provided in many modality textbooks based on research performed with the Omnisound brand. Literature exists to support variability in heating rates with different manufacturers. It is unknown if the Dynatron Solaris heats at rates consistent with textbook recommendations. **Objective:** Determine the rate of tissue-temperature increases in the medial triceps surae with the Dynatron Solaris® 708 ultrasound unit. **Design:** 3 × 13 repeated measures. Independent variables were tissue depth (1.0, 1.75, and 2.5 cm) and time (13 time periods throughout the treatment). **Setting:** Research laboratory. **Participants:** 30 healthy volunteers (female = 11, male = 19; age 21.30 ± 1.95 y; adipose thickness = 0.54 ± 0.15 cm). **Intervention:** Three thermocouples were inserted into the medial triceps surae at 1.0, 1.75, and 2.5-cm depths. A continuous 3-MHz, 1.0-W/cm<sup>2</sup> for 20 minutes ultrasound treatment was performed with a Dynatron Solaris 708 machine. **Main Outcome Measures:** Intramuscular tissue-temperature increases at each depth throughout the 20-min treatment. **Results:** There was a significant main effect of depth ( $F_{2,52} = 29.76$ ,  $P < 0.001$ ) and time ( $F_{12,312} = 181.59$ ,  $P < .001$ ) and a significant interaction between times and depths ( $F_{24,624} = 15.49$ ,  $P < .001$ ). The 1.0-cm depth increased 4.22 ± 1.58°C in 6 min (0.70°C/min rate), the 1.75-cm depth increased 3.93 ± 1.94°C in 10 min (0.39°C/min rate), and the 2.5-cm depth increased 3.60 ± 1.86°C in 20 min (0.18°C/min rate). **Conclusions:** The rate of tissue-temperature increase varied at each depth and the 1.0-cm depth was the only rate similar to textbooks. Clinicians will not reach tissue-temperature goals using Omnisound textbook parameters on the Dynatron Solaris 708 at depths greater than 1.0 cm, which may affect clinicians, educators, and state-certification exams.

**Keywords:** therapeutic ultrasound, heating rates, parameters

Therapeutic ultrasound is a commonly used heating modality that increases intramuscular tissue temperatures when used properly.<sup>1–12</sup> Increasing the temperature within the target tissue can initiate several physiological responses to assist with the healing process. A 1°C increase above baseline (mild heating) causes mild inflammation and accelerates the metabolic rate, whereas a 2–3°C increase (moderate heating) reduces muscle spasm, pain, and chronic inflammation and increases blood flow within the tissue. Vigorous heating (≥4°C increase) inhibits sympathetic activity and increases collagen extensibility.<sup>1–6</sup> Many therapeutic modality textbooks provide the rate of muscle heating per minute with associated intensities and frequencies to allow clinicians to set the appropriate parameters to reach their treatment goals.<sup>1,3–16</sup>

Although textbooks provide clinical parameters, it is imperative to note this information is based on the Draper et al.<sup>3</sup> study performed with the Omnisound 3000™ machine. Evidence exists that supports

variations in heating capabilities among manufacturers, specifically with the 3 MHz frequency.<sup>2,3,8</sup> In these studies, the Excel Ultra III (XLTEK, Oakville, Ontario, Canada),<sup>2</sup> Dynatron 950 (Dynatronics, Salt Lake City, UT),<sup>2</sup> and Forte 400 Combo (Chattanooga Corp, Chattanooga, TN)<sup>8</sup> have each produced slower heating rates than textbook parameters based on the Omnisound 3000 research.<sup>3,13–16</sup> These studies support that heating rates appear to be manufacturer specific and may vary greatly. This variation amongst manufacturers is problematic since they may not produce the desired therapeutic effects if the Omnisound textbook parameters are applied to a machine other than the Omnisound 3000. Furthermore, the BOC<sup>17</sup> and State Licensure<sup>18</sup> exams list many of the textbooks that include these Omnisound parameters as references for the written exams.

In addition to the heating rates, inconsistencies exist for the depth of penetration with 3 MHz ultrasound between the textbook parameters and the literature. In 1995, Draper et al.<sup>3</sup> examined the rate of temperature increases with a 3 MHz frequency and a variety of intensities at the depths of 0.8 (1/2 value depth) and 1.6 cm (2 × 1/2 value depth). The temperature increases between the depths were similar and the authors

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## **Dynatron Solaris Plus 709 User Manual** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Dynatron Solaris Plus 709 User Manual**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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### **Table of Contents Dynatron Solaris Plus 709 User Manual**

1. Understanding the eBook Dynatron Solaris Plus 709 User Manual
  - The Rise of Digital Reading Dynatron Solaris Plus 709 User Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Dynatron Solaris Plus 709 User Manual
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in a Dynatron Solaris Plus 709 User Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Dynatron Solaris Plus 709 User Manual
  - Personalized Recommendations
  - Dynatron Solaris Plus 709 User Manual User Reviews and Ratings
  - Dynatron Solaris Plus 709 User Manual and Bestseller Lists

5. Accessing Dynatron Solaris Plus 709 User Manual Free and Paid eBooks
  - Dynatron Solaris Plus 709 User Manual Public Domain eBooks
  - Dynatron Solaris Plus 709 User Manual eBook Subscription Services
  - Dynatron Solaris Plus 709 User Manual Budget-Friendly Options
6. Navigating Dynatron Solaris Plus 709 User Manual eBook Formats
  - ePub, PDF, MOBI, and More
  - Dynatron Solaris Plus 709 User Manual Compatibility with Devices
  - Dynatron Solaris Plus 709 User Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Dynatron Solaris Plus 709 User Manual
  - Highlighting and Note-Taking Dynatron Solaris Plus 709 User Manual
  - Interactive Elements Dynatron Solaris Plus 709 User Manual
8. Staying Engaged with Dynatron Solaris Plus 709 User Manual
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Dynatron Solaris Plus 709 User Manual
9. Balancing eBooks and Physical Books Dynatron Solaris Plus 709 User Manual
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Dynatron Solaris Plus 709 User Manual
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Dynatron Solaris Plus 709 User Manual
  - Setting Reading Goals Dynatron Solaris Plus 709 User Manual
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Dynatron Solaris Plus 709 User Manual
  - Fact-Checking eBook Content of Dynatron Solaris Plus 709 User Manual
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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