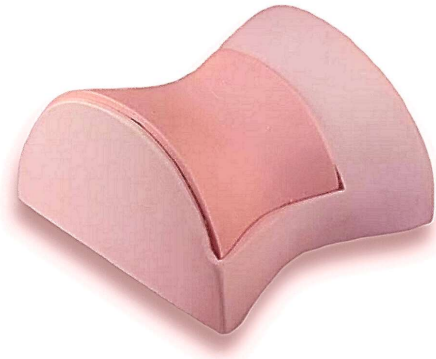




Instructions for Use Quadratus Lumborum Simulator MS2-QUA



1. Preparation

TRAINING GOAL #1 SETTING UP

- **Ultrasound:** INCREASE the ultrasound GAIN to maximum before scanning then adjust the GAIN down to obtain the best image.
- **Needle:** Use sharp bevel needles. 22- 25G are ideal as small gauge needles will ensure longer life of the simulator. 100mm needle length.
- **Transducer:** Linear-High Frequency or Curved –Low frequency
- Depth: 4-5cm
- Use ultrasound gel for best image quality
- Use **clean sterile water** when injecting. **Always aspirate** to remove water when finished.

2. Scanning

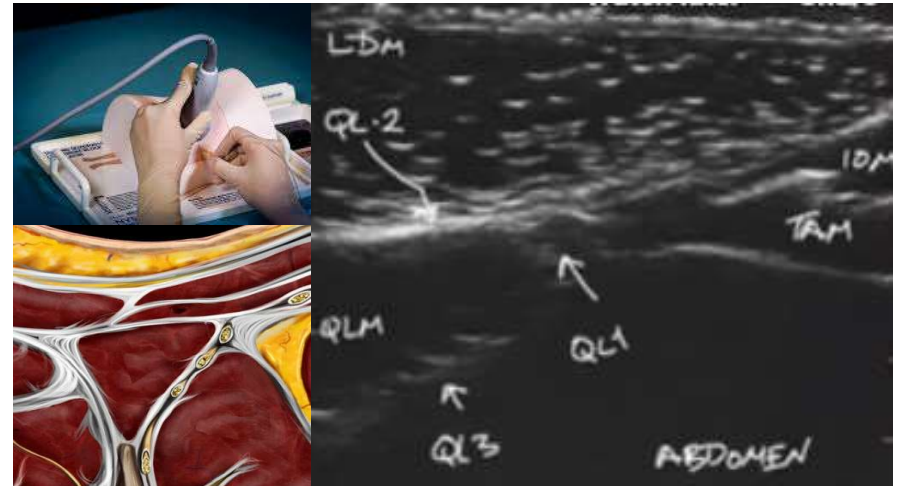
TRAINING GOAL #2 ANATOMY RECOGNITION

Place the probe over the flank in the posterior axillary line immediately cranial to the iliac crest.

The transducer is then moved slightly posterior and angled caudad until the QL muscle is visualized.

Identify the following:

- External Oblique
- Internal Oblique
- Transverse Abdominus
- Quadratus Lumborum

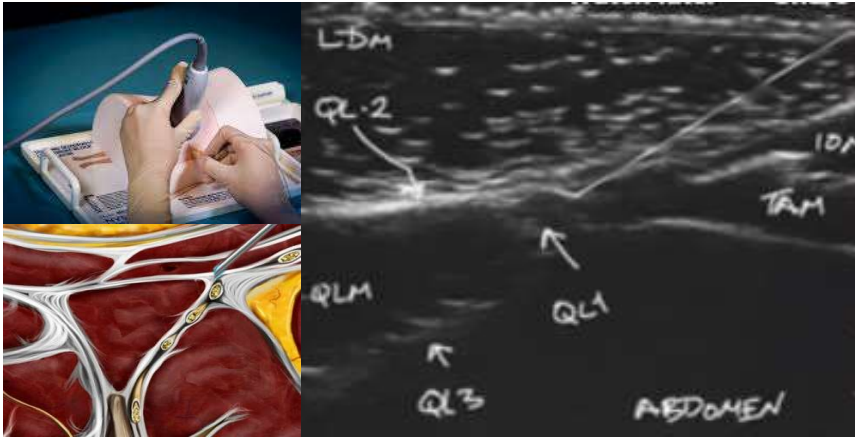




3. Procedure

TRAINING GOAL #3 ACCURATE NEEDLE PLACEMENT

Insert the needle in-plane from the posterior edge of the transducer in the postero-medial to antero-lateral direction.



WARRANTY

Valkyrie products are made to the highest standards. Your simulator is warranted to you by Valkyrie for six months from the date of purchase against manufacturing defects in workmanship and materials. During the warranty period a defective simulator will be replaced either with a new or reconditioned unit. This warranty covers normal consumer usage and does not cover damage incurred through use not consistent with the simulators design. Failure that results from misuse or neglect is not covered under this warranty.

PRODUCT CAUTIONS

Read and follow Instructions and recommendations. Please take extreme care when using needles so as not to accidentally injure yourself during training.

Avoid placing the simulator near a heat source as this will potentially lead to deformation or damage to the unit.

Avoid placing the simulator on printed material or rough surfaces as the print or surface shape may transfer to the unit.

CARE AND MAINTENANCE

Clean the simulator with alcohol or soap and water before storage. Allow dry naturally or dab dry with a lint-free cloth.

Store at room temperature.

Never place objects on top of the simulator while in storage.

