



# Workhorse Mini

## Shockwave Therapy System Manual

Version 1.0 (U.S. Edition)  
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**Shockwave Distributors LLC – Rochester, NY, USA**

1401 Stone Rd., Suite 302A, Rochester, NY 14615  
Phone: 585-333-4433 | Email: [orders@shockwavedistributors.com](mailto:orders@shockwavedistributors.com)  
[www.shockwavedistributors.com](http://www.shockwavedistributors.com)

# Overview

The **Workhorse Mini** is a compact radial shockwave therapy device designed for portable use in chiropractic, physical therapy, and sports medicine clinics.

It uses pneumatic ballistic technology to generate controlled acoustic pressure waves that penetrate soft tissue, stimulating healing, improving circulation, and reducing chronic pain.

The Workhorse Mini combines reliability, power, and simplicity, providing professional-grade performance in a lightweight and portable unit.

This manual provides complete instructions for safe operation, maintenance, and cleaning of the system. Please read thoroughly before use. Improper operation may cause reduced performance or device damage.



# Intended Use

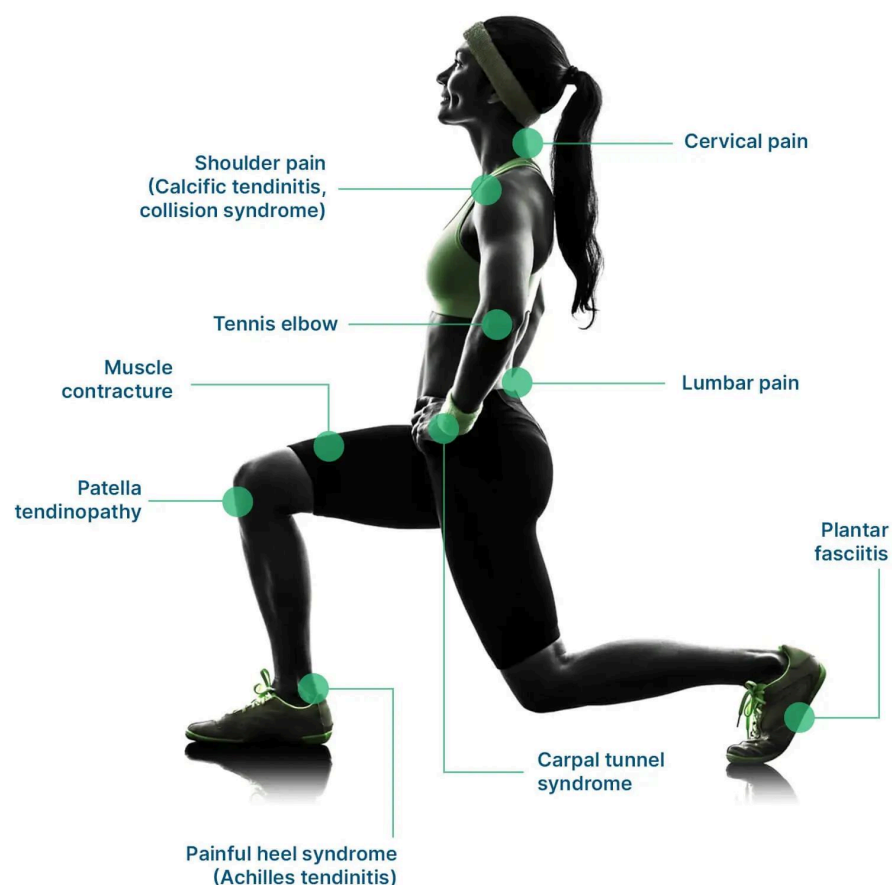
The **Workhorse Mini** is intended for **non-invasive treatment of chronic musculoskeletal pain and soft-tissue conditions**.

Common clinical applications include:

- ✓ Plantar fasciitis
- ✓ Achilles tendinopathy
- ✓ Lateral and medial epicondylitis (tennis or golfer's elbow)
- ✓ Patellar tendinopathy
- ✓ Shoulder pain or calcific deposits
- ✓ Myofascial trigger points
- ✓ Myofascial trigger points
- ✓ Chronic muscle tension or scar tissue
- ✓ General soft-tissue pain and mobility restrictions

## Caution:

The Workhorse Mini is not a diagnostic device. It should be operated only by trained clinicians working within their professional scope of practice.



# Important Safety Information

## General Warnings

- ✓ Operate only as described in this manual.
- ✓ For use by qualified healthcare professionals only.
- ✓ Do not attempt to open, modify, or repair the device. Service must be performed by authorized personnel.
- ✓ Always turn off and unplug the unit before cleaning or maintenance.
- ✓ Inspect cables and connectors before each use.
- ✓ Do not use near water, flammable materials, or extreme heat.
- ✓ Place the unit on a flat, stable surface during operation.
- ✓ Keep the device and accessories away from children.

### **Warning:**

Unauthorized modification or use outside of recommended applications may void the warranty and pose safety risks.

## Contraindications

Do not use the Workhorse Mini on patients with:

- ✓ Pacemaker or implanted electronic devices.
- ✓ Open wounds, infections, or active inflammation.
- ✓ Cancer or malignant tumors near the treatment site.
- ✓ Blood clotting disorders or use of anticoagulant medication.
- ✓ Pregnancy
- ✓ Children with open growth plates.
- ✓ Sensory impairment or neuropathy.
- ✓ Severe osteoporosis or bone fragility.
- ✓ Corticosteroid injection in the treatment area within the last six weeks.
- ✓ Treatment sites over eyes, spine, kidneys, or major nerves and blood vessels.

### **Note:**

When in doubt, obtain medical clearance before treatment.

## Possible Side Effects

Mild temporary effects can include:

- ✓ Slight redness or bruising.
- ✓ Local tenderness or soreness.
- ✓ Temporary swelling or sensitivity.
- ✓ Rarely, temporary numbness or skin irritation.

Symptoms typically resolve within 24–48 hours.

# Device Overview

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## System Components

The Workhorse Mini package includes:

- ✓ Main control unit with integrated touchscreen
- ✓ Shockwave handpiece
- ✓ Interchangeable applicator tips (multiple sizes)
- ✓ Power cable
- ✓ Cleaning brush
- ✓ Tweezers and spare sealing rings
- ✓ Lubricant gel (coupling medium)
- ✓ Replacement projectile (bullet)



### Note:

Always verify that all components are included and undamaged before first use.

# Touchscreen Interface

The user interface provides access to all parameters:

- ✓ **Energy level (bar):** Adjustable from 1.0–8.0 bar
- ✓ **Frequency (Hz):** Adjustable from 1–21 Hz
- ✓ **Pulse count:** 500–5000 per session
- ✓ **Treatment presets:** Shoulder, elbow, wrist, knee, ankle, plantar fascia, etc.

## Tip:

Start with lower settings during initial sessions to assess patient tolerance.

# Shockwave Handpiece

The pneumatic handpiece contains a metal projectile that accelerates within the chamber and impacts the applicator tip to generate pressure waves.

- ✓ **Energy range:** 1.0–8.0 bar
- ✓ **Frequency range:** 1–21 Hz
- ✓ **Projectile lifespan:** approximately 2 million pulses
- ✓ **Tip replacement interval:** after visible wear or performance reduction

## Caution:

Never operate the handpiece without full contact with the skin or against hard surfaces.

# Technical Overview

- ✓ **Power supply:** 110V / 60Hz
- ✓ **Power consumption:** 350W
- ✓ **Frequency range:** 1–21 Hz
- ✓ **Energy range:** 1.0–8.0 bar
- ✓ **Dimensions:** 24 × 21 × 26 cm
- ✓ **Weight:** 12 kg
- ✓ **Operating temperature:** 59–86 °F (15–30 °C)

# Installation & Setup

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## Unpacking and Inspection

- 01 Carefully remove all contents from the shipping box.
- 02 Inspect for visible damage or missing parts.
- 03 Verify the power cord and accessories are intact.
- 04 Keep original packaging for future transport or service.

## Placement and Environment

- ✓ Place the unit on a clean, stable surface with adequate ventilation.
- ✓ Keep away from heat sources and moisture.
- ✓ Ensure the area is free of dust and flammable materials.

## Connecting the Power and Handpiece

- 01 Ensure the power switch is **OFF**.
- 02 Insert the handpiece connector into the **handle interface** on the main unit.
- 03 Connect the power cord to a grounded outlet.
- 04 Turn the power switch to **ON**.

## Initial Startup

- 01 The touchscreen will display the startup screen.
- 02 Adjust **language**, **time**, and **date** under Settings.
- 03 Select the desired treatment region or enter **Manual Mode** for custom settings.

# Operating Instructions

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## Control Panel Overview

Main controls include:

- ✓ Energy adjustment (bar +/-)
- ✓ Frequency adjustment (Hz +/-)
- ✓ Start/Stop button
- ✓ Treatment presets for common regions

## Selecting Treatment Parameters

- 01 Choose a treatment region or manual mode.
- 02 Set **Energy (bar)** between 1.0–8.0.
- 03 Set **Frequency (Hz)** between 1–21.
- 04 Set **Pulse count** between 500–5000.
- 05 Apply coupling gel to the treatment site.
- 06 Press **Start** to begin treatment.

## Operation Technique

- ✓ Hold the handpiece firmly against the skin.
- ✓ Move slowly over the treatment area using circular or linear motions.
- ✓ Maintain consistent pressure throughout.
- ✓ Avoid prolonged focus on bony prominences.

### **Caution:**

Do not operate in the air or against hard objects, which may damage the handpiece.

# Recommended Clinical Parameters

Treatment Area	Energy (bar)	Frequency (Hz)	Duration	Sessions
Plantar Fascia	3.0–5.0	3–5	5 min	6–8
Elbow	3.0–5.0	5–6	5 min	6–8
Shoulder	4.0–5.0	5–6	5 min	6–10
Wrist/Hand	2.0–3.5	4–6	5 min	6–8
Knee	4.0–6.0	5–7	5 min	6–8
Lower Back	4.0–6.0	5–7	5 min	6–10

## After Treatment

- 01 Wipe excess gel from the treated area.
- 02 Clean the applicator tip with a soft, disinfected cloth.
- 03 Power off the unit.
- 04 Store the handpiece in its holder.

# Treatment Guidelines

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## General Recommendations

- ✓ Duration: 10–20 minutes per region
- ✓ Frequency: 1–2 sessions per week
- ✓ Course: typically 5–10 sessions
- ✓ Allow at least 48 hours between treatments for tissue recovery.

## Patient Preparation

- ✓ Explain the expected sensation (tapping or pulsing).
- ✓ Ensure comfortable positioning.
- ✓ Remove jewelry or watches near the site.
- ✓ Apply a thin layer of coupling gel for optimal energy transfer.

## Post-Treatment Care

- ✓ Mild soreness is normal and temporary.
- ✓ Avoid anti-inflammatory medication immediately post-treatment unless necessary.
- ✓ Encourage gentle stretching or movement after therapy.

# Maintenance & Cleaning

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## Daily Cleaning

- ✓ Turn off and unplug the system.
- ✓ Wipe all external surfaces with a mild disinfectant.
- ✓ Clean the handpiece and applicator tips after each patient.
- ✓ Do not spray liquid directly into the device.

## Bullet and Tip Replacement

- ✓ Replace the bullet every 2 million pulses or when performance declines.
- ✓ Replace the yellow rubber buffer if cracked or worn.
- ✓ Always power off before disassembly.
- ✓ Use only authorized replacement parts from Shockwave Distributors LLC.

## Fuse and Power Safety

If the unit does not power on:

- 01 Check the power cable and outlet.
- 02 Inspect and replace the fuse if necessary.
  - Fuse type: F10A 250V
- 03 A spare fuse is located in the fuse holder below the power socket.

## Storage and Service

- ✓ Store between 50–104 °F (10–40 °C) in a dry, dust-free area.
- ✓ Avoid storing near moisture or strong electromagnetic fields.
- ✓ For service, contact Shockwave Distributors technical support.

# Troubleshooting & Calibration

Problem	Possible Cause	Solution
No power	Cable or fuse issue	Check connection and fuse.
No output	Loose handpiece connector	Reconnect firmly.
Weak intensity	Worn bullet or tip	Replace parts.
Overheating	Continuous operation without rest	Allow unit to cool.
Display error	Calibration needed	Reboot and follow on-screen prompts.

# Technical Specifications

Parameter	Specification
Power Input	AC 110 V / 60 Hz
Power Consumption	350 W
Energy Range	1.0 – 8.0 bar
Frequency Range	1 – 21 Hz
Dimensions	24 × 21 × 26 cm
Weight	12 kg
Operating Temperature	59 – 86 °F (15 – 30 °C)
Storage Temperature	50 – 104 °F (10 – 40 °C)

## Accessories & Replacement Parts

### Standard Package Contents

- ✓ Main Workhorse Mini unit
- ✓ Shockwave handpiece
- ✓ Interchangeable applicator tips
- ✓ Replacement projectile
- ✓ Power cable
- ✓ Cleaning brush and tweezers
- ✓ Spare rubber seals and yellow buffers
- ✓ Lubricant gel
- ✓ User manual (PDF version)

## Optional Accessories

- ✓ Additional applicator tips
- ✓ Spare projectiles and seals
- ✓ Replacement handpiece
- ✓ Carrying or travel case

# Warranty & Customer Support

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## Limited Warranty

The **Workhorse Mini** is covered by a **12-month limited warranty** from the date of purchase, covering defects in materials and workmanship.

Covered components:

- ✓ Main console
- ✓ Handpiece (excluding consumables)
- ✓ Power system and internal electronics

Consumables such as tips, bullets, and rubber parts are not covered under warranty.

## Warranty Exclusions

This warranty does not apply to:

- ✓ Damage from misuse, modification, or neglect
- ✓ Operation outside specified parameters
- ✓ Water or impact damage
- ✓ Use of non-approved parts or accessories

## Service & Returns

For support or warranty service:

- ✓ Record the serial number and issue details.
- ✓ Contact **Shockwave Distributors Support** for troubleshooting.
- ✓ Obtain an RMA (Return Merchandise Authorization) before shipping.
- ✓ Use the original packaging for returns whenever possible.

## Customer Support Contact

### **Shockwave Distributors LLC**

1401 Stone Rd. Suite 302A Rochester, NY 14615

[shockwavedistributors.com](http://shockwavedistributors.com)

Email: [support@shockwavedistributors.com](mailto:support@shockwavedistributors.com)

## Disposal and Environmental Notice

Do not dispose of this device with regular household waste.

Return to Shockwave Distributors or an authorized e-waste facility in accordance with local regulations.

