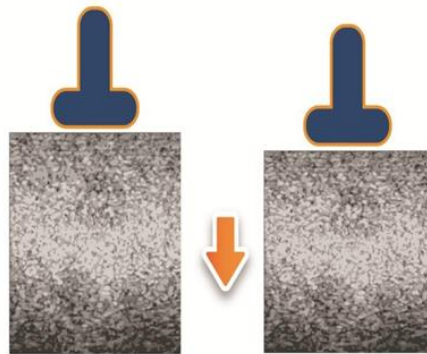


Ultrasound Scanning Guide for US-Elasto

1. Adjust your ultrasound machine settings so that:
 - a. Persistence/smoothing = 0 or minimum
 - b. Disable frame averaging or using smoothing = 0
 - c. Frame rate ≥ 18 frames/seconds.
2. Adjust the transducer so that the lesion will be at, or near the middle of the imaging field of view.
3. Perform the ultrasound scanning while applying a freehand compression such that the compression is continuous, mainly in the axial direction, quasi-static (slow but deep). Use compression ~ 5 mm or longer.



4. After compression cycle, release the transducer slowly and steady. This is called relaxation cycle
5. Minimize lateral and/or out of plane motions as much as possible. Following figure illustrates the ideal compression



6. Examples of typical videos are available on our channel
<https://www.youtube.com/watch?v=OAY8NYhQUhk>
<https://www.youtube.com/watch?v=hLpABzh6lvQ&t=1s>
7. Save the gray-scale cine-loop of compression and relaxation cycles in one of the following formats Mp4, Avi, Mpg.
8. Upload the cine-loop to our US-Elasto software, or log in to your account from our website www.dilenytech.com and upload your video <http://dilenytech.com/login> If you do not have an account create one for free <http://dilenytech.com/register/>.