

COMMON MODALITIES

COMMONLY USED TO:

- ◆ Decrease Inflammation
- ◆ Decrease Pain
- ◆ Reduce Spasms
- ◆ Muscle Re-Education
- ◆ Increase Blood Flow
- ◆ Reduce Swelling
- ◆ Muscle Relaxation
- ◆ Promote Healing

DIAGNOSIS FREQUENTLY IN NEED OF MODALITIES

- ◆ Peripheral Neuropathy
- ◆ Pre/Post Operative Conditions
- ◆ Orthopedic
- ◆ Rheumatology
- ◆ RSD/Pain Management
- ◆ Sport Injuries

- ◆ **HOT PACK:** Provides temporary relief from pain associated with muscle spasm and by strain and sprains. Heat decreases muscle tension in 20 minutes.
Increases localized circulation • Decreases stiffness • Reduces pain
- ◆ **COLD PACK:** The use of continuous cold therapy is a common procedure for the management of postoperative and posttraumatic pain and edema. It slows down the speed of nerve impulses reducing the temperature of tissue beneath the skin.
Reduces inflammation • Decrease pain
- ◆ **ULTRASOUND:** Emits high frequency sound waves that promote deep heating of soft tissue.
Promotes circulation • Relaxes tight muscles • Can reduce pain such as a muscle spasm • Decrease inflammation
- ◆ **ELECTRICAL STIMULATION:** Through the use of surface electrodes, an electrical current runs from the equipment to the target area emitting a tingling sensation that affects the nerve and muscle cell forces a particular muscle group to contract and relax.
Enhances healing • Alleviates swelling • Reduces pain
- ◆ **TENS:** Transcutaneous Electrical Nerve Stimulation involves the placement of electrodes over a painful area. The electrodes are attached to a small, portable stimulator that a patient can wear. The unit delivers tiny, painless electrical impulses that pass through the electrodes to the nearby nerve pathways.
- ◆ **IONTOPHORESIS:** Decreases inflammation by delivering drugs across the skin (process that uses bipolar electric fields to propel molecules across intact skin and into underlying tissue) for the management of a variety of medical conditions, most often, for localized inflammation and pain. Iontophoresis with dexamethasone phosphate (DEX-P), is effective in treating inflammations in the body.
- ◆ **INFRARED THERAPY:** The monochromatic infrared energy (MIRE™) therapy pads/wand are placed on the skin, the photon energy helps release a free radical called Nitric Oxide from hemoglobin in the red blood cells. Nitric Oxide increases local microcirculation, that has beneficial effects on nerve function and pain; it also may help deliver oxygen and nutrients where they are needed. Many conditions are responsive to this treatment including:
Peripheral Neuropathy • Carpal Tunnel • Ulcers • Fibromyalgia Arthritis • Bursitis
- ◆ **AQUATIC THERAPY:** The unique properties of water - *buoyancy, hydrostatic pressure, viscosity and fluid dynamics* - provide an excellent rehabilitative environment. Aquatic therapy is a union of aquatic exercise and physical therapy that helps relieve joint compression while exercising. It is a comprehensive therapeutic approach that uses aquatic exercises designed to assist in the rehabilitation of various conditions including:
Arthritis • Degenerative Joint Disease • Obesity