

Modalities, continued

Although the use of modalities can greatly assist physical therapy treatments, modalities are not appropriate for all conditions and are not used with each patient in his/her course of physical therapy. Your physical therapist will determine the best treatment plan for your condition and apply the most useful, if any, modalities during treatment.



ADVANCED PHYSICAL THERAPY & HEALTH SERVICES, LLC

is a private, physical therapist-owned outpatient physical therapy clinic specializing in neurologic, orthopedic, and vestibular conditions.

All patients are evaluated by a licensed physical therapist.

We guarantee to see you for an initial evaluation in 24-48 hours.

We have early morning and late evening hours for convenient scheduling.

We accept and are in-network with most insurance companies, including PPO's, HMO's, Medicare, Tricare, and Workers' Compensation.

Conditions we evaluate and treat include, but are not limited to:

- Neck & back injuries/pain
- Arthritis
- Vertigo
- Sprains/Strains
- Parkinson's Disease
- Fractures
- Multiple Sclerosis
- Tendonitis
- Gait & balance disorders
- Bursitis
- Peripheral neuropathy
- Stroke
- Sports injuries
- Carpal Tunnel Syndrome
- Work-related injuries
- TMJ disorder/pain
- Nerve injuries / disorders
- Joint replacements
- Cervicogenic headaches
- Orthopedic surgeries

Modalities used in Physical Therapy



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Modalities

Hot Packs: May be used to relax muscles, decrease pain caused by muscle tension or spasm, and also causes vasodilation (enlargement) of the blood vessels which increases circulation to the area. Patients with muscle strain, spasm, or arthritis may benefit from a moist hot pack. Heat is typically not recommended within 24-48 hours of injury.

Cold packs: May be used to treat pain and inflammation. Cold packs cause vasoconstriction (decrease in size) of blood vessels in the area; this decreases inflammation, pain, and swelling.

Ultrasound: A transmission gel is placed on the metal sound-head to help transfer ultrasound waves to surrounding tissue and vasculature. The sound waves penetrate deep into muscles to cause deep tissue/muscle warming. Ultrasound promotes tissue relaxation, useful in treating muscle tightness and spasm. The warming by the sound waves causes vessel enlargement and increases circulation to the area, promoting healing. Your physical therapist can adjust settings on the ultrasound machine for specific purposes. Hydrocortisone may also be mixed with the gel to treat a specific area with anti-inflammatory effects (a treatment called phonophoresis).

TENS (Transcutaneous electrical nerve stimulation): TENS is a small battery-operated machine which uses electrical transmission to decrease pain. Electrodes are placed on the affected area and an electrical current is sent through the electrodes. A tingling sensation is felt in the underlying skin and muscle. The signal disrupts the pain signal being sent to the surrounding nerves in an attempt to decrease patient's pain. The research varies on the effectiveness of this treatment, but clinically people have reported significant improvements in their pain level with the use of TENS.

Electrical Stimulation: There are several other types of electrical stimulation that may be used in the clinic. The electrical current causes a single muscle or group of muscles to contract. The electrodes are placed in specific areas of the appropriate muscle fibers to cause the muscle to contract. The settings allow for either a forceful or gentle muscle contraction. The contraction also promotes blood supply to the area that assists in healing. Electrical stimulation can be used for pain relief, muscle re-education, muscle strengthening, and/or to decrease edema, depending on the settings applied by the physical therapist.

Traction: A mechanical device used to distract (lengthen the space between) the vertebrae of the spine. The use of this machine can help to alleviate back pain by stretching tight spinal muscles that result from spasm and to widen the space between the vertebrae, helping to relieve nerve root impingement. Traction may be used for low back and neck injuries.

Iontophoresis: A treatment used to deliver medication through the skin to deeper tissues by the use of electrical polarity. Physical therapists occasionally use this mechanism to deliver steroid medication to sites of inflammation or swelling. Iontophoresis is performed by the use of an electrical device that is connected to two patches placed on the treatment area. Medication may also be administered through two specialized patches that are worn for a determined amount of time without the use of the electrical device. Physicians may recommend iontophoresis especially for patient's with a localized site of inflammation or for patient's unable or unwilling to take an anti-inflammatory medication orally for a localized problem.

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