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Perfect Balance Clinic

ULTRASOUND THERAPY



ADVICE SHEET: ULTRASOUND THERAPY

What is it?

Ultrasound therapy is used by practitioners to help relieve pain and promote the healing of tissues. It can help to break down scar tissue, reduce inflammation and swelling, and improve blood flow. Ultrasound therapy is thought to speed up the healing process.

There are two methods of ultrasound therapy: thermal and mechanical. They both use high-frequency sound waves to manage painful conditions. Thermal ultrasound therapy causes many vibrations that create heat within the tissues. This helps to heal those tissues and reduce pain and muscle spasms. Mechanical ultrasound therapy uses more of a pulse effect that helps to reduce inflammation as well as swelling and pain. The type of ultrasound you will receive will depend on your condition.

How will you be treated?

Your therapist will prepare your skin by applying some specialised gel over the area that is painful or where you have had an injury. The probe is then moved over the area. It should not be painful, but there may be a little pressure. There are some cases where ultrasound therapy should not be used, for example, you should not use ultrasound therapy on broken skin, near to the eyes, on pregnant women, or those with pacemakers. Always check with your practitioner or GP before a session.

What can you do to help yourself?

If you have an ultrasound therapy session coming up, always follow any instructions given to you by your practitioner. Let them know if you are experiencing any pain or discomfort during the session. Always feel free to ask questions. Your practitioner will be happy to provide answers.

References

1. About.com: chronic pain, www.pain.about.com/od/treatment/f/ultrasound_therapy.htm [accessed 29 November 2012].



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