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## **Various Therapies Used in Our Office**

### **What Is Low Voltage Therapy ??**

All muscles and tissues in the body function on signals that originate in the brain and travel down the spinal cord. Low voltage / interferential therapy acts to stimulate muscles and tissues resulting in:

- Pain Control ~ by stimulating natural pain killers (endorphins / enkaphalins) produced by the body.
- A reduction in muscle spasm by resetting muscle fibers much like resetting a circuit breaker in your house.
- Exercising muscle fibers by causing their contraction. This leads to increased strength and prevents the likelihood of future injuries.
- Decreased swelling in the affected areas due to the pumping action created when muscles contract and relax.

### **Common Misconceptions**

“More is good” Stimulation of muscles should be comfortable. Tolerating uncomfortable levels of muscle stimulation will not speed up healing and in most cases will hamper recovery.

### **What Is Ultrasound ??**

Ultrasound is a deep muscle therapy that is used in the clinic to aid in the healing process. Located inside the ultrasound head is a small crystal that vibrates rapidly causing a number of changes in the muscles and joints over which it passes.

These changes include:

- Dilation of blood vessels ~ this allows increased blood flow to injured areas allowing for quicker healing.
- Micro-massage of deep lying muscles and joints.
- Increased uptake of oxygen and removal of waste products, promoting proper healing.
- Ensures that new muscle fibers align themselves so that tissues remain strong and flexible.

### **What Is Micro Therm / Diapulse Machine ??**

This machine is not the same as a heating pad. Radio waves set at a certain frequency (such as in a radio) travel from the machine through the patient, back through the machine, then the cycle repeats. As the waves travel through the patient they agitate the tissues which causes friction, in turn producing heat. Circulation is improved in the area because of the heat and there is a feeling of relaxation which helps to reduce any mild muscle spasm. This allows the body a chance to heal itself more efficiently and gives the patient a certain amount of pain relief for a period of time.