

Ultrasound Treatment

Ultrasound is an effective form of heat treatment for soft tissue injuries. It is used to treat joint and muscle sprains, bursitis, and tendonitis but is not necessarily effective for all chronic pain conditions.

The literature is mixed on the benefits of ultrasound therapy. Some studies show that it can effectively control certain types of chronic pain, while others say there is little difference between ultrasound therapy and other traditional therapy treatments (such as heat, stretching and electrical stimulation) for pain control.

In my experience as a chiropractor, ultrasound therapy either works very well, or not at all. Choosing a treatment modality that decreases pain is often a trial and error process. Heat, cross digital massage or trigger point therapy could be more effective.

Generally ultrasound treatment is used to:

- relieve pain and inflammation**
- speed healing**
- reduce muscle spasms and**
- increase range of motion**
- break down scar tissue**

Ultrasound makes high frequency sound waves. The sound waves vibrate tissues deep inside the injured area. This creates heat that draws more blood into the tissues. The tissues then respond to healing nutrients brought in by the blood and the repair process begins.

Ultrasound treatments are often used by physical therapists, trainers, and many other health-care providers. It is very safe and is never used around the eyes, ears, ovaries, testicles, or spinal cord, or where there is an active infection.

Ultrasound therapy is applied to a small surface area between 5 to 10 minutes. Gel is applied either to the transducer head or to the skin, which helps the sound waves evenly penetrate the skin. During an ultrasound therapy treatment, the transducer head is continually moved over and around the selected area.

Some people feel a mild pulsing during ultrasound therapy, while others may feel slight warmth in the skin. Mostly the cold gel on the skin is all that is felt. Ultrasound therapy, however, should always be comfortable.



Ultrasound Unit