

## THERAPEUTIC ULTRASOUND:



Therapeutic Ultrasound is a method of stimulating the tissue beneath the skin's surface using very high frequency sound waves. Ultra sound is applied using a round- headed wand or probe that is in direct contact with the patient's skin. Gel is used on all surfaces of the head to reduce friction and assist transmission of the ultrasonic waves. The waves are generated by electricity causing the crystals in the head of the probe to vibrate in response to the electricity. These minute vibrations can penetrate nearly 5 cm into muscle tissues. There are three primary benefits to ultrasound. The first is the speeding up of the healing process from the increase in blood flow in the treated area. The second is the decrease in pain from the reduction of swelling and edema. The third is the gentle massage of muscles tendons and/or ligaments causing relaxation of these tissues in the treated area.