



Smith & Thomas
Injury Rehabilitation Centre

Treatments

Article: 1

Ultrasound



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Therapeutic ultrasound is used in many different environments, from physical therapy clinics to professional sport. The concept has been used by clinicians since the 1940's and has shown to increase a number of different physiological responses. The ultrasound head is put in direct contact with the skin over the area that is being targeted via transmission coupling gel.

- Tissue relaxation
- Healing rates
- Heat
- Localised blood flow
- Breakdown of scar tissue

These are the main responses the ultrasound machine will cause, which proves its worth within a physical therapy environment.

The increase blood flow is proven to massively help with inflammatory conditions and local swelling. Some studies have also shown that ultrasound can help with the healing for a bone fracture. All therapists at Smith & Thomas are expertly trained with the use of the ultrasound machine. The correct settings are essential to ensure that positive effect is gained. Incorrect use of the ultrasound machine by unqualified personnel can result in further damage being caused. The power and intensity of the machine can be adjusted depending on the desired effect. Many injuries can benefit from the use of ultrasound, especially soft tissue, tendonitis, muscle spasm, joint swelling, ligament and tendon injuries.