

Physical Therapy Treatment Techniques

ADVANCED, HANDS-ON MODALITIES:

- **Joint Mobilization**

Joint mobilization is a manual treatment technique that involves application of a force in order to mimic the natural movements that occurs at a joint between the articulating bones. It is performed to help restore motion to joints that are restricted due to injury, disease or soft tissue contractures.

- **Soft Tissue Mobilization**

Soft tissue mobilization is a manual treatment technique that involves restoring normal motion, length, tension of muscles, tendons, ligaments, bursae, fascia and nerves. Restrictions of motion can be due to adaptive shortening of structures other than bone, and can cause (or be a reaction to) inflammation and thus cause pain. Soft tissue mobilization is done to restore the normal length, motion, or tone to these soft tissue structures.

- **Therapeutic Exercise**

Specific exercises are chosen by physical therapists based on the results of a thorough evaluation. Objective deficits revealed during the evaluation; such as loss of motion, strength, flexibility, balance etc. can be restored via appropriate exercise. Improvement in these areas can lead to functional improvement and decreased pain with daily activities.

- **Myofascial Release**

Myofascial release is a manual therapy technique that relieves adhesions or areas of tension between muscles and/or fascia (flat bands of fibrous connective tissue) in the body.

- **Massage**

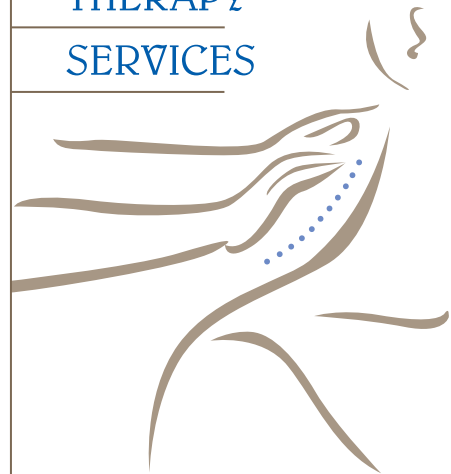
Massage is manipulation of the soft tissue of the body in order to produce a change in muscle tone (usually a reduction in tension), improve circulation and sedate or stimulate (based on specific technique being used) the nervous system.

- **Taping Techniques**

Taping, using kinesiotape or McConnell taping techniques, can be utilized to produce a change in position, or alignment of a superficial bone such as the patella, or soft tissue, and can also be used for improved proprioception (awareness of the joint or soft tissue position).

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BASIC MODALITIES:

- **Ultrasound**

Ultrasound is a device that uses a sound-head and conducting gel or lotion to deliver sound waves through the skin. The purpose of this modality is to generate superficial or deep heat in soft tissue or joint, in order to produce therapeutic and physiological changes to biologic tissue.

- **Phonophoresis**

Phonophoresis is conducted with the ultrasound unit, however instead of the conducting gel or lotion, an anti-inflammatory cream is delivered to the deeper structures via sound waves.

- **Paraffin**

Paraffin is a warm wax treatment done for the hands in order to produce the benefits from superficial heat; such as increased motion of the joints, and flexibility of the soft tissue.

- **Mechanical Traction**

Traction is used to produce a distraction force in between the cervical or lumbar vertebral joints, and the associated soft tissue such as discs, ligaments. It is used to treat compressive disorders such as disc herniations, pinched nerves, or radiculopathy.

- **Biofeedback**

Biofeedback is the use of electronic monitoring of a body function in order to train the individual to be aware of that process and how to acquire voluntary control of that specific mechanism. Specific applications in physical therapy include training of how to relax or activate certain muscles, as well as postural awareness.

- **Electrical Stimulation / TENS**

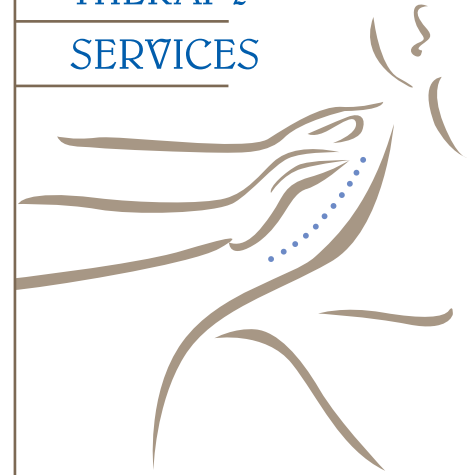
Electrical stimulation is a technique used to relieve pain via neural stimulation of the brain. It can also be used to decrease edema and enhance healing.

- **Functional Electric Stimulation**

Functional electrical stimulation uses certain parameters of stimulation in order to activate or enhance muscle function for a specific purpose; such as walking.

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