

ELECTROTHERAPY

1. Low Frequency Current
 Frequency \rightarrow 0-100Hz
 Eg \rightarrow TENS
 Stimulation of superficial nerve & muscles.
2. Medium Frequency Current
 Frequency \rightarrow 1,000-10,000Hz
 Eg \rightarrow IFT (Interferential Therapy)
 Stimulation of deeply situated nerves & muscles.
3. High Frequency Current
 Frequency \rightarrow more than 10,000 Hz
 Eg \rightarrow SWD, MWD, US
 (microwave)
 Heat \rightarrow \downarrow Pain.
4. Phototherapy
 Frequency Use of light
 Eg \rightarrow LASER, IRR, UVR (Ultraviolet Radiat*)
 (Infra red radiat*)
5. Electrodagnosis
 SD curve, FG, EMG, NCV (Nerve Conduct Velocity)
 (Faradic Galvanic curve)
6. Biofeed back
 Output to living body.

100-1000Hz is also low frequency I but we use in physiotherapy 0-100Hz.

INTRODUCTION TO ELECTROTHERAPY

Electrotherapy includes various forms of therapeutic applicatⁿ using electricity as the primary source of energy

It is a non surgical treatment approach characterised by treatment of various diseases and disorders by electrical means

Electrotherapy includes

1. Low frequency Current.

They are therapeutically used I whose frequency is in the range of 0-100Hz

Eg - TENS

Direct Current

Sinusoidal Current etc

Use - Stimulatⁿ of nerve & muscle

2. Medium frequency Current

They are therapeutically used I whose frequency is in the range of 1000-10,000Hz

Eg → I.F.T.

Russian Current etc.

Use → To stimulate deeply situated nerve & muscle.

3. High Frequency Current

They are therapeutically used I whose frequency is more than 10,000 Hz

Eg → SWD, MWD, UST etc.

Use → To produce heat in the tissues.

4. Phototherapy

It refers to the treatment of various diseases in the help of light.

Eg → LASER, IRR, UVR etc.

Use → To relief pain by heat and acceleratⁿ of healing by elevatⁿ of temp., counter irritatⁿ and photochemical effect.

5. Electrodagnosis

Electrical current are used for diagnostic purposes, it means detectⁿ of diseases or disorders by the use of electrotherapeutic current.

Eg - SD curve, FG Test, NCV etc.

6. Biofeedback

It is the process of furnishing the informatⁿ to an individual about the body functions to get some voluntary control over it