

Therapeutic uses of IRR →

1) Pain Relief →

- When heating is mild the relief of pain is Analgesia due to the sedative effect on the superficial sensory nerve ending.
- When heating is stronger the relief of pain is by counter irritation.
- Heating with infra-red also increasing the output of the accumulated waste products of metabolism which help in relieving the pain.

2) Reduction of muscle spasm →

- Since pain & muscle spasm are interdependent a reduction in one will cause reduction in the other.
- Infra-red radiation is thus of value in helping to achieve muscular relaxation & for the relief of muscle spasm.
- As IRR relieves pain & induces muscle relaxation, it is frequently used as preliminary to other forms of physiotherapy.

3) Acceleration of healing & repair →

When IRR is applied causes increasing in blood supply which in turn leads to increase in oxygenation to the affected part & increasing the output of accumulated waste product is essential for healing to take place.