

Phonophoresis

- The introduction of substances into the body by ultrasonic energy is called phonophoresis.
- It is a non-invasive procedure.
- It transmits molecules.
- Molecules introduced into the target area must be broken into component elements and radicals by natural chemical processes and recombined with existing blood stream radicals.

Method of Application :-

The technique for phonophoresis is same as that of standard ultrasound administration.

The ointment massaged into the target area prior to sounding differs.

Solutions are not used for phonophoresis.

The dissipation of the substances in solution minimises the molecular transfer, as this does the reduction of sound wave energy when it enters the body.

Substances used :-

The selection of the substance depends on the

requirement of the condition by the physiological need of the patient.

1. Hydrocortisol (anti-inflammatory)

• It is an anti-inflammatory agent also provide analgesia.

2. Lidocaine.

• It is primarily analgesic and anesthetic.

→ Used in acute conditions when decreased sensitivity is required.

3. Methylol (vasodilator)

→ Vascular conditions, neurovascular deficits.

4. Zinc oxide,

It promotes healing process.

Open wounds and lesion.

• Salicylate (anti-inflammatory agent)

Iodine (vasodilator agent
anti-inflammatory agent
sclerolytic agent)

Scar tissue, adhesions, calcific deposits and adhesive joints.

Indications :-

- Bursitis
- Sprain
- Strain
- Pain
- Inflammatory conditions
- Adhesions and scar