

Technique of Application -

1. Preparation of Patient - Explanation about the nature of treatment.
Examination of parts for possible danger & contraindication.

2. Preparation of Apparatus - The machine & apparatus are assembled and treated with an output indicator.

3. Preparation of the Part - • The part to be treated must be supported in position i.e safe, convenient and comfortable.

• Metal objects, synthetic materials & any droplets of moisture should be removed from the area of field.

• If the skin is moist must be dried.

• Adequate support is particularly imp. if a manually tuned machine is used.

⇒ Instructions & Warnings - Patient is instructed about the degree of warmth & the warning that if it is hotter than comfortable, the physiotherapist should be notified immediately.

As failure to do so can result in Burns.

They should be instructed not to touch

any part of Apparatus, not to move or fall asleep

Application - The apparatus is switched ON, tuned manually if necessary & heating adjusted to the appropriate intensity as indicated by patient.

Termination - At the end of the treatment switch OFF the machine. Heating can be assessed by presence and intensity of Erythema on the skin & by palpating the skin for increased surface temp.