

Principles of techniques :-

Techniques :-

1. Preparation of patient :- The nature of treatment need for couplant and stability of the area are all explained to the patient.

The duration of treatment as well as co-operation required is indicated.

2. Examination and testing :- Skin surface that be

treated should be ~~not~~ inspected.

3. Preparation and testing of apparatus:

Prior to treatment it is important to check that there is output from the machine. This could be done by placing the treatment head just below the water surface in a suitable container and observing the disturbance which appears in the water.

4. Preparation of part that be treated:

The treatment part should be fully supported and couplant should be applied to the skin surface.

5. Setting up:

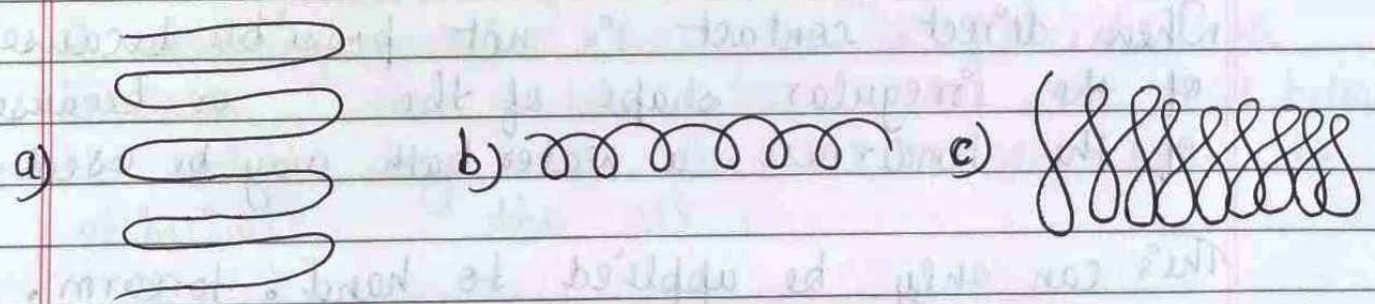
The physiotherapist should be comfortably seated with arm supported as skill is needed to apply deficient ultrasound ensuring close contact, appropriate movement and correct angle of the transducer head at all times.

5. Instruction and warning:

The patient is asked to keep the part that be treated still and relaxed and to report any increase of pain and other sensations immediately.

7. Application:

- i) The treatment is moved continuously over the surface while even pressure is maintained to exclude any air.
- ii) The rate of movement must be slow enough to allow the tissue to deform and fast enough to prevent hot spot developing when using a higher intensity treatment.
- iii) The pattern of movement could be-
 - a. Series of overlapping parallel strokes
 - b. Concentric circles
 - c. Figure of eight.



8. Termination:

- a. The intensity is returned to zero either manually or automatically before the transducer head is removed from the tissue contact. The skin is cleaned off couplant or dried.
- b. The transducer should also be cleaned after each

use with a non-irritative antiseptic solution.