

## ULTRASOUND THERAPY

The information in this document is provided to inform you about Ultrasound Therapy.

### What is Ultrasound Therapy?

Therapeutic ultrasound is a modality that has been used by Physiotherapists since the 1940's. Ultrasound is applied using the head of an ultrasound probe that is placed in direct contact with your skin via a transmission coupling gel.



### When to avoid using an ultrasound machine?

Contraindications of ultrasound include:

- Local malignancy
- Local acute infection
- Vascular abnormalities
- Beware of metal implants below the area being treated
- Avoid using directly on the abdomen of pregnant women
- Growth plates in children
- Spinal cord in the area of a laminectomy
- Over the eyes
- Skull
- Testes

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### How does ultrasound work?

The ultrasound waves are generated by a **piezoelectric effect** caused by the vibration of crystals within the head of the probe. The ultrasound waves that pass through the skin cause a vibration of the local soft tissues. This vibration can cause a deep heating locally though usually no sensation of heat will be felt by the patient.

### Your Physiotherapy treatment will aim to:

- Increase healing rates
- Increase tissue relaxation
- Increase tissue heating
- Increase local blood flow
- Increase scar tissue breakdown

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