

Name - Shahab ali

ID = 13801

Subject =

physical
agent and electrotherapy.

Program =

DPT

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Ans: ①

Physical agent:

It means when we place something physically on the surface of skin for intervention purpose is known as physical agent.

It includes heat, cold, electrical, sound, light, and mechanical.

purpose of physical agent.

Hot packs:

It provides superficial moist heat to a treatment area and are used commonly in chronic pain or recurring conditions.

carry heat b/w 1 to 8 hours.
and promote blood flow and heating.

Whirlpool:

It contains warm water. It promotes the heating and increases the blood flow towards the affected area. Also used in wound.

cold packs:
cold packs are help in minimize swelling around effected area. to reduce blood bleeding in to the tissues. reduce muscle spasm and pain.

Ice or cold packs are often used after injury like ankle sprain have occurred.

paraffin:
is a wax that can be used for treat a pain stiffness in simillar area like hand and feet.

Diathermy:
It's a medical and surgical technique involve the production of heat in a part of the body high frequency electric current, to stimulate the circulation, relieve pain. cause bleeding vessel to clot.

ultrasound:
It generate both thermal and non thermal effect. use for repairing tissue.

phonophoresis:

It is a topical medication which enters to drug to the effected area.

use for decrease inflammation.

Electrotherapy:

which we use electric current passing through the body which stimulate nerve and muscle.

purpose of electrotherapy:

pain relief.

used to treat both acute and chronic pain.

pain is an unpleasant sensory and emotional experience associated with actual and potential tissue damage.

So when we apply the electrotherapy modality it block the fiber of pain transmission.

indications:

post operative incision pain.
fracture pain.

(4)

= pain associated with labour and delivery.

= Foot pain.

= Tendinitic pain

= arthritic pain

= Back and neck pain

modalities used for pain:

TENS and Iontophoresis.

API

Stimulation of physiochemical
changes

It induce the physiological and chemical change by introducing new material deep tissue.

This healing increase flow flow in effected area and improve drainage

indications:

- Inflammatory orthopedic conditions.

- Bronchitis.

• otitis media

- sinusitis

- prostatitis

- proarthritis.

modalities are used.

TENS and FES.

Ans. ②

The best modality for management of pain is short-wave diathermy because it penetrates deep up to 5cm to the tissue.

= also it covers the large area.

= it heats the deeper tissue without heating superficial tissue.

It uses high frequency electric current that produces deep heat inside a target tissue.

It can reach areas as deep as two inches beneath the skin surface.