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**PHYSICAL AGENTS**

**QNO :1**

**Purpose of studying physical agents:**

Physical agents are the applications and modules that are used by physical therapists for treating purposes. These agents may include cold, ice, heat, mechanical, light, electrical agents etc.

Physical agents are used by professional therapist according to the achievement of goal, and by knowing the benefits and side effects of the physical agent.

There are some physical agents which can be used by patients themselves like heat packs and ice packs etc.

The aim of the physical agents in physiotherapy is for treating various types of pain, inflammation, limitation of function etc.

Examples:

* Heat packs.... it is also used as a physical agents after an injury.
* Noise
* Radiation
* Temperature changes
* Vibration.

**Purpose of studying**

**Electrotherapy:**

In electrotherapy, electrical energy is used for treatment purposes. Electrical device is used for this purpose to speed up the healing and wound recovery.

Electrotherapy is really useful in physiotherapy like for relaxation of muscle spasm, for increase of blood circulation, maintaining and increasing range of motion, for chronic pain, post surgical pain, wound healing and drug delivery.

As treatment occur through electrical impulses so it is used for deep injuries.

It is also used for neurological treatment.

Types of electrotherapy:

* TENS
* Therapeutic ultrasound
* Interferential
* Shockwave therapy
* Electrical muscle stimulation.

**QNO: 2**

TENS ( transcutaneous electrical nerve stimulation ) is the best modality for treating pain.

**Why**... As we know that TENS is type of method in which electrical stimulation occur to relief the pain by exciting the sensory nerves.

In TENS electrical signals goes to brain and spinal cord to relieve pain and relaxes the muscles. It also stimulates the production of endorphins which is the body natural pain killer.

It can be commonly delivered small hand held powered batteries.

It is very effective as mild electric impulse is used for acute and chronic pain. It helps in relieving every type of pain easily.

TENS also reduce the intake of pain medications.

It is also a natural massager. It also reduce inflammation.