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ULTRASOUND / ELECTRIC STIMULATION

ULTRASOUND

Ultrasound is a therapeutic treatment modality that uses sound waves to treat pain, inflammation, and muscle spasm. This type of therapy has been used by chiropractors and physical therapists for years. The treatments are applied to tissues by a round transducer head with the use of gel on the skin to reduce friction and act as a conductor. Ultrasound is a deep heating modality with very little sensation felt by the patient during treatment. Treatment times are usually anywhere between 5-10 min, depending on the condition.

BENEFITS OF ULTRASOUND THERAPY...

Increases Tissue Relaxation

Increases Local Blood Flow

Breaks down Scar Tissue Adhesions

Enhances the Body's Natural Healing Process

Reduces Irritation to Nerve Roots

USES / CONDITIONS

Arthritis

Sciatic Nerve Pain

Extremity Pain (foot, knee, wrists, elbows, shouldlers)

Wound Care (scar healing)

Poor Circulation

Chronic Pain

Nerve Impingement

Tendonitis

Bursitis

Herniated Disc Pain

Whiplash

Muscle Strains

Frozen Shoulder

Fibromyalgia

Jaw Pain

ELECTRIC MUSCLE STIMULATION (EMS)

EMS is a low level electronic current that passes through the skin to the underlying musculature. The muscle contracts and releases in response to the stimuli. Electrodes are placed on the skin on or near the site of pain. This stimulates skeletal muscle with electric impulses leading to muscle contraction.

BENEFITS

Relaxation of Muscle Spasms

Prevention of Disuse Atrophy (muscle wasting)

Increase Local Blood Circulation

Muscle Rehabilitation and Re-Education

Maintaining and Increasing Muscle Range of Motion

USES / CONDITIONS

EMS is most commonly used for pain relief and management. Any of the above conditions mentioned for ultrasound that consist of acute and/or chronic pain conditions can also be treated with EMS. In addition, EMS can be used in rehabilitative stages of musculature re-education following an injury where joint locking and muscle range of motion was lost.