



Contents

List of Contributing Authors xix
Preface xxi
Acknowledgments xxv
Master Competency Checklist xxvi

PART ONE Foundations of Therapeutic Modalities

1. The Basic Science of Therapeutic Modalities 3
William E. Prentice and Bob Blake

Basic Science 3
 Forms of Energy 4

Electromagnetic Energy 5
 The Relationship Between Wavelength and Frequency 5
 The Electromagnetic Energy Spectrum 6
 How Is Electromagnetic Energy Produced? 7
 Effects of Electromagnetic Radiations 9
 Laws Governing the Effects of Electromagnetic Energy 9
 Electromagnetic Energy Modalities 11

Thermal Energy 13
 Thermal Energy Modalities 14

Electrical Energy 14
 Electrical Energy Modalities 14

Sound Energy 15
 Sound Energy Modalities 15

Mechanical Energy 16
 Mechanical Energy Modalities 16

The Importance of Incorporating The Best Available Evidence
Into Decisions About The Use of Therapeutic Modalities 16
 Applying the Best Available Evidence in Making Clinical Decisions 17
 Assessing the Patient Outcomes of a Treatment 17

Legal Concerns When Using Therapeutic Modalities 17

Summary 17

2. Using Therapeutic Modalities to Affect the Healing Process 23

William E. Prentice

How Should the Clinician Use Therapeutic Modalities in Rehabilitation? 23

The Importance of Understanding The Healing Process 25

Inflammatory-Response Phase 25

Fibroblastic-Repair Phase 28

Maturation-Remodeling Phase 29

Factors That Impede Healing 30

How Should Therapeutic Modalities Be Used Throughout The Rehabilitation Process? 32

Using Modalities in the Immediate First Aid Management of Injury 32

Modality Use in the Inflammatory-Response Phase 34

Modality Use in the Fibroblastic-Repair Phase 35

Modality Use in the Maturation-Remodeling Phase 35

Other Considerations In Treating Injury 36

Summary 37

3. The Role of Therapeutic Modalities in Wound Healing 41

Pamela E. Houghton

Introduction 41

Thermal Agents 42

Hydrotherapy 43

Electrical Stimulation 44

Ultrasound 52

Photobiomodulation 54

Ultraviolet Light 57

Pneumatic Compression Therapy 60

Review of Clinical Research Evidence 60

Choosing the Best Modality for the Treatment of Delayed or Nonhealing Wounds 64

Contraindications 65

Summary 67

4. Managing Pain With Therapeutic Modalities 79

Craig R. Denegar and William E. Prentice

Understanding Pain 79

Why Does Classification Matter? 80

The Pain Experience 80

Pain Terminology 81

Pain Assessment 82

Pain Assessment Scales 82

Documentation 85

Goals In Managing Pain	85
Nociceptive Pain	85
<i>Sensory Receptors</i>	85
<i>Neural Transmission</i>	87
<i>Facilitators and Inhibitors of Synaptic Transmission</i>	88
<i>Nociception</i>	90
Neurophysiologic Explanations of Pain Control	92
<i>The Gate Control Theory of Pain</i>	92
<i>Descending Pain Control</i>	93
<i>β-Endorphin and Dynorphin in Pain Control</i>	93
<i>Central Mechanisms</i>	95
<i>Summary of Pain Control Mechanisms</i>	95
Pain Management	96
<i>Nontraumatic and Persisting Pain</i>	97
Summary	100

PART TWO

Electrical Energy Modalities

5. Basic Principles of Electricity and Electrical Stimulating Currents	107
<i>Daniel N. Hooker and William E. Prentice</i>	
Components of Electrical Currents	108
Electrotherapeutic Currents	109
Devices That Generate Electrotherapeutic Currents	110
Electrical Circuits	111
<i>Series and Parallel Circuits</i>	111
<i>Current Flow through Biologic Tissues</i>	113
Choosing Appropriate Treatment Parameters	114
<i>Waveforms</i>	114
<i>Current Modulation</i>	118
<i>Frequency</i>	120
<i>Intensity</i>	121
<i>Duration</i>	121
<i>Polarity</i>	121
<i>Electrode Setup</i>	123
Physiologic Responses to Electrical Current	126
<i>Direct and Indirect Physiologic Effects</i>	126
<i>Nerve Responses to Electrical Currents</i>	127
<i>Muscular Responses to Electrical Current</i>	130
<i>Biostimulative Effects of Electrical Current on Nonexcitatory Cells</i>	132

Clinical Uses of Electrical Stimulating Currents	132
<i>Therapeutic Uses for Electrical Stimulation of Motor Nerves</i>	132
Therapeutic Uses of Electrical Stimulation of Sensory Nerves	141
Clinically Used Electrical Stimulating Currents	144
<i>High Voltage Pulsed Current (HVPC)</i>	145
<i>Transcutaneous Electrical Nerve Stimulation (TENS)</i>	146
<i>Microcurrent</i>	147
<i>Russian Currents (Medium-Frequency Biphasic Current Generators)</i>	150
<i>Interferential Currents</i>	151
<i>Premodulated Interferential Current</i>	155
<i>Continuous Direct Current (CDC)</i>	155
<i>H-Wave Stimulation</i>	156
Deep Oscillation Therapy (Hivamat)	156
Bone Growth Stimulators	157
Functional Electrical Stimulation	158
<i>Clinical Uses of FES</i>	159
Transcranial Electrical Stimulation	159
Placebo Effect of Electrical Stimulation	159
What Does the Most Recent Best-Available Evidence Say About the Effectiveness of Electrical Stimulating Currents as a Clinical Treatment Modality?	160
Safety in the Use of Electrical Equipment	161
Summary	164
6. Iontophoresis	189
<i>James R. Scifers and William E. Prentice</i>	
Iontophoresis Versus Phonophoresis	189
Basic Mechanisms of Ion Transfer	190
<i>Pharmacokinetics of Iontophoresis</i>	190
<i>Movement of Ions in Solution</i>	190
<i>Movement of Ions Through Tissue</i>	191
Iontophoresis Equipment and Treatment Techniques	192
<i>Type of Current Required</i>	192
<i>Iontophoresis Generators</i>	192
<i>Current Intensity</i>	194
<i>Treatment Duration</i>	195
<i>Dosage of Medication</i>	195
<i>Electrodes</i>	195
<i>Selecting the Appropriate Ion</i>	200
Clinical Applications for Iontophoresis	203

Treatment Indications and Contraindications 207

Sensitivity Reactions to Ions 207*Treatment of Chemical Burns* 208

What Does the Most Recent Best-Available Evidence Say About the Effectiveness of Iontophoresis as a Clinical Treatment Modality? 208

Summary 209

7. Biofeedback 219*William E. Prentice*

Motor Control and Feedback 219

The Role of Biofeedback 220

Biofeedback Instrumentation 220

Peripheral Skin Temperature 221*Finger Phototransmission* 221*Skin Conductance Activity* 221*Real-Time Ultrasound* 222

Electromyographic Biofeedback 222

Motor Unit Recruitment 223*Measuring Electrical Activity* 224*Separation and Amplification of Electromyographic Activity* 224*Converting Electromyographic Activity to Meaningful Information* 225*Processing the Electromyographic Signal* 226

Biofeedback Equipment and Treatment Techniques 226

Electrodes 228*Displaying the Information* 230

Wearable Biofeedback Devices 231

Clinical Applications for Biofeedback 231

Muscle Reeducation 231*Relaxation of Muscle Guarding* 233*Pain Reduction* 234*Treating Neurologic Conditions* 234

What does the Most Recent Best-Available Evidence Say About the Effectiveness of Biofeedback as a Clinical Treatment Modality? 234

Summary 235

8. Principles of Electrophysiologic Evaluation and Testing 245*John Halle and David Greathouse*

Introduction 247

Electrophysiologic Testing Equipment and Setup 248

Electrodes 249*Amplifier* 251

<i>Visual Feedback (Oscilloscope)</i>	251
<i>Auditory Feedback (Speakers)</i>	251
<i>Testing Units</i>	252
<i>Eliciting an Action Potential</i>	252
<i>Generating a Record</i>	253
Evaluation of the Peripheral Nervous System	253
Anatomy of the Spinal Nerve and Neuromuscular Junction	255
<i>Sensory Receptor and Size of the Axon</i>	256
<i>Synapse</i>	256
<i>Alpha Motor Neuron</i>	256
<i>Neuromuscular Junction</i>	256
<i>Muscle Fiber</i>	256
<i>The Elements of the Spinal Nerve</i>	257
Testing Procedures	258
<i>Limb Temperature and Age Considerations</i>	258
<i>Nerve Conduction Study</i>	258
<i>Sensory Nerve Studies</i>	259
<i>Other Variations to Sensory Nerve Studies</i>	263
<i>Motor Nerve Studies</i>	267
<i>Other Motor Nerve Conduction Procedures</i>	275
<i>An Example of One Upper Quarter Examination Using Sensory and Motor Nerve Conduction Procedures</i>	277
The Electromyographic Examination	278
<i>Clinical EMG Procedures</i>	280
<i>Insertion</i>	280
<i>Sensitivity and Specificity of the NCS/EMG Examination</i>	288
<i>Limitations Associated with the NCS/EMG Process</i>	289
<i>Somatosensory Evoked Potentials</i>	290
<i>Electrophysiological Testing Complemented by the Addition of Neuromuscular Ultrasound</i>	291
<i>Electrophysiologic Testing Within the Operating Room</i>	292
<i>Other Electrophysiologic Testing Procedures</i>	292
Requesting NCS/EMG Examinations	293
Conclusion	293
Summary	294

PART THREE

Thermal Energy Modalities

9. Cryotherapy and Thermotherapy 311

Lisa Jutte and William E. Prentice

Mechanisms of Thermal Energy Transfer 312

Appropriate Use of Cryotherapy and Thermotherapy Modalities	312
Clinical Use of the Thermal Energy Modalities	313
<i>Effects of Tissue Temperature Change on Circulation</i>	314
<i>Effects of Tissue Temperature Change on Muscle Spasm</i>	315
<i>Effects of Temperature Change on Performance</i>	316
Cryotherapy	316
<i>Physiologic Effects of Tissue Cooling</i>	316
<i>Cryotherapy Treatment Techniques</i>	321
Thermotherapy	337
<i>Physiologic Effects of Tissue Heating</i>	337
<i>Thermotherapy Treatment Techniques</i>	338
Counterirritants	349
What does the Most Recent Best-Available Evidence Say About the Effectiveness of Cryotherapy and Thermotherapy as Clinical Treatment Modalities?	350
Summary	351

PART FOUR

Sound Energy Modalities

10. Therapeutic Ultrasound	391
<i>Leamor Kahanov, William E. Prentice and David O. Draper (Deceased)</i>	
Ultrasound as a Heating Modality	392
Transmission of Acoustic Energy in Biologic Tissues	392
<i>Transverse versus Longitudinal Waves</i>	392
<i>Frequency of Wave Transmission</i>	393
<i>Velocity</i>	393
<i>Attenuation</i>	393
Basic Physics of Therapeutic Ultrasound	395
<i>Components of a Therapeutic Ultrasound Generator</i>	395
<i>Transducer</i>	395
<i>Effective Radiating Area</i>	397
<i>Frequency of Therapeutic Ultrasound</i>	399
<i>The Ultrasound Beam</i>	400
<i>Amplitude, Power, and Intensity</i>	401
<i>Pulsed versus Continuous Wave Ultrasound</i>	402
Physiologic Effects of Ultrasound	404
<i>Thermal Effects</i>	404
<i>Nonthermal Effects</i>	405
Ultrasound Treatment Techniques	406
<i>Frequency of Treatment</i>	406
<i>Duration of Treatment</i>	407

<i>Coupling Methods</i>	408
<i>Moving the Transducer</i>	413
<i>Recording Ultrasound Treatments</i>	415
Clinical Applications for Therapeutic Ultrasound	415
<i>Soft Tissue Healing and Repair</i>	415
<i>Scar Tissue and Joint Contracture</i>	416
<i>Stretching of Connective Tissue</i>	417
<i>Chronic Inflammation</i>	417
<i>Bone Healing</i>	419
<i>Ultrasound over Epiphyseal Plates</i>	419
<i>Ultrasonic Bone Growth Stimulators</i>	419
<i>Absorption of Calcium Deposits</i>	420
<i>Ultrasound in Assessing Stress Fractures</i>	420
<i>Pain Reduction</i>	422
<i>Plantar Warts</i>	422
<i>Placebo Effects</i>	422
<i>Portable Ultrasound Devices</i>	423
Phonophoresis	423
Using Ultrasound in Combination with Other Modalities	426
<i>Ultrasound and Hot Packs</i>	426
<i>Ultrasound and Cold Packs</i>	426
<i>Ultrasound and Electrical Stimulation</i>	426
What does the Most Recent Best-Available Evidence Say About the Effectiveness of Therapeutic Ultrasound as a Clinical Treatment Modality?	428
Treatment Precautions	429
Guidelines for the Safe Use of Ultrasound Equipment	431
Summary	432
11. Extracorporeal Shock Wave Therapy	451
<i>Charles A. Thigpen and Howard Kashefsky</i>	
Shock Wave Generation	452
<i>Focused ESWT (f-ESWT)</i>	452
<i>Radial ESWT (r-ESWT)</i>	453
Physical Parameters of Shock Waves	454
Biologic Effects	456
<i>Bone</i>	457
<i>Tendon</i>	457
Clinical Applications	458
<i>Dosing and Anesthesia Parameters</i>	458

<i>Bone Healing</i>	458
<i>Lower Extremity Tendinopathy</i>	459
<i>Medial Tibial Stress Syndrome</i>	459
<i>Plantar Fasciitis</i>	459
<i>Medial–Lateral Epicondylopathy</i>	462
<i>Rotator Cuff Tendinopathy</i>	463

What does the Most Recent Best-Available Evidence Say about the Effectiveness of Extracorporeal Shock Wave Therapy as a Clinical Treatment Modality? 463

Summary 464

PART FIVE

Electromagnetic Energy Modalities

12. Shortwave and Microwave Diathermy 473

Jennifer Ostrowski, William E. Prentice, and David O. Draper (Deceased)

Shortwave Diathermy Equipment 474

Shortwave Diathermy Electrodes 475

Pulsed Shortwave Diathermy (PSWD) 483

Treatment Time 484

Treatment Area 485

Clinical Applications and Physiologic Responses to Diathermy 485

Thermal Effects 487

Nonthermal Effects 488

Comparing Shortwave Diathermy and Ultrasound as Thermal Modalities 489

Microwave Diathermy 489

Diathermy Treatment Precautions, Indications, and Contraindications 490

What does the Most Recent Best-Available Evidence Say About the Effectiveness of Shortwave Diathermy as a Clinical Treatment Modality? 493

Summary 493

13. Photobiomodulation Therapy 507

Nathan Newman and Katie Homan

Physics of Lasers 508

Types of Lasers 509

Laser Treatment Techniques 512

Lasing Techniques 513

Parameters 514

Depth of Penetration 518

Clinical Applications for Low-Level Laser Therapy 519

Wound Healing Applications 519

- Tensile Strength* 521
- Immunologic Responses* 521
- Inflammation* 521
- Scar Tissue* 521
- Orthopedic Applications* 522
- Tensile Strength* 522
- Inflammation* 522
- Pain Applications* 523
- Nerve Applications* 523
- Enhanced Muscular Performance and Recovery* 524
- Bone Response* 524
- Suggested Treatment Protocols 525
 - Wound Healing* 527
 - Scar Tissue* 528
 - Edema and Inflammation* 528
 - Pain* 528
 - Enhancement of Muscle Performance and Recovery* 528
- Clinical Applications for High-Intensity Laser Therapy 529
 - Treatment Protocols* 530
- Laser Safety 531
 - Indications, Contraindications, and Precautions* 533
- Light Emitting Diodes (LEDs) 533
 - LED Treatment Parameters* 535
 - LED Clinical Applications* 535
 - Comparing LED and Lasers* 536
- What does the Most Recent Best-Available Evidence Say About the Effectiveness of Laser and LED as Clinical Treatment Modalities? 537
- Conclusion 538
- Summary 538

PART SIX

Mechanical Energy Modalities

14. Spinal Traction 555

Daniel N. Hooker

- The Physical Effects of Traction 555
 - Effects on Spinal Movement* 555
 - Effects on Bone* 556
 - Effects on Ligaments* 556
 - Effects on the Disk* 557

Effects on Articular Facet Joints 558

Effects on the Muscular System 558

Effects on the Nerves 558

Effects on the Entire Body Part 559

Traction Treatment Techniques 559

Lumbar Positional Traction 559

Inversion Traction 561

Manual Lumbar Traction 562

Mechanical Lumbar Traction 566

Manual Cervical Traction 575

Mechanical Cervical Traction 577

Indications and Contraindications 578

What does the Most Recent Best-Available Evidence
Say about The Effectiveness of Traction as a Clinical Technique? 580

Summary 582

15. Intermittent Pneumatic Compression Devices 591

Daniel N. Hooker

The Lymphatic System 591

Purposes of the Lymphatic System 591

Structure of the Lymphatic System 592

Peripheral Lymphatic Structure and Function 592

Injury Edema 593

Formation of Pitting Edema 593

Formation of Lymphedema 594

The Negative Effects of Edema Accumulation 595

Treatment of Edema 595

Intermittent Pneumatic Compression Treatment Techniques 597

Inflation Pressures 598

On–Off Sequence 599

Total Treatment Time 599

Sequential Compression Pumps 600

Patient Setup and Instructions 601

Cold And Compression Combination 604

Indications and Contraindications for Use 605

Blood Flow Restriction (BFR) Training 606

Recovery Boots 606

What Does The Most Recent Best-Available Evidence Say
About The Effectiveness of Intermittent Pneumatic Compression
as a Clinical Treatment Modality? 608

Summary 608

16. Therapeutic Massage and Soft Tissue Mobilization 617

William E. Prentice

Physiologic Effects of Massage 617

Reflexive Effects 618

Mechanical Effects 619

Psychological Effects of Massage 619

Massage Treatment Considerations and Guidelines 619

Equipment 622

Classic Massage Treatment Techniques 623

Swedish Massage (Hoffa Massage) 623

Soft Tissue Mobilization Techniques 630

Cyriax Deep Transverse Friction Massage 630

Connective Tissue Massage 631

Trigger Point Massage 633

Myofascial Release 637

Strain–Counterstrain 638

Positional Release Therapy 639

Active Release Technique® 640

Graston Technique® 641

Rolfing 641

Trager 643

Cupping Therapy 644

Percussive Massage 645

Indications and Contraindications for Massage 645

What Does the Most Recent Best-Available Evidence Say About the Effectiveness of Various Massage Techniques as Clinical Treatment Modalities? 646

Summary 648

17. Vibration Therapy 659

Troy Blackburn, Jonathan Goodwin, Chris Johnston, and Derek Pamukoff

Somatosensory Function 660

Effects of Vibration on Proprioception and Kinesthesia 660

Effects of Vibration on Balance 661

Effects of Vibration on Reflexive Neuromuscular Control 662

Effects of Vibration on Gait Biomechanics 662

Biological Effects 663

Muscle Function 663

Bone Health 663

Cartilage Health 665

Patient Self-Report and Functional Outcomes	665
Clinical Recommendations	665
Indications, Contraindications, and Precautions	667
What Does the Most Recent Best-Available Evidence Say about the Effectiveness of Vibration Therapy as a Clinical Treatment Modality?	668
Summary	669
Appendix A Location of Motor Points	680
Appendix B Units of Measure	683
Answers to Self-Test Questions	685
Index	687