

PHYSIOTHERAPY

INTRODUCTION

Associate professor Elena Amaricai, MD, PhD
Department of Physical Medicine and Rehabilitation

DEFINITION

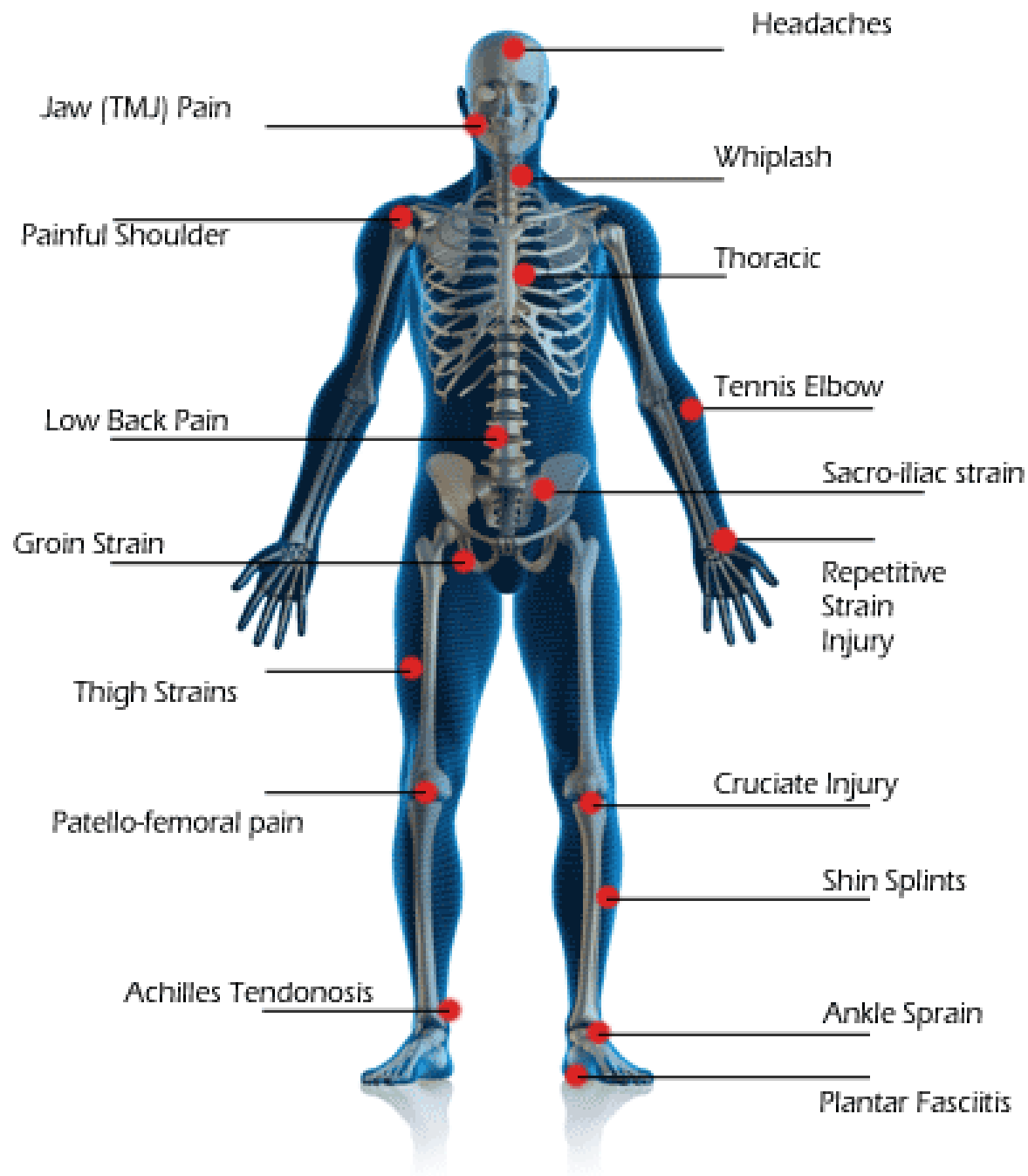
- **Physiotherapy**: the treatment of disease, injury, or deformity by **physical methods** such as massage, heat treatment, and exercise rather than by drugs or surgery.
- In the US called **physical therapy**.

DEFINITION

- **Physical therapy (PT)**, also known as **physiotherapy**, is a physical medicine and rehabilitation specialty that, by using mechanical force and movements,
 - **remediates impairments** and
 - **promotes mobility, function, and quality of life**through - examination
 - diagnosis
 - prognosis
 - physical intervention.
- It is performed by **physical therapists** (known as **physiotherapists** in many countries).



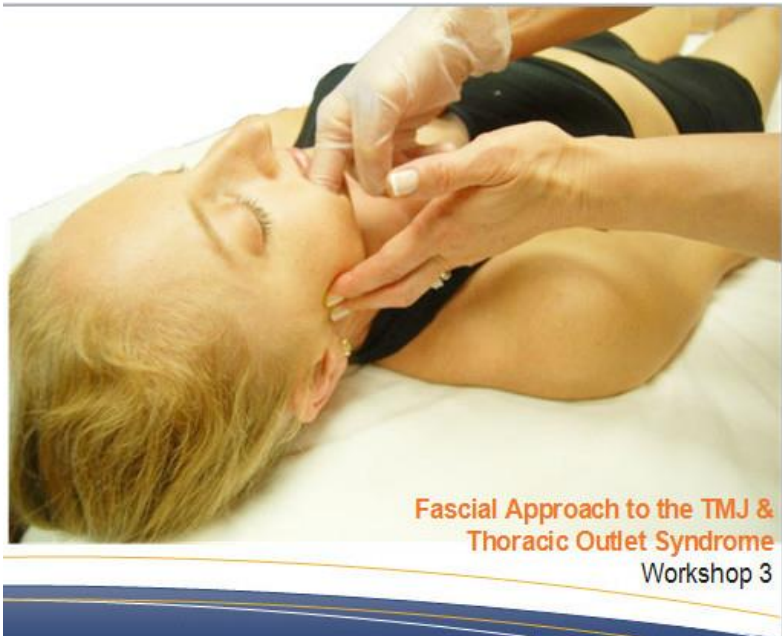




Treatment modalities in physiotherapy

Massage	Electrotherapy	Thermal therapy	Physical activity
Deep tissue massage	TENS	Hot packs	Soft tissue mobilization
Trigger point therapy	- Conventional TENS	Paraffin wax	Joint mobilization
Myofascial release massage	- Acupuncture like TENS	Ice packs	Muscle conditioning
	Electro acupuncture	Ice massage	
	Short wave diathermy	Cold spray	
	Microwave diathermy		
	UV Radiation		
	IR Radiation		
	Ultrasound therapy		
	Lasers		
	Iontophoresis		

Massage/ Manual therapy



Electrotherapy



Electro acupuncture



Trigeminal Neuralgia

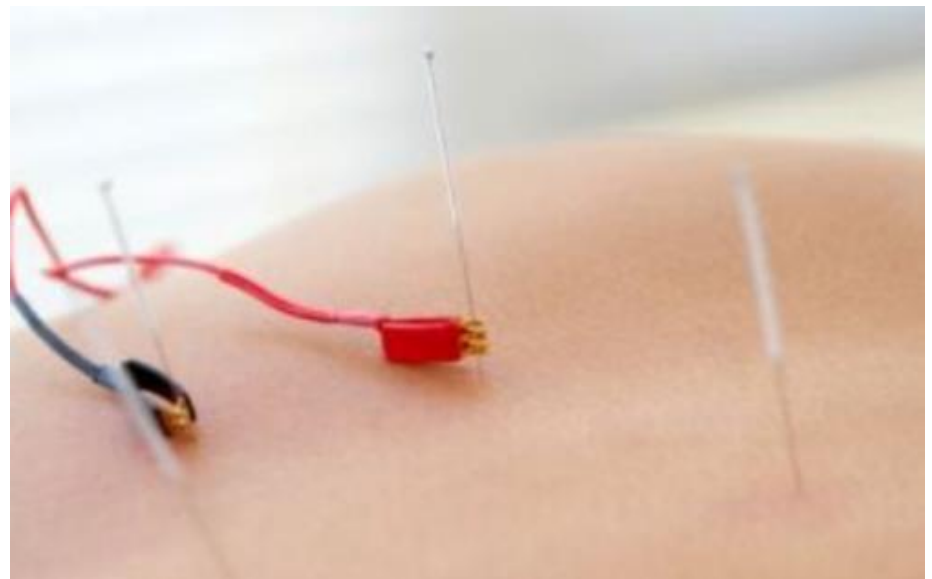
Acu-points:
1st branch: BL-2, GB-14
2nd branch: SI-2, SI-7 or SI-18
3rd branch: CV24, SI-7

Electrical stimulation:
2-10 Hz from beginning,
increase to 40, 50, 60 when treatment
progressed

Treatment Protocol:
One to two times a week for five weeks.



Cheng, Xianqiang. *Chinese Acupuncture and Moxibustion*. 37 ed.
Beijing: Foreign Language Press, 2004.



Iontophoresis

Iontophoresis: Basic Principle

- Like charges repel like charges,
 - Drug ions are repelled or pushed into the underlying tissue.
- Two electrodes
 - One drug delivery
 - One larger dispersive electrode



Short wave diathermy

■ Clinical indications:

1. Resent burns.
2. Recent injuries.
3. Plastic surgery.
4. Postoperative
5. Post laminectomy pain.
6. Sinusitis
7. TMJ disorders.
8. Bell's palsy.
9. Sub deltoid bursitis ass. With calcification.
10. Chronic arthritis
11. Degenerative complaints.
12. PID (pelvic infla. Dis.)
13. ∇pain ass. With herpes zoster.



Ultrasound therapy



Laser



Infrared radiation

THREE TREATMENT METHODS

Repair of cervical spine

By given acupoint stimulation and stimulation through the meridians pass to meridian, and joint activities, lysis of adhesions so as to achieve the effect of prevention and treatment of cervical vertebra disease



Osseous arthritis

Biological spectrum generator radiation of pain sensitive bits, in elementary particle resonant excitation, do point "in the heatgeneration effect" and "biochemical reaction, make local blood circulation increase quickly, improve the ischemia and acidic metabolites accumulation phenomenon



Lumbar joint therapy

Effect of bio energy in the cell, causing the comprehensive effects of cell, tissue, etc., so as to promote the body's natural balance process, to illnesses Yikang.



Thermal therapy



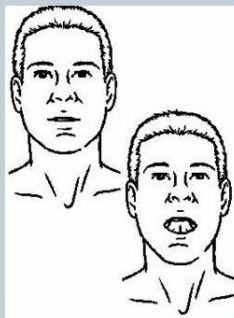
Physical activity



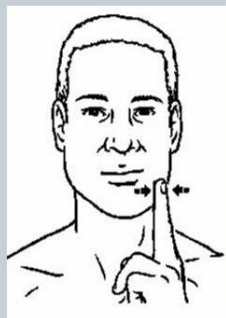
Examples of TMJ Exercises



Resisted Protrusion



Mandibular Opening without
anterior translation



Resisted lateral excursion

Turn the corners of the
mouth up



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Push the upper lip
forward



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Suck in the cheeks and
push the lips forward



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Wrinkle the nose

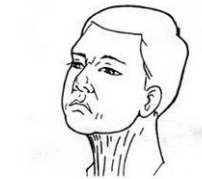


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Screw up the eyes tightly



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Turn the corners of the mouth
down and tighten the muscles
on the front of the neck



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Push the lower lip
forward



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Bring the eyebrows
together in a frown



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Raise the eyebrows