

# PHYSIOTHERAPY

## INTRODUCTION

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# DEFINITION

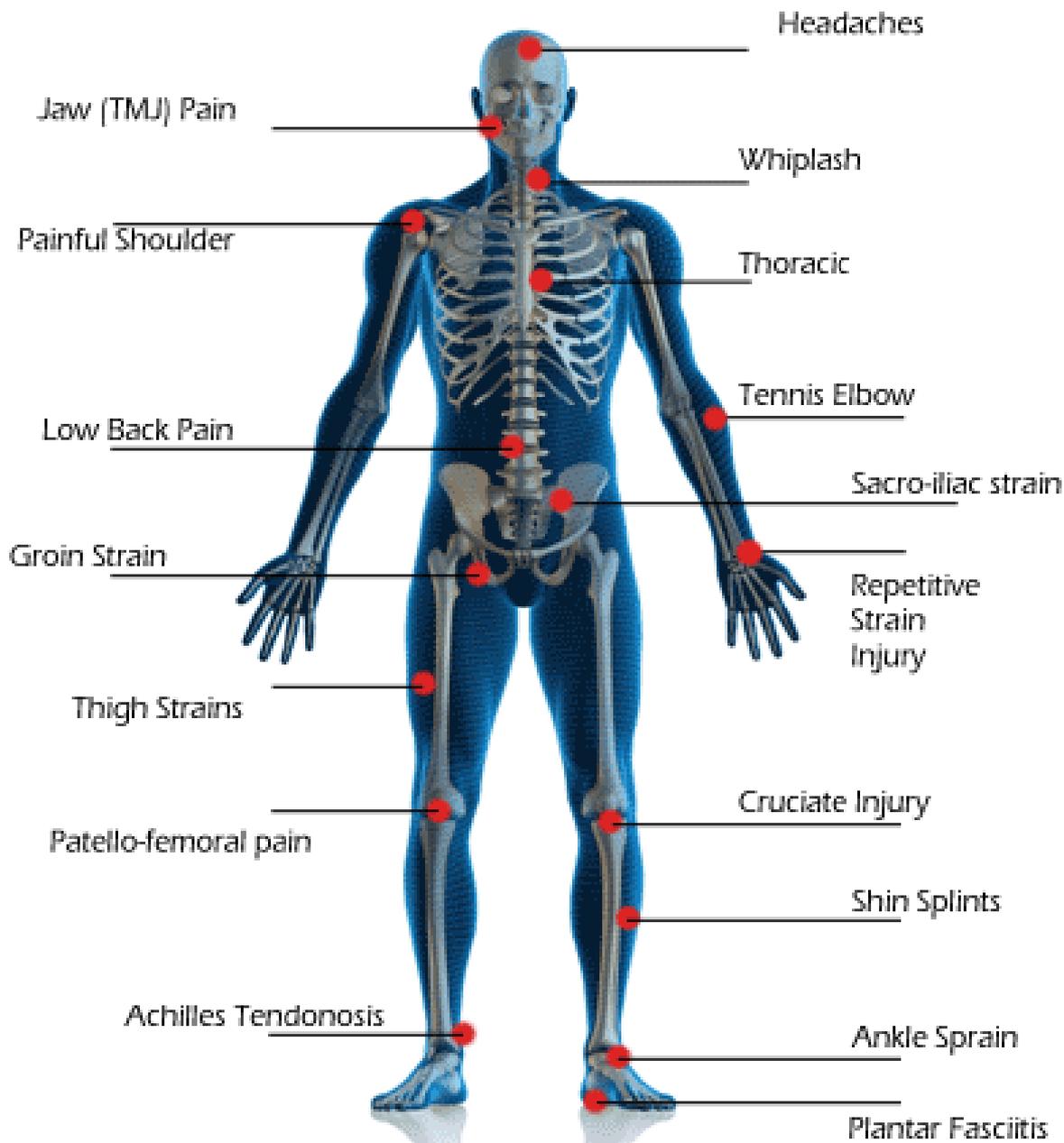
- **Physiotherapy**: the treatment of disease, injury, or deformity by **physical methods** such as massage, heat treatment, and exercise rather than by drugs or surgery.
- In the US called **physical therapy**.

# 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).



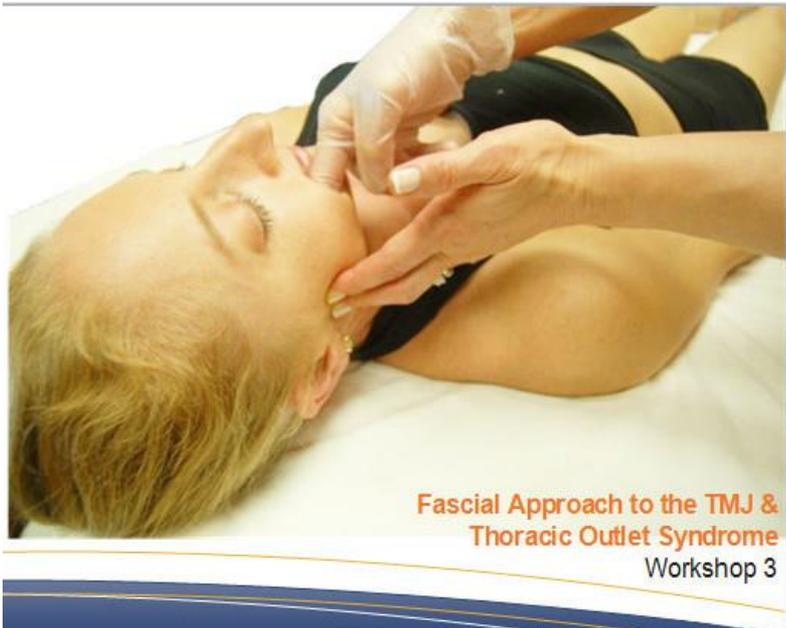




# Treatment modalities in physiotherapy

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



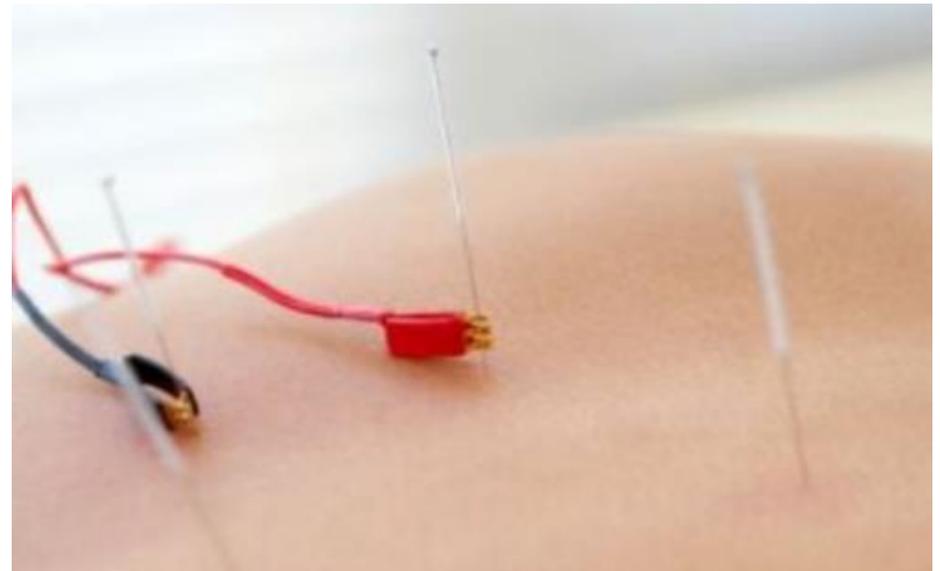
## Trigeminal Neuralgia

**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 #4.  
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.  $\sphericalangle$  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.



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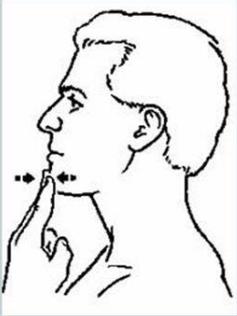
# Thermal therapy



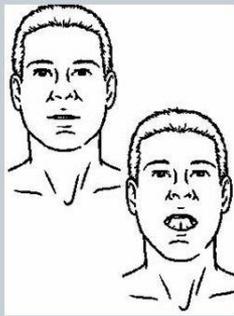
# Physical activity



## Examples of TMJ Exercises



Resisted Protrusion



Mandibular Opening without anterior translation



Resisted lateral excursion

<p>Turn the corners of the mouth up</p> <p>© The Saunders Group Inc.</p>	<p>Push the upper lip forward</p> <p>© The Saunders Group Inc.</p>	<p>Suck in the cheeks and push the lips forward</p> <p>© The Saunders Group Inc.</p>	<p>Wrinkle the nose</p> <p>© The Saunders Group Inc.</p>	<p>Screw up the eyes tightly</p> <p>© The Saunders Group Inc.</p>
<p>Turn the corners of the mouth down and tighten the muscles on the front of the neck</p> <p>© The Saunders Group Inc.</p>	<p>Push the lower lip forward</p> <p>© The Saunders Group Inc.</p>	<p>Bring the eyebrows together in a frown</p> <p>© The Saunders Group Inc.</p>	<p>Raise the eyebrows</p> <p>© The Saunders Group Inc.</p>	