

## Sample Template – Written Standards for Modalities

Providing therapy to our patients is a very important aspect of our treatment program. It allows the patient to relax just before receiving an adjustment, allowing for much more of the patient's muscular cooperation during and after the adjustment. This process also helps the patient hold the adjustment longer, which in turn improves the re-training of their muscle memory. Along with helping patients feel better quicker, using therapy helps to shorten the length of their treatment program and decrease the cost of their overall treatment program.

**Electrical Muscle Stimulation:** This type of therapy is used on an area to send an electrical current through the skin into the soft tissues (muscles) or to a peripheral nerve or nerves to control pain, assist in muscle coordination, reduce muscle spasms, reorganize newly formed collagen tissue, reduce inflammation and enhance soft tissue healing. The intensity used is to the patient's tolerance and will be used for 15 minutes.

**Ultrasound:** The ultrasound machine is designed to send high frequency sound waves deep down into your tissues. The action of the sound waves creates cellular friction (a rubbing together of the molecules in your body), which produces heat; this increases local blood flow to enhance healing. The intensity generally used is 5-10 watts and will be used for 15 minutes on each patient.

**Ultrasound/Electrical Stimulation:** This type of therapy combines the use of electrical stimulation and ultrasound. The electrical stimulation helps reduce muscular spasms and helps locate where the sensitive areas are located. The ultrasound produces deep heat, increases circulation to the injured tissues, and enhances healing. The intensity used is to the patient's tolerance with the EMS and 5-10 watts with the ultrasound for 15 minutes.

**Intersegmental Traction:** This machine is a table, which has a system of rollers that rise up through a hole in the center of the table. When the patient lies on their back, the rollers gently roll up and down the spine. This action on the spine helps to elongate the anterior longitudinal ligament of the spine, providing increased mobilization and more flexibility to each spinal joint. This action also helps reduce adhesions in the spinal joints, thus decreasing the stiffness of arthritis. The intensity or pressure of the rollers is to the patient's tolerance for 15 minutes.

**Hydroculator Packs – Moist Heat Packs:** This type of therapy is used on patients after the acute phase or for chronic conditions with no inflammation. Its purpose is to soften scar tissue, relax muscle spasms, promote flexibility and increase lymphatic, blood and chemoreceptor exchange, as well as sedating damaged nerves.

**Cryotherapy:** This therapy is used during the initial phase (acute inflammatory stage) to reduce capillary leakage, inflammation, pain and myofascitis. It also shrinks the torn capillaries to accelerate the clotting process, and reduces nerve conduction velocities in both the motor and sensory fibers. This therapy is always used for exactly 20 minutes.