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| **Modality** | **Why Used** |
| Electric Stim | A mechanical modality, using electrical wavelengths to treat pain, muscle spasms and inflammation. |
| Ultrasound | A mechanical modality, using ultrasonic wavelengths to promote healing and increase tissue temperature. |
| Ice or Ice Cups | Cold application through ice bags or ice cup is used to modify pain, decrease muscle spasms and control the inflammatory response. |
| Hot Pack | Heat application is used to decrease muscle spasms and heat affected tissue. |
| Game Ready Unit | A unit that provides circulating cold water and compression to the treatment area. Compression and cold therapy have been shown to reduce pain and slow the inflammatory response. |
| Normatec Recovery Boots | Intermittent compression is used to help in the muscle recovery process, or provide compression to swollen joints of the lower extremity. |
| IASTM | A manual therapy modality, Instrument Assisted Soft Tissue Mobilization - IASTM, is a form of fascial therapy which uses a hard instrument, Tecnica Gavilan Tool, to break up fascial adhesion and restrictions. Through IASTM and movement the treatment session will improve blood flow to the area, mobility and neuromuscular activity. Redness or small petechia (red or purple spots from broken capillaries under the skin) may occur on the skin as a result of the treatment. |
| MFD | A manual therapy modality, Myofascial Decompression - MFD, is a pneumatic cupping modality which incorporates decompressive therapy and movement along the fascial lines of the body. Through this modality, space is created within the affected treatment area allowing for increased blood flow and other healing properties to saturate the tissue. MFD attempts to address adhesions in the tissue which would decrease neuromuscular activity and overall function. One potential side effect of this modality is circular bruising which could last 3-7 days, this is not an adverse effect of the treatment but rather a sign of increased blood flow to the area. |
| Massage | Therapeutic Massage is used for many applications from addressing functional restrictions, modifying pain or decreasing swelling. |
| Joint Mobilization | A manual therapy technique, in which the joint capsule is stretched to decrease pain, release endorphins and improve joint motion. |
| Floss Bands | A compressive therapy technique, which involves wrapping a therapeutic band around an affected area and going through the full ROM. The compression band creates a shearing force within the treatment tissue, addressing fascial restrictions, swelling and joint kinematics. The floss bands do have a small percentage of latex which may affect, latex sensitive students. |
| Thera Gun | A mechanical device that delivers percussion massage to the treatment area. This is shown to decrease muscle spasm while increasing blood flow and neuromuscular activity. |