

Phonophoresis

After an injury, inflammation occurs in the body as part of the natural healing process. The symptoms and signs of inflammation include: pain, swelling and redness on and around the injured and inflamed area. Phonophoresis is a treatment option that may be used by physical therapists, involving the use of sound waves to deliver medicine to inflamed areas. It is considered to be an anti-inflammatory treatment.

The ultrasound machine is used alongside medicated gels which are applied directly to the skin. The machine helps to gently pass the medicine through the skin into the affected places. Phonophoresis is most often used to treat soft tissue inflammations along with inflamed muscles, tendons and ligaments.