

BRPM Modalities (services)

1-**Triton DTS Spinal Decompression Table**- The Chattanooga Triton DTS Spinal Decompression Table is a sophisticated device, featuring five unique, fully programmable pull patterns, which achieve pull forces that closely mimic hand-delivered therapy. It allows isolation of all phases of pull with independent timing. Variable speed control achieves ultimate patient comfort and increased treatment flexibility.

2-**Electrical Stimulation and TENS**

(transcutaneous electrical neuromuscular stimulation) commonly used in our physical therapy to help decrease pain around injured tissue. Other forms of electrical stimulation we use are to contract muscles. This is called neuromuscular electrical stimulation (NMES) and is used to help your injured muscles "relearn" how to function properly.

3-**Traction**- Traction is used in the treatment of injuries to patient that causes low back pain and neck pain to help decrease pain and improve mobility in the spine.

4-**Joint Mobilization** Joint mobilization occurs when our doctor or nurse passively moves the joints of your body in specific directions. This can help to decrease pain and improve mobility.

5-**Massage**- Massage consists of staff members hands or electric massager to knead the injured tissues of your body to help decrease pain, improve circulation, and decrease muscle tension. There are many massage techniques, including effleurage, petrissage, and trigger point massage.

6-**Moist Heat**- Moist heat, or hot packs, are another option to be applied to your body if you have an injury. The heat helps to increase circulation to the injured tissues, relax the muscles, and provide pain relief. At BRPM, hot packs are kept in a device called a hydrocollator. This is a large tank of hot water. The hot packs are cloth packs filled with a sand, clay and silica mixture. The hot pack absorbs the hot water, and then it is wrapped in terry cloth covers and towels before being applied to your body. The hot pack is usually kept on the injured body part for 15 to 20 minutes.

7-**Ice Packs**- When you come to BRPM complaining of pain from an injury, cold packs or ice may be applied to your body to help decrease pain and control inflammation. Ice is usually used during the acute or initial phase of injury to limit

localized swelling around tissues. Ice packs are usually applied for 15 to 20 minutes and can be done multiple times a day allowing the patient to continue at home.

8-**Iontophoresis**- Iontophoresis is a form of electrical stimulation that is used to deliver medication across the skin to inflamed or injured tissues. Most often, a steroid like dexamethasone is used in the treatment of inflammation. This steroid can help decrease pain and swelling of tissues that occurs when they are inflamed.

9-**Ultrasound**-Ultrasound is a deep heating treatment used to treat many musculoskeletal conditions like sprains, strains, or tendonitis. Ultrasound is administered by our staff using an ultrasound machine. A wand called a sound head is pressed gently against your skin and moved in small circular sweeps near the site of injury. A small amount of gel is used so the ultrasound waves are absorbed into the skin and muscles.

10-**Exercise**- Exercise is a controlled personal physical stress applied to the body to help improve strength, range of motion, or flexibility. Walking on a treadmill, hip strengthening exercises, or straight leg raising exercises are exercises patients can start on or regularly do in our exercise room on site at BRPM.

11-**Phonophoresis**- is the process of delivering topical medication applied with Ultrasound.

12-**Biofreeze**-is an analgesic gel or spray we use at BRPM that relieves underlying aches and pains caused by tight sore muscles and/or joints.

Other Modalities used at BRPM:

Dry Heat

Taping

Light Laser Therapy

Dry Needling

Active Release Technique

