

INTRODUCTION TO ELECTROTHERAPY

[Transcutaneous Electrical Nerve Stimulation (TENS) and Interferential Current (IF)]

Target group: Physiotherapists

On completion of the course you will be able to:

- Assess the following physiotherapy method
- Work with case studies and treat the patients impairment, which can be expressed in:
 - dermatome, for example by 'referred pain' (pain point application / pain areas / trigger points);
 - myotome (muscular application, hypertonic key-muscles);
 - sclerotome (connective tissue / bone etc);
 - neurotome (nerve application, skin nerves / peripheral nerve stimulation points);
- Determine and specify the patient's problem.
- Make a treatment plan
- Treat the patient according to his/her demands/problems

Content:

Theory and practice:

- Several applications: transregional, painpoint (trigger point), muscular, nerve and segmental application.
- Transcutaneous Electrical Neuro Stimulation: different types of TENS i.e. Conventional, Low frequency, Burst TENS
- Interferential Therapy
- Application techniques and effects of TENS and Interferential Therapy
- Patient education
- Theory of pain relief

Schedule:

Total duration	1 week
Number of participants	24 (maximum)

Requirements:

A room with a total of 12 massage tables (i.e. two participants to one massage table).

Electrotherapy equipment