

Introduction to Electrotherapy Transcutaneous Electrical Nerve Stimulation (TENS) & Interferential current (IF)

Target group: Physiotherapist

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 express oneself 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 demands/problems

Content:

Theory & 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 & Interferential Therapy

Patient education

Theory of pain relief