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Ultra-sound Therapy

Ultra-sound therapy has been used by practitioners for over fifty years to treat soft tissue injuries. Sound waves of high frequency are produced by vibration of the metal treatment head. When sound waves come into contact with air it causes a dissipation of the waves and so a special ultra-sound gel is used on the skin to maximise contact between the treatment head and the surface of the skin.

The greatest benefit of ultra-sound therapy is that it is considered to reduce the healing time of certain soft tissue injuries. The overall affect of ultra-sound on soft tissues is an increase in localised blood flow. Ultra-sound is contra-indicated immediately after an injury but is a very useful therapy for speeding up the healing process in the days and weeks after the initial injury.

Ultra-sound is used as part of a treatment programme for a wide range of soft tissues injuries in The Malvern Surgeries. These include:

- Ankle inversion sprains
- Plantar fasciitis
- Bursitis
- First joint pain
- Heel pain
- Post trauma swelling
- Post surgical swelling
- Tendonitis
- Foot strain

The Podiatrists at The Malvern Surgeries also use ultra-sound to treat certain types of chilblains where the blood flow is very static and the skin colour blue.