

## **HAND ARTHRITIS**

ELECTRODE PLACEMENT:	Active - Fit glove onto the hand.  Dispersive - Place on lower back or thigh, must have full skin contact
CURRENT:	Reciprocating/Alternating
PULSE RATE:	20 - 25 pps
POLARITY:	Negative
INTENSITY:	<u>Treat to patient tolerance</u>
TREATMENT:	45 minutes three times per day or PRN*

\* PRN - per doctor's orders

## **HAND**

### **CARPAL TUNNEL**

<b>ELECTRODE PLACEMENT:</b>	Active - Fit glove onto the hand  Dispersive - Place on lower back or thigh, must have full skin contact
<b>CURRENT:</b>	Reciprocating/Alternating
<b>PULSE RATE:</b>	First half of treatment at 100 pps, second half of treatment at 20 pps
<b>POLARITY:</b>	Negative
<b>INTENSITY:</b>	<u>Treat to patient tolerance</u>
<b>TREATMENT:</b>	45 minutes three times per day or PRN

## **HAND/WRIST**

### **CHRONIC EDEMA (After 48 hours)**

<b>ELECTRODE PLACEMENT:</b>	Active - Fit Glove onto hand  Dispersive - Place on lower back or thigh, must have full skin contact
<b>CURRENT:</b>	Reciprocating/Alternating
<b>PULSE RATE:</b>	20 pps - If patient cannot tolerate 20 pps, use 100 pps or lowest pps tolerable
<b>POLARITY:</b>	Negative
<b>INTENSITY:</b>	<u>Treat to patient tolerance</u>
<b>TREATMENT:</b>	45 minutes three times per day or PRN

## **HAND/WRIST**

### **ACUTE EDEMA (First 48 hours)**

<b>ELECTRODE PLACEMENT:</b>	Active - Fit Glove onto hand  Dispersive - Place on lower back or thigh, must have full skin contact
<b>CURRENT:</b>	Reciprocating/Alternating
<b>PULSE RATE:</b>	100 pps
<b>POLARITY:</b>	Positive
<b>INTENSITY:</b>	<u>Treat to patient tolerance</u>
<b>TREATMENT:</b>	45 minutes three times per day or PRN

## **ELBOW**

### **EPICONDYLITIS**

<b>ELECTRODE PLACEMENT:</b>	Active - Place sleeve over the elbow  Dispersive - Place on lower back or thigh, must have full skin contact
<b>CURRENT:</b>	Reciprocating/Alternating
<b>PULSE RATE:</b>	First half of treatment at 100 pps, second half of treatment at 20 pps
<b>POLARITY:</b>	Negative
<b>INTENSITY:</b>	<u>Treat to patient tolerance</u>
<b>TREATMENT:</b>	45 minutes three times per day or PRN

## **FOOT**

### **PLANTAR FACIITIS**

<b>ELECTRODE PLACEMENT:</b>	Active - Fit sock onto the foot  Dispersive - Place on upper thigh of opposite leg, must have full skin contact
<b>CURRENT:</b>	Reciprocating/Alternating
<b>PULSE RATE:</b>	100 pps
<b>POLARITY:</b>	Negative
<b>INTENSITY:</b>	<u>Treat to patient tolerance</u>
<b>TREATMENT:</b>	45 minutes three times per day or PRN

## **FOOT/ANKLE**

### **TARSAL TUNNEL**

<b>ELECTRODE PLACEMENT:</b>	Active - Fit sock onto the foot  Dispersive - Place on upper thigh of opposite leg, must have full skin contact
<b>CURRENT:</b>	Reciprocating/Alternating
<b>PULSE RATE:</b>	First half of treatment at 100 pps, second half of treatment at 20 pps
<b>POLARITY:</b>	Negative
<b>INTENSITY:</b>	<u>Treat to patient tolerance</u>
<b>TREATMENT:</b>	45 minutes three times per day or PRN

## **FOOT/ANKLE**

### **BUNIONECTOMY**

<b>ELECTRODE PLACEMENT:</b>	Active - Fit sock onto foot, place foot in water  Dispersive - Place on upper thigh of opposite leg, must have full skin contact
<b>CURRENT:</b>	Reciprocating/Alternating
<b>PULSE RATE:</b>	20 pps
<b>POLARITY:</b>	Negative
<b>INTENSITY:</b>	<u>Treat to patient tolerance</u>
<b>TREATMENT:</b>	45 minutes three times per day or PRN

## **FOOT/ANKLE**

### **TRAUMATIC & POST-OP/ANKLE**

<b>ELECTRODE PLACEMENT:</b>	Active - Fit sock onto the foot, place foot in water  Dispersive - Place on thigh of opposite leg, must have full skin contact
<b>CURRENT:</b>	Reciprocating/Alternating
<b>POLARITY:</b>	Positive for first 48 hours. After 48 hours, negative.
<b>PULSE RATE:</b>	20 pps for first half of treatment time, and 100 pps for last half of treatment time.
<b>INTENSITY:</b>	Treat to sensory level for first 48 hours. After 48 hours, <u>treat to patient tolerance</u> .
<b>TREATMENT:</b>	45 minutes three times per day or PRN

## **FOOT/ANKLE**

### **ACUTE EDEMA (First 48 hours)**

<b>ELECTRODE PLACEMENT:</b>	Active - Fit Sock onto foot Dispersive - Place on opposite thigh, must have full skin contact
<b>CURRENT:</b>	Reciprocating/Alternating
<b>PULSE RATE:</b>	100 pps
<b>POLARITY:</b>	Positive
<b>INTENSITY:</b>	<u>Treat to patient tolerance</u>
<b>TREATMENT:</b>	45 minutes three times per day or PRN

## **FOOT/ANKLE**

### **CHRONIC EDEMA (After 48 hours)**

ELECTRODE PLACEMENT:	Active - Fit Sock onto foot Dispersive - Place on opposite thigh, must have full skin contact
CURRENT:	Reciprocating/Alternating
PULSE RATE:	20 pps - If patient cannot tolerate 20 pps, use 100 pps or lowest pps tolerable
POLARITY:	Negative
INTENSITY:	<u>Treat to patient tolerance</u>
TREATMENT:	45 minutes three times per day or PRN

## **KNEE**

### **POST-OP ARTHROSCOPY**

<b>ELECTRODE PLACEMENT:</b>	Active - Fit knee sleeve over the knee  Dispersive - Place on lower back or opposite thigh, must have full skin contact
<b>CURRENT:</b>	Reciprocating/Alternating
<b>PULSE RATE:</b>	100 pps for first 48 hours. After 48 hours, first half of treatment time at 100 pps, and last half of treatment time at 20 pps.
<b>POLARITY:</b>	Positive for first 48 hours. After 48 hours, negative.
<b>INTENSITY:</b>	Treat to sensory level for first 48 hours. After 48 hours, <u>treat to patient tolerance</u> .
<b>TREATMENT:</b>	One hour three times per day or PRN

## **KNEE**

### **JOINT REPLACEMENT - ACUTE**

ELECTRODE PLACEMENT:	Active - Fit knee sleeve over the knee  Dispersive - Place on lower back or opposite thigh, must have full skin contact
CURRENT:	Reciprocating/Alternating
POLARITY:	Positive for first 48 hours. After 48 hours, first half of treatment time at 100 pps and last half of treatment time at 20 pps.
INTENSITY:	Treat to sensory level for first 48 hours. After 48 hours, <u>treat to patient tolerance</u> .
TREATMENT:	One hour three times per day or PRN

## **KNEE**

### **JOINT REPLACEMENT - CHRONIC**

<b>ELECTRODE PLACEMENT:</b>	Active - Fit knee sleeve over the knee  Dispersive - Place on lower back or opposite thigh, must have full skin contact
<b>CURRENT:</b>	Reciprocating/Alternating
<b>PULSE RATE:</b>	20 pps
<b>POLARITY:</b>	Negative
<b>INTENSITY:</b>	<u>Treat to patient tolerance</u>
<b>TREATMENT:</b>	45 minutes three times per day or PRN

## **KNEE**

### **REFLEX SYMPATHY DISORDER**

<b>ELECTRODE PLACEMENT:</b>	Active - Fit sleeve onto knee  Dispersive - Place on lower back or thigh, must have full skin contact
<b>CURRENT:</b>	Reciprocating/Alternating
<b>PULSE RATE:</b> pps	First half of treatment at 100 pps, second half of treatment at 20
<b>POLARITY:</b>	Negative
<b>INTENSITY:</b>	<u>Treat to patient tolerance</u>
<b>TREATMENT:</b>	45 minutes three times per day or PRN

## **KNEE**

### **ACUTE EDEMA (First 48 hours)**

ELECTRODE PLACEMENT:	Active - Fit knee sleeve over knee Dispersive - Place on opposite thigh, must have full skin contact
CURRENT:	Reciprocating/Alternating
PULSE RATE:	100 pps
POLARITY:	Positive
INTENSITY:	<u>Treat to patient tolerance</u>
TREATMENT:	45 minutes three times per day or PRN

## **KNEE**

### **CHRONIC EDEMA (After 48 hours)**

<b>ELECTRODE PLACEMENT:</b>	Active - Fit knee sleeve over the knee  Dispersive - Place on opposite thigh, must have full skin contact
<b>CURRENT:</b>	Reciprocating/Alternating
<b>PULSE RATE:</b>	20 pps - If patient cannot tolerate 20 pps, use 100 pps or lowest pps tolerable
<b>POLARITY:</b>	Negative
<b>INTENSITY:</b>	<u>Treat to patient tolerance</u>
<b>TREATMENT:</b>	45 minutes three times per day or PRN