



PHYSICAL THERAPY PAIN MANAGEMENT

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PHYSICAL THERAPY TREATMENT

- Manual therapy
- Therapeutic exercises
- Physical modalities

PHYSICAL AGENT MODALITIES

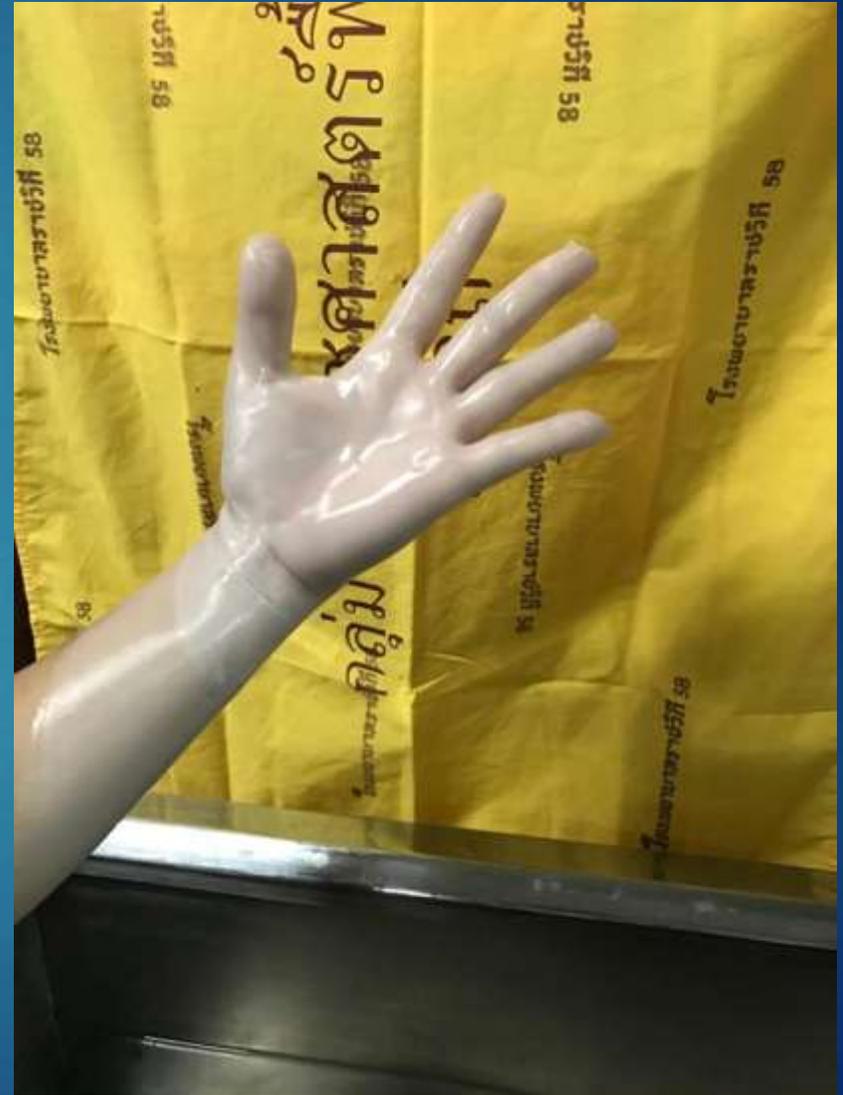
- Relieve pain
- Improve circulation
- Reduce inflammation
- Reduce muscle spasm
- Decrease swelling

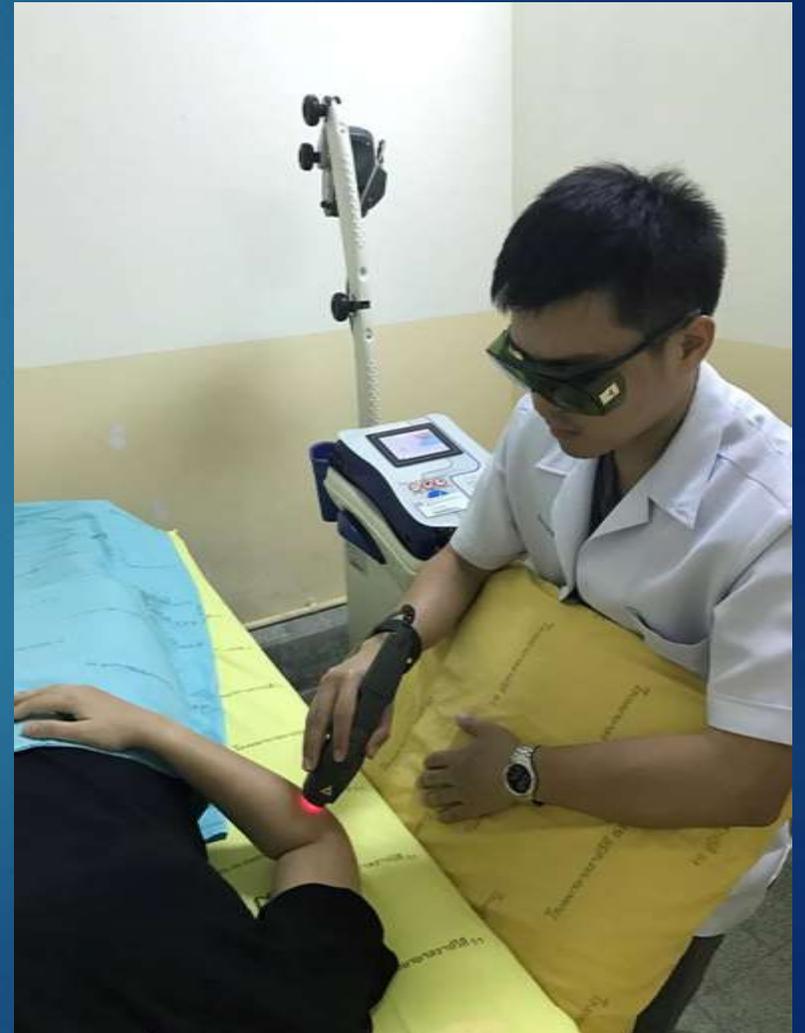
PHYSICAL AGENT MODALITIES

- ▶ Ultrasound
- ▶ TENS
- ▶ Interferencial current
- ▶ Traction
- ▶ Hot and cold pack
- ▶ Paraffin
- ▶ Taping
- ▶ High power laser therapy





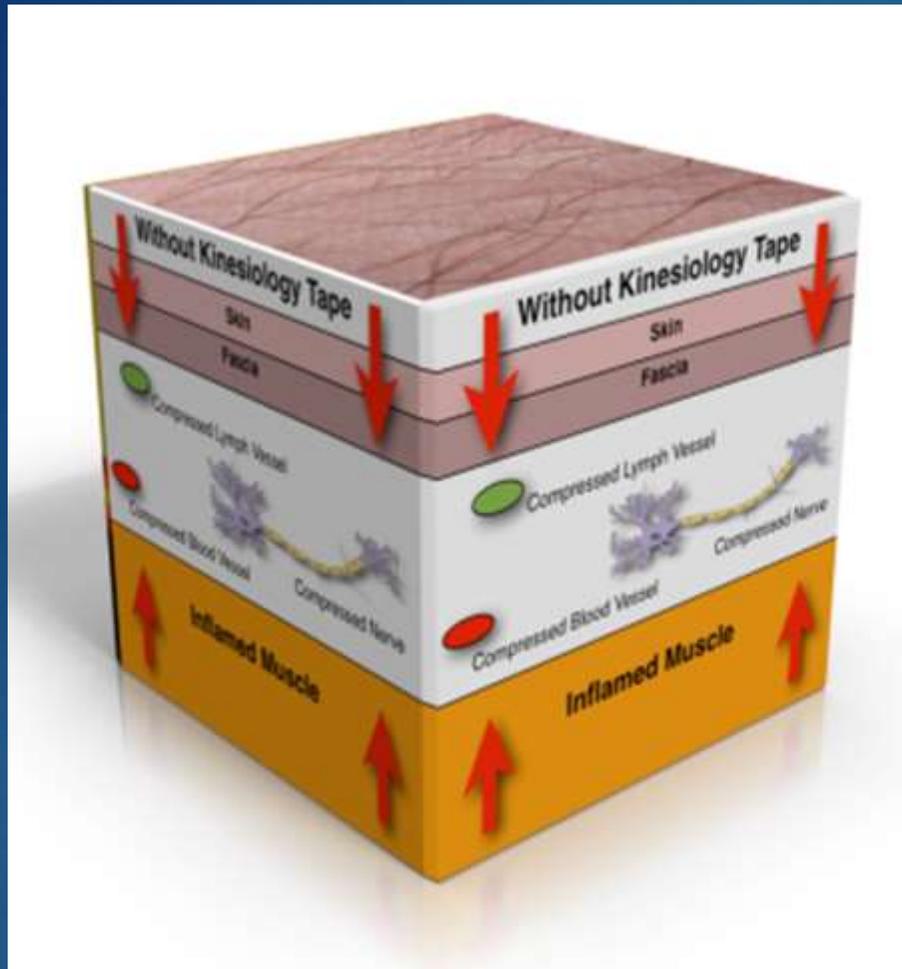




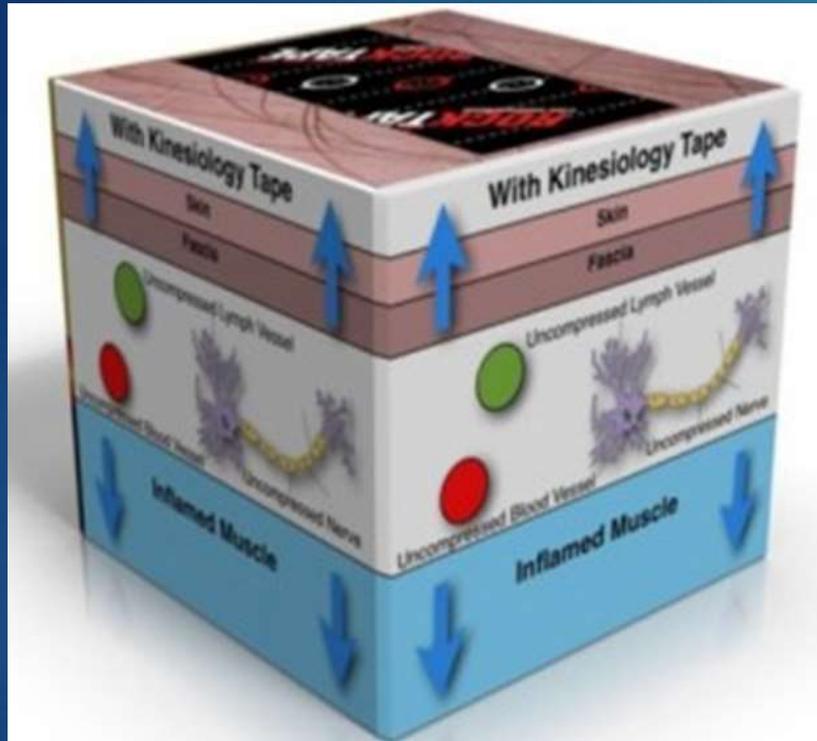


TAPING

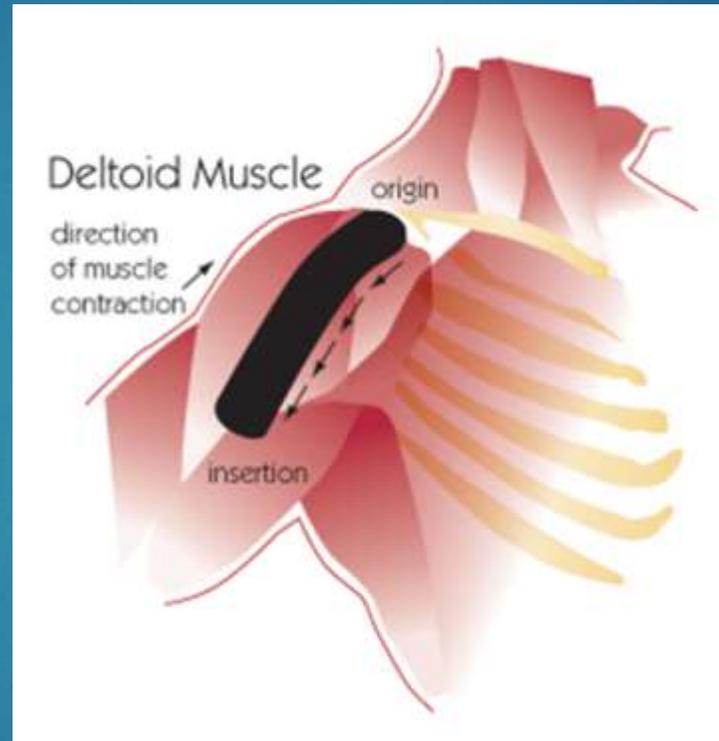
- ❖ How does it work?
- ❖ Principle of application
- ❖ Precaution



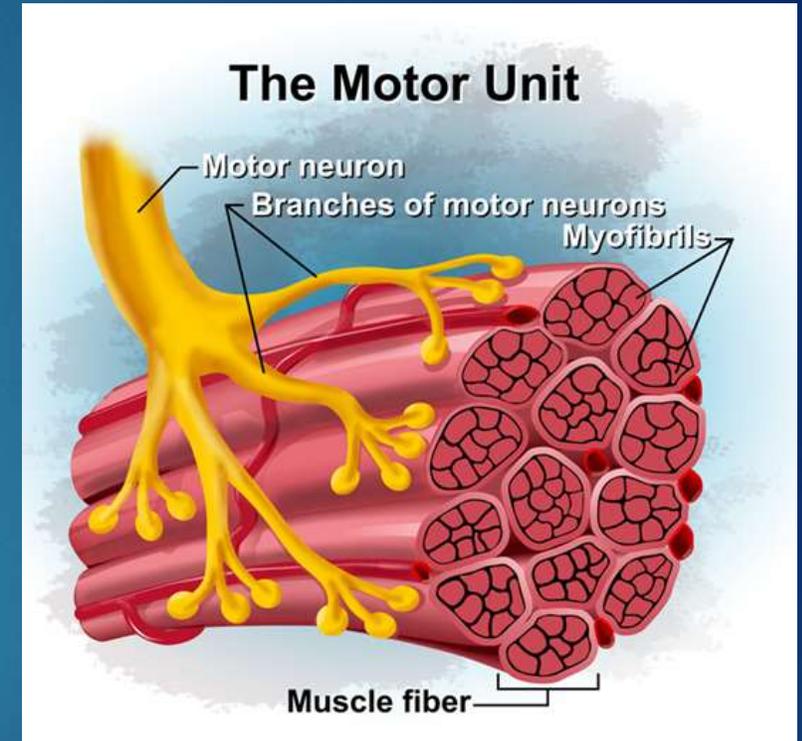
Applying an elastic tape on the skin creates a lifting effect, decompressing the subcutaneous layers beneath.



Fluid effect



Mechanical effect



Neurological effect

PRINCIPLES OF APPLICATION

3 STEP PROGRAM :

1. Stretch the body part
2. Stabilization tape
3. Decompression tape



RockTape ได้ถูกผลิตขึ้นในลักษณะรูปแบบของการทอผ้า สามารถยืดได้ถึง 180% มีเส้นสายหลังเทพวางตัวในทิศทางเดียวกับผิวหนังมนุษย์ สามารถสร้างกลไกการยกตัวของผิวหนังให้สูงขึ้น เนื้อเนื้อเยื่อเกี่ยวพัน (สังเกตได้จากรอยย่นหลังการติดเทป) เทปจะช่วยให้เลือดไหลเวียนได้ดีขึ้น ในบริเวณที่ได้รับบาดเจ็บ ช่วยเร่งการซ่อมแซมและฟื้นฟูของเนื้อเยื่อบริเวณนั้นจากการทำงานประสานกันได้ดีขึ้นของระบบประสาทและกล้ามเนื้อ

SNAP BACK

SYMPTOM REDUCTION TAPING (SRT)

- Pain reduction
- Strain
- Tightness
- Increase blood circulation
- Increase movement
- Support

5 CONDITIONS WHEN SHOULD NOT USE KT TAPE

- ▶ **Congestive Heart Failure.** Because heart failure creates an already excessive buildup of blood in the heart muscle, KT Tape states that, “Moving fluid back to a failing heart can overwork it.” This would, of course, mean that KT Tape should not be used on any part of the body when such a condition exists.
- ▶ **Infection.** In a similar sense to the two conditions above, the efficient movement of fluids throughout the body which KT Tape facilitates can encourage the spread of infection to other parts of the body. Since this would be undesirable and dangerous, it’s best to avoid taping whenever infection is present.
- ▶ **Cancer.** The experts at KT Tape tell us that taping when cancer is present may cause cancer cells to spread to other parts of the body (called metastasis), which is very dangerous. For this reason, the company gives the following unequivocal warning: “Without exception, tape should never be used with malignancies.”

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- ▶ **DVT** (Deep Vein Thrombosis). DVT is a condition in which blood clots form in one or more of the deep veins of the body (often in the leg veins). Using KT Tape in cases of deep vein thrombosis can cause blood clots to break free and travel to one of the vital organs (heart, lungs, or brain), which could be fatal. If you know you suffer from DVT, never apply KT Tape to the affected body parts. According to the blog post, “Taping for a clot is very dangerous and should never be done.”
- ▶ **Kidney problems, such as Renal Insufficiency.** Because KT Tape improves blood circulation and promotes lymphatic drainage, using it in conditions where the kidneys are unable to properly process body fluids can cause serious problems.

อาการที่ห้ามใช้เทป

- ❖ มือ เท้าชา
- ❖ คันตามผิวหนัง
- ❖ ตัวบวม
- ❖ ความดันโลหิตสูง
- ❖ ผิวหนังมีสีเหลืองปนน้ำตาล
- ❖ หายใจถี่
- ❖ เชื้อหุ้มหัวใจอักเสบ

THANK YOU