

ISM: Therapeutic Modalities & Manual Therapy Techniques

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| 1. thermal change to the tissue, more effective than dry heat | A. Active Release Technique |
| 2. decreases blood flow helping to decrease swelling, inflammation, pain, and muscle spasms | B. cupping |
| 3. uses innovative technology to deliver light energy to tissue, which reduces pain and increase circulation. | C. ultrasound |
| 4. provides both thermal and mechanical effects to the tissue depending on the % | D. Normatec |
| 5. use of anti-inflammatory medication with ultrasound | E. electrostimulation |
| 6. decreases pain by using electric impulses to block pain signals, reduces lactic acid build-up and allows nutrient-rich blood flow | F. phonophoresis |
| 7. systemic response to extreme cold that promotes blood circulation, reduces pain & inflammation, provides energy and shorter muscle recovery from injury and exercise | G. moist heat |
| 8. use of peristaltic pulse compression to massage limbs, mobilize fluid, and speed recovery | H. mobilizations |
| 9. instrument assisted soft-tissue mobilization | I. Graston technique |
| 10. incorporating a shorten to lengthen fashion of a specific muscle/tendon/ligament with either a proximal or distal tensioning | J. ice bag, ice cup |
| 11. used to reduce tissue tension, aide in pain and swelling reduction, minimize trigger points, tissue recovery and even activate muscles dependent on the method used | K. Dry Needling |
| 12. decompression approach is one of its kind that works in lifting of adhesions with movement instead of compressing the tissues | L. cryotherapy |
| 13. used to restore joint mobility by manually applying a controlled force into joints that have become hypomobile | M. laser |
| 14. provides afferent mechanoreceptor stimulus to the brain, and the brain will perceive stability | N. taping |