MECHANISMS OF INTERFERENTIAL

WHAT IS IT?

It is a form of therapy that utilises two different frequency electrical currents (high and low frequency) that **interfere** with one another to create a medium frequency within the desired tissue(s).

WHY?

This therapy helps to aid with the reduction of a pain and swelling but also stimulate muscles.

HOW DOES IT WORK?

it utilises two different frequency electrical currents (high and low frequency) that **interfere** with one another to create a medium frequency within the desired tissue(s). The electrodes will be placed in a way to enable this to occur.

WHAT IS IT FOR?

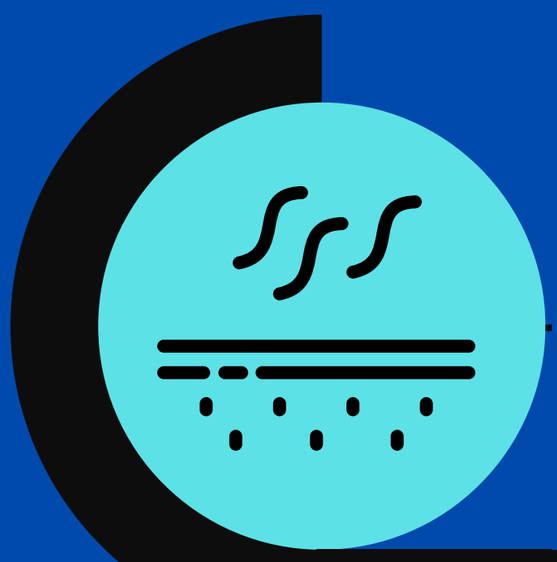
It can be used for:
Acute and Chronic Pain
Swelling
Musculoskeletal pain (e.g. Tennis Elbow, OA, Tendinitis)

SWAN SERVICES

Swan Physio Limited | Swan Health AND REHABILITATION | Cygnets Placements & Training

Students involved with the development
Ike Ndugbu (Keele) & Joshua Dang (Winchester), PEA1 & P1 June 2024

RISKS OF INTERFERENTIAL



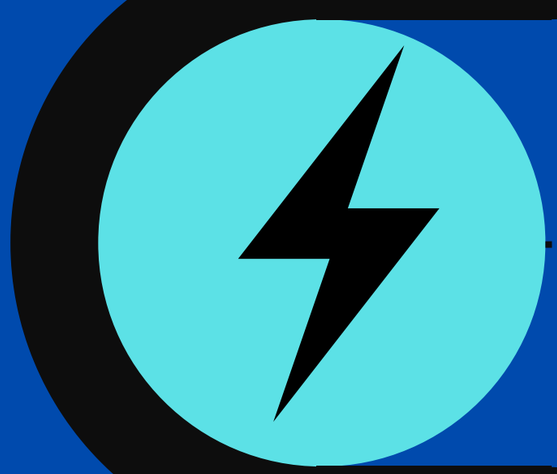
MUSCLE IRRITATION

If the electrode pads are too close to each other this can potentially cause muscle soreness or fatigue through over-activation of the muscle fibres.

SUBTLE DISCOMFORT

The lower frequency Interferential needs to get deeper. Thus it may create a discomfort like feeling in the superficial tissues (e.g skin)

Communicate with your therapist if this is the case



ELECTRIC SHOCK

Should the electrodes not have a good connection to the skin. The electrical current can jump from the electrode to the body causing a shock sensation to be felt.

SKIN IRRITATION

If allergic to gel based electrodes this can cause irritation to the skin. **Discuss this with your therapist prior to treatment if you have sensitive skin, We use Hypoallergenic electrodes but there is always a risk of irritation.**

SWAN SERVICES

Swan Physio Limited | Swan Health AND REHABILITATION | Cygnets Placements & Training

Students involved with the development
Ike Ndugbu (Keele) & Joshua Dang (Winchester), PEA1 & P1 June 2024

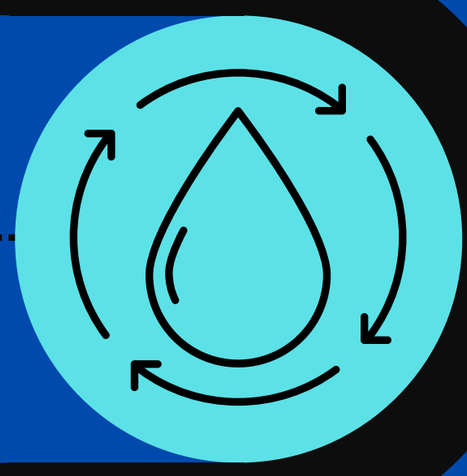
BENEFITS OF INTERFERENTIAL

PAIN RELIEF

Helps to stimulate the body’s own natural pain response system. Reducing pain signals sent to the brain.

BLOOD CIRCULATION

Blood vessels expand to allow more blood flow through the region affected by the stimulation



REDUCE SWELLING

Increases in blood flow and stimulation of muscles help to flush through any swelling.

IMPROVE RANGE OF MOVEMENT

Reductions in swelling and stimulation of muscles that are ‘weak’ can then potentially aid range of movement changes.

SWAN SERVICES

Swan Physio Limited | Swan Health AND REHABILITATION | Cygnets Placements & Training

Students involved with the development
Ike Ndugbu (Keele) & Joshua Dang (Winchester), PEA1 & P1 June 2024