

MECHANISMS OF TECARTHERAPY



WHAT IS IT?

It is a device that utilises a high frequency alternating current that creates electrical vibrations targeting the membranes of cells increasing their activity. It is applied with electrodes or via the Therapist's hands during their usual treatment techniques e.g. Mobilisations, Massage, Needling

WHY?

TECAR requires less pressure and time to create the same effects as conventional techniques. It enables you to work through movements whilst having a current through the affected area - so can be used to get things moving in acute conditions, or if you are in pain.

Also the effects on the body continue working for over 24 hours after treatment so it helps get you going to keep yourself feeling better!

HOW DOES IT WORK?

It uses electrical current which passes through the body and helps to open up the cell membranes to allow things in and out at a faster rate to optimise healing. The currents also 'saturate' the nerves carrying pain signals to stop them doing so as much reducing pain felt by the patient. This all allows patients to then feel better to move better.

WHAT IS IT FOR?

It aids with pain relief, muscle tightness and helps with range of movement. It also increases blood flow to the affected area - this brings more of the needed nutrients for healing!

So it can be used for a wide variety of conditions such as: Acute & Chronic Pain Management, Tendinopathies, OA, scar tissues, lymphedema and sports rehabilitation



SWAN SERVICES



Original Development by:
Cameron Brown Physio August 24

RISKS OF TECARTHERAPY



DISCOMFORT

The electrodes can generate heat, sometimes very quickly! This leading to increased feeling of heat in the area

Ensure to constantly communicate with your therapist!



ELECTRIC SHOCK

If there is not a good connection between the body and the electrode - there maybe a little shock as it "jumps" from the electrode to the body.



RISK OF BURNS

Because the electrodes and/or return plate can generate heat - **if not communicated with your therapist** there could be the chance of burns.



ALLERGIES

Inform your therapist if you have any allergies to the cream/gel used with the machine as this could lead to a reaction of the skin.



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BENEFITS OF TECARTHERAPY



INHIBITS PAIN RESPONSE

It stops the release of the pain signals in the body! For you it means potential longer lasting pain relief.



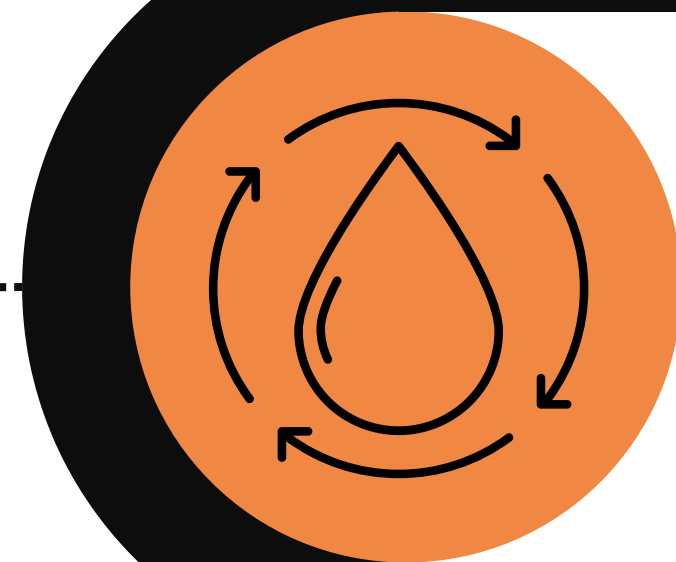
AIDS RANGE OF MOVEMENT

Because of the cells working more optimally, and heat generated as a result it helps to alleviate muscle tightness! Allowing for more movement!



IMPROVES BLOOD FLOW

By increasing the movement of substances in and out of the cells it allows more nutrients, blood and oxygen can come to the affected area and help speed up recovery



AIDS LYMPHATIC DRAINAGE

The warmth and increased circulation aids with the drainage of swelling and other products your body doesn't need



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