Ultrasound Therapy Key Facts

Summarizes what the article says about ultrasound therapy for back pain.

1. Ultrasound therapy uses high-frequency sound waves to increase blood flow, reduce inflammation and calm tight muscles.
2. A handheld device moves over the affected area, and the treatment is described as painless.
3. Chiropractors may use it before an adjustment to relax muscles and after to ease soreness.
4. It is described as best for mild to moderate muscle pain, soft tissue injuries and chronic muscle tension.
5. For severe pain or deeper problems like herniated discs, ultrasound alone might not be enough.
6. Shockwave therapy uses higher-energy waves and can feel uncomfortable, with a tapping or throbbing sensation.
7. The number of sessions depends on the severity of the pain and your response to treatment.
8. After a session, some people feel soreness in the treated area that typically fades within a day or two.

Notes

For general education only. Not a substitute for professional medical advice.