

CONTENTS

- Preface, vi
Acknowledgements, vii
List of Contributors, viii

SECTION 1 Introduction to Scientific Concepts

- 1** Introduction and General Concepts, 2

Tim Watson and Ethne L. Nussbaum

SECTION 2 Biophysical and Physiological Constructs

- 2** Physical Principles of Sound, Electricity and Magnetism, 12

Gail ter Haar

- 3** Physiological Principles, 36

- (a) The Neurobiology of Pain and Analgesia

Kathleen A. Sluka

- (b) Soft Tissue Healing and Repair

Tim Watson

- 4** Foundations of Electrical Stimulation, 70

David M. Selkowitz

SECTION 3 Thermal and Microthermal Modalities

- 5** Biophysical Effects of Heating and Cooling, 100

Tim Watson

- 6** Superficial Heating, 118

Binoy Kumaran

- 7** Pulsed and Continuous Shortwave and Radiofrequency Therapies, 132

Maryam M. Al-Mandeel and Tim Watson

- 8** Cryotherapy, 150

Chris Bleakley

SECTION 4 Non-Thermal, Microthermal and Light Energies

- 9** Ultrasound, 164

Tim Watson

- 10** Laser/Photobiomodulation, 189

G. David Baxter and Ethne L. Nussbaum

- 11** Ultraviolet Therapy, 208

Ethne L. Nussbaum

- 12** Magnetic and Pulsed Magnetic (PEMF) Therapies, 219

Oscar Ronzio

- 13** Shockwave, 229

Cliff Eaton and Tim Watson

- 14** Vibration, 247

Marco Y. C. Pang and Freddy M. H. Lam

SECTION 5 Electrical Stimulation

- 15** Transcutaneous Electrical Nerve Stimulation (TENS), 264

Mark I. Johnson

- 16** Neuromuscular Electrical Stimulation (NMES), 296

Joseph Anthony

- 17** Functional Electrical Stimulation (FES), 328

Sally Durham and Sarah Taylor

- 18** Alternating Currents: Interferential Therapy, Russian Stimulation and Burst-Modulated Low-Frequency Stimulation, 340

Jorge Fuentes C.

- 19** Electrical Stimulation for Wounds, 359

Luther Kloth, Anna Polak and Tim Watson

SECTION 6 Diagnostics

- 20** Electrodiagnosis, 372

Michael C. Lescallete

- 21** Ultrasound Imaging, 383

John Leddy and Mark Maybury

SECTION 7 Safe Practice

- 22** Electrophysical Agents: General Guidelines, Contraindications and Precautions, 400

Tim Watson and Ethne L. Nussbaum

- Index, 414