

## **Diathermy (Deep Heat)**

**Q:** What is diathermy?

**A:** It is a form of shortwave electro-magnetic energy used to raise the temperature of certain soft tissues below the surface of the skin.

**Q:** How does diathermy work?

**A:** The diathermy energy field passes through the softer tissues near the surface of the body (skin/fat/vessels/nerves), turning into heat when reaching the more dense tissues below the surface (muscle/bone). This increases blood circulation and can help speed the healing process.

**Q:** What does diathermy feel like?

**A:** It should feel pleasantly warm, but not hot. If treatment makes an area uncomfortably hot or you feel pressure, tell the therapist or doctor immediately.

**Q:** Why is diathermy used?

**A:** Diathermy is very effective. It relaxes muscles and connective tissue. It can help increase range of motion, reduce spasm and make movement and stretching less painful.

### **Therapeutic Benefits**

- Help speed recovery time
- Dilates blood vessels for increased circulation
- Stimulates white blood cell production
- Increases metabolism and waste removal
- Helps prevent adhesions and scar tissue
- Effectively treats sinus and lung congestion as well as knees, feet and hips