

SUBJECT: ULTRASOUND MODALITY	REFERENCE #8139
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	REVISED:

POLICY:

- Ultrasound is used for patient care except for the following contraindications:
 - Impaired circulation
 - Impaired cognitive function
 - Impaired sensation
 - Thrombophlebitis
 - Joint cement
 - Directly over plastic components
 - Over vital areas, such as brain, ear, eye, heart, cervical ganglia
 - Over carotid sinus, reproductive organs or spinal cord
 - Over cardiac pacemakers
 - Over pregnant uterus

PROCEDURE:

- Prepare the patient for the application of ultrasound:
 - Identify the patient using two (2) patient identifiers.
 - Check age and diagnosis for possible contraindications
 - Explain ultrasound procedure
 - Ask the patient if he/she has any metallic objects in the body

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- Apply a generous amount of a coupling agent (i.e., mineral oil, aquasonic gel).
- Select sound head size relative to treatment area, and place sound head at right angle to skin surface.
- Treatment area should be no more than three (3) times the size of the sound head.
- Move sound head slowly in overlapping circles or longitudinal strokes while maintaining sound head in contact with skin surface.
- Each motion should cover half of the previous circle or stroke.
- While sound head is still moving, turn up intensity to desired level (0.5-2.5 w/cm² depending on treatment goal).
- If periosteal pain occurs, stop treatment and readjust US intensity or add more coupling gel.
- Treatment time is between three (3) to 10 minutes depending on size of area, intensity, condition and frequency.
- Do not artificially heat the sound head.
- Do not allow head to stop its motion during application.
- Do not run machine in air.
- Follow the manufacturer's instructions for safe operation of equipment.

REFERENCE:

O'Sullivan, Susan B., Siegelman, Raymond P., *National Physical Therapy Examination Review and Study Guide*, International Educational Resources, 2010, p.327