

# Interferential Therapy

Interferential therapy (IFT) involves the use of low frequency electricity to stimulate peripheral nerves. Clinically this method is used to reduce oedema (abnormal pooling of blood and/or fluids in body tissue), relieve chronic pain, stimulate muscles, and improve blood flow in a target region.

During treatment you will feel a tingling or "pins and needles" sensation at the contact area and may also feel the tingling sensation throughout the area being treated. This sensation may continue for a brief period following treatment as well.

Treatment results in an increase in localized blood flow which can improve healing by reducing swelling and as a result helps remove damaged tissue and bring nutrients necessary for healing to the injured area

## Interferential is used to:

- Reduce muscle spasms and promote muscle relaxation
- Reduce inflammation
- Block pain