

# Pulsed Shortwave Therapy

## How does Pulsed Shortwave Therapy work?

PSWT involves a device that delivers an electric and magnetic field in short pulses with a time gap in between. Most of the published literature supports the therapeutic effects of the magnetic field.

Essentially a cell's contents determine its health, during inflammation or other trauma, the cell content is disturbed, damaging the cell and limiting the extent of tissue repair possible.

The literature supports the claim that PSWT has a positive effect on the health of the cell hence improving the cell's function in tissue repair. It is thought that the process is selective that only damaged cells respond to the low levels of energy involved in the treatment.

## The use of Pulsed Shortwave in physiotherapy

Each electrotherapeutic modality has its own pros and cons and specific use in different cases. While Ultrasound therapies are effective in treating denser tissues with high concentrations of collagen, e.g. ligaments and tendons, Pulsed Shortwave is more useful in the treatment of muscle and nerve cells.

Pulsed Shortwave can be used to treat muscle damage, and particularly to reduce inflammation and promote the repair of strains and similar muscular issues. Pulsed Shortwave can also be used to treat fractures and nerve damage.

If you require a home visit give us a call to find out whether we cover your area.