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I have really enjoyed moving on to the electrical stimulation part of therapeutic modalities. It has been nice to final make the connections for what each current treats, because I have always got stim in the clinic when needed but never knew what I was treating. Now I can help set up different currents and know exactly what parameters to use on each injury. Also this chapter has been easier for me to retain because we have gone in to the clinic for lab multiple times to get the hang of each different type of stim machine, how to change the parameters for each current, and correct pad placements in different areas of the body. D.C. has taught us all about IFC for pain, Premod for pain, Russian for strengthening, VMS for strengthening, Hi-v the clinic olt for swelling, and Micro for bone and/or tissue healing. One thing I have seen during my clinical experience that D.C. tells us is incorrect is the whole smoke over fire situation with pad placement. We always hear the athletic trainers say that in the clinic with all pad placement but D.C. tells us that it only matters in certain situations.

The other day I had an athlete come in and was complaining of pain in the belly of his quad. Hannah told me to set up IFC (Interferential Current) to treat the pain. I prepped with an alcohol pad, then set up four pads in a star with the area of pain at the center of the four pads. Then I placed the channels so that they ran perpendicular not parallel. I then set the parameters to: carrier frequency to 4000Hz, scan to 40%, and the frequency to 80/150. This was exactly the parameters we practiced in the classroom and lab because it was normal range on the IFC setting. Finally I set the treatment time to fifteen minutes and then slowly turned the dial up until the athlete could feel the pain. Then I placed an ice pack on after it being after practice.

Also, I experienced a few of the different electrical stimulation currents when I was going through rehab last year on my groin. Also, how important each one is to do correctly treating the right thing or you can impede healing. Also, if you do not know what parameters to change and correct pad placement you can impede healing as well. D.C. always tells us that making sure we know exactly what we are changing and doing with all modalities because of how it could hamper recovery. This means very much to me being an athlete as well because I know how important I rehab for a quicker return to play. This makes me study these parameters and different currents even more so I do not hesitate when setting electrical stim up.