

JUST ARRIVED

Real Time Ultrasound (RTU)



Victoria Physiotherapy Group is excited to announce the arrival of Real Time Ultrasound; a safe, effective and non-invasive adjunct in the assessment and management of musculoskeletal pain disorders including lower back pain.

Current research shows that approximately 80% of people will experience lower back pain in their lifetime; and although a large number of these people recover within weeks, we also know that a significant number go on to develop chronic pain or experience recurrent episodes of pain.

Just a single episode of lower back pain is all it takes to cause delayed onset or complete inhibition of the function of the local stabilising muscles (transverse abdominis, lumbar multifidus and pelvic floor) of the lumbar spine. Furthermore, recovery of muscle function after an episode of lower back pain is not spontaneous and so this is where Real Time Ultrasound becomes invaluable. Using Real Time Ultrasound, we can accurately image these muscle groups and provide both visual and verbal feedback as we retrain correct recruitment patterns. This will ultimately influence the recovery timeframe and minimise the likelihood of re-injury.

Which conditions would benefit from Real Time Ultrasound?

- Lower Back Pain (recommended for sub-acute and chronic pain states)
- Pelvic Girdle Pain (including sacro-iliac joint dysfunctions)
- Hip Pain (including overuse injuries and tendinopathic processes)
- Pelvic Floor Dysfunctions (including incontinency)
- Post-Natal

What are the benefits of Real Time Ultrasound?

- Feedback in real time enhances the patient's knowledge of performance and overall understanding in the early stages of motor learning
- Increased proprioception allows for the rehabilitation process to progress more effectively
- Providing an objective measure of performance has been shown to improve patient compliance
- Real Time Ultrasound imaging can be used to objectively measure the effectiveness of physiotherapy intervention
- Muscle re-education using visual feedback is complimentary to our Clinic Pilates service

Referring for Real Time Ultrasound....

- Available to private and compensable patients.
- 30 minutes in duration and our trained physiotherapists can advise how many visits will be necessary on a case-by-case basis.
- This service is claimable under Private Health Insurance.
- Please contact the clinic for more information on 9361 5123.

