

Interferential (ITF)

Contraindications

1. Pregnancy (embryo or foetus). No Rx over uterus
2. Malignancy
3. Bleeding tissue or tissue with potential to bleed
4. Significant vascular abnormalities e.g. DVT, emboli, severe arthro/arteriosclerosis
5. Haemophiliacs not controlled with clotting factor
6. Application over
 1. Eye
 2. Stellate ganglion
 3. Cardiac area in advanced heart disease or pacemakers
 4. Gonads
 5. Active epiphysis
7. Bacterial Infections
8. Anterior Neck
9. Epilepsy
10. Metal Implants

Precautions

1. Informed consent
2. Sharp & Blunt Test

Rx protocol

1. Observe CI
2. Wash skin, check & palpate
3. Test machine (NB: do not let electrodes touch)
4. Check connections/ leads
5. Perform sharp and blunt test
6. Set up for good electrode contact
7. Give Pt clear instructions & warnings

ITF

Pain Relief

Duration

- Acute 5-10mins
- Chronic 10-30mins

Acute
90-150Hz Pain gate

Chronic
1-5Hz/2-4Hz Opiate

Muscle Stimulation

Motor Nerve Twitch – Tetanic contraction
1Hz-50Hz

Odema
10-25Hz

Sweep

Acute
10/30 10/20
Slow Rise/Slow Fall

Sub-Acute
10/10

Chronic
5/5
Fast Rise/ Fast Fall

