



**COHESIVE HEALTHCARE MANAGEMENT & CONSULTING**

**Mangum Regional Medical Center**

TITLE		POLICY	
<b>Ultrasound</b>		<b>801</b>	
MANUAL	EFFECTIVE DATE	REVIEW DATE	
<b>Rehabilitation</b>			
DEPARTMENT	REFERENCE		
<b>Rehabilitation Services</b>	American Medical Association		

**SCOPE:** All professional rehabilitation staff who will utilize ultrasound as a treatment modality for patient care at Mangum Regional Medical Center.

**PURPOSE:** To provide guidelines for the use of continuous or pulsed ultrasound in the therapy Department.

**DEFINITION:** Ultrasound is a therapeutic modality for the purpose of providing deep heat to specific areas using sound waves. It is an ideal modality for increasing mobility in tissues with restricted range of motion. Ultrasound is considered medically necessary for patients requiring deep heat to a specific area for reduction of pain, spasm, and joint stiffness, and for the increase of muscle, tendon and ligament flexibility.

**POLICY:** Physician order is received:

- Order may be for “heat, deep heat, ultrasound, ultrasonic waves, other variations of terms, or state for therapist to evaluate and treat.

Indications

- Pain, sprains, strains
- Contracture/decreased range of motion
- Wound healing (with coupling dressing)
- Arthritis
- Contusions
- Bursitis
- Edema
- Scar tissue

Contraindications:

- Malignancy
- Severely decreased circulation
- Pregnancy
- Over epiphyseal plates
- Open wounds (directly)

- Over fracture site before callus has formed
- Decreased sensation
- Over CNS tissue
- Joint cement
- Directly over plastic components
- Carotid sinuses
- Reproductive organs
- Over or in the area of cardiac pacemakers
- Vital areas such as brain, ear, eye, heart, and cervical ganglia
- Over or near an area with thrombophlebitis
- Acute inflammation (thermal/high dose US)

Precautions:

- Over the spinal column, pt must provide feedback of any abnormal sensations.

**PROCEDURE:**

1. Before initiating treatment, patient is evaluated by therapist to determine appropriateness of treatment.
2. Treatment is explained to patient.
  - a. This modality uses electrical energy to produce mechanical vibrations which causes a deep healing effect in soft tissues to decrease pain, increase circulation and relax tight muscles.
3. Patient is questioned regarding contraindications.
4. Treatment area is exposed and examined.
5. A warmed coupling agent is applied to the area using sound head.
6. Intensity dial is checked to be at 0 before turning on machine, if applicable.
7. The timer is set for time as indicated by therapist.
  - a. Usual time is 3 to 10 minutes depending on area treated
8. Machine is set to continuous (100%), or pulsed as indicated by therapist.
9. Intensity dial is turned to intensity as determined by therapist.
10. Treatment is administered maintaining the sound head contact with the skin.
  - a. For continuous ultrasound, the sound head is kept continually moving in small circles about the treatment area.
  - b. If pulsed, 25 to 50% of the sound head may be placed and held on the treatment area with intensity ranges 1-1.2 W/cm<sup>2</sup>.
11. If the patient complains of discomfort, the intensity is turned down. If patient continues to complain treatment is discontinued.
12. Conclusion of treatment:
  - a. Examine treatment area; notify therapist immediately if reddened skin or skin breakdown noted.
  - b. Remove coupling medium and cleanse area.
  - c. Disinfect transducer with facility approved disinfectant and store unit in designated area.

**REFERENCE:** American Medical Association, Coding Ahead CPT code 97035 Ultrasound

**REVISIONS/UPDATES**

<b>Date</b>	<b>Brief Description of Revision/Change</b>