



## Knee Region

The RRT is the only high frequency vibration therapy device that will reduce pain, increase ROM, and function by breaking up scar tissue, adhesions and easing chronic and acute muscle spasm. The RRT's unique frequency and arc motion allow use as a daily treatment modality, for pre-performance warm up or post performance recovery.

Assess and document patient AROM and function Pre-treatment, prepare the area for RRT by having a towel available for sensitive areas. Protect bony areas with opposite hand or towel. Follow protocol and re-assess.

### Precautions:

The RRT should not be used within 2 inches of new hardware (minimum 90 days/consult MD), on the pregnant torso, an area of known malignancy or on a patient with a pacemaker.

### Application:

RRT applied over the skin is the preferred method. Over clothing is acceptable. No sustained positions for greater than 30 seconds without a towel. Apply using circular, parallel and perpendicular strokes to the soft tissues of the entire involved area at a pace of 1 inch per second. The treatment head may warm slightly but a thermal effect is not produced.

### Primary Areas:

Begin at distal quadriceps medially and proceed to complete the entire 1/3 of the quadriceps. Proceed to the distal IT Band, lateral patella border, anterior tibialis, inferior patella border, Pes Anserine region and across medial patella border. Complete treatment with entire posterior knee and proximal gastroc. complex. Consider supporting knee in slight flexion during treatment for greater muscle relaxation. Always address the antagonists.

Sensitive Areas: Tibial tuberosity, patella, lateral fibulas head, perineal nerve.

### Pressure/Progression:

First treatment, proceed with light pressure (device weight) and for additional treatments, trigger points or points of relief add extra pressure as allowed. If full resolution has not been achieved in 2-3 visits, consider changing position to add stretch, address joint in different ROM, add additional pressure or a combination of these progressions.

### **Treatments Parameters:**

<u>Tx</u>	<u>Time</u>	<u>Head</u>	<u>Area</u>	<u>Position</u>	<u>Pressure</u>
1	2-3 Mins	Trumpet	Large	Sitting	Light
2	3-5 Mins	Trumpet	Medium	Seated/Stretch	Lt /Med
3,4,5	5-7 Mins.	Trumpet/Actuator.	Med/Sml.	Stretch or S/L.	Med/ Firm