

## **Optimizing Physical Therapy Modalities in Pain Rehabilitation**

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For my internship experience I pursued observations and research at my current work place, Highline Physical Therapy in Burien, WA. My official job title is Physical Therapy Aide/Tech, which means I have responsibilities such as general housekeeping and helping therapists work with patients when they are double scheduled (working with two patients simultaneously). Another important responsibility is to provide modalities to patients either before, during, or after their sessions. Modalities are tools in physical therapy that are used to administer heat, cold, and electromagnetic energy to the patient's body. Modalities are an important aspect of physical therapy, but not many patients are aware of this. I researched and observed the usage of modalities, along with the features of each modality and what they do for the patient in terms of neuropathic pain relief. At my clinic we have the following modalities available: ice packs, heat packs, Game Ready (compression sleeve with flowing cold water), and electrical stimulation. These modalities are often combined in order to create more relief for the patient when compared to using the modalities on their own. I also made it a goal for myself to help patients understand the modalities and to educate them on the effects they have on their bodies. After three months I was able to educate myself, my peers, and my patients on modalities and their importance with respect to a proper rehabilitation process and optimizing physiological therapy for pain recovery.