LCPS Athletics Electrical Modalities Protocol and Parental Consent Form

The Loudoun County Public Schools Athletic Trainers are licensed and authorized to possess and use the following electrical modalities: Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Stimulation (E-Stim), Therapeutic Ultrasound (US), and Compression Unit, for treatment and rehabilitation of sport related musculoskeletal injuries for LCPS student-athletes. When not in use, the electrical modalities shall be stored in a locked area to prevent unsupervised tampering. The specific electrical modality protocols available are as follows:

☐ **TENS-** This modality will be used in an effort to decrease pain and muscle spasm of musculoskeletal injuries.

Treatment Length: Not to exceed 20 minutes per session or 3 sessions per day.
Treatment Duration: Not to exceed 2 weeks without referral from physician.
Contraindications: Possible nerve damage or loss of sensation.
Over areas of skin irritation or infection.
Patients with extreme or severe pain.
Any area of the face or head above the cervical spine.
Patients with known heart conditions.
Evidence of worsening conditions.

☐ **Electrical Stimulation-** This modality will be used in an effort to decrease pain and muscle spasm of musculoskeletal injuries.

Treatment Length: Not to exceed 20 minutes per session or 3 sessions per day.
Treatment Duration: Not to exceed 2 weeks without referral from physician.
Contraindications: Possible nerve damage or loss of sensation.
Over areas of skin irritation or infection.
Patients with extreme or severe pain.
Any area of the face or head above the cervical spine.
Patients with known heart conditions.
Evidence of worsening conditions.

☐ **Ultrasound-** This modality will be used to produce an increase in tissue temperature, which may help to stimulate tissue healing, increase tissue elasticity, decrease tissue adhesions and reduce muscle spasm.

Parameters: 1 MHz frequency to be used when treating tissue depths of 3-5cm.
3 MHz frequency to be used when treating tissue depths of 1-2cm.
Intensity not to exceed 2.5 Watts per centimeter squared.
Must be used in conjunction with a coupling gel.

Treatment Length: Not to exceed 10 minutes per session or 2 sessions per day.
Treatment Duration: Not to exceed 2 weeks without referral from physician.
Contraindications: Possible nerve damage or loss of sensation.
Over areas of skin irritation or infection.
Patients with extreme or severe pain.
Any area of the face or head above the cervical spine.
Patients with known heart conditions.
Patients that display signs of acute inflammation.
Directly over the spine.
Over open epiphyseal areas.
Over the site of a possible fracture.
Over areas of impaired circulation.
Over ischemic areas.
Near the heart.
Evidence of worsening conditions.
On patients that display any signs of cancer.

☐ **Compression Unit-** This modality will be used to produce a movement of swelling from the interstitial space of the injured extremity by increasing external pressure with the use of an inflatable boot or sleeve. This modality helps the movement of fluids to return to the venous and lymphatic channels in order to reduce swelling and encourage healing. Some compression units are designed to create a simultaneous cold and compression treatment. This will have an added benefit in reducing acute swelling and inflammation, muscle spasm and pain.

Parameters: Upper Extremity: do not exceed the diastolic blood pressure of 40-60mm Hg.
Lower Extremity: do not exceed the diastolic blood pressure of 40-70mm Hg.
Cryocompression unit temperature range: 32-60 degrees Fahrenheit.

Treatment Length: Not to exceed 30 minutes per session or 4 sessions per day.

Treatment Duration: Not to exceed 2 weeks without referral from physician.

Contraindications:
Acute pulmonary edema.
Congestive heart failure.
Possible nerve damage or loss of sensation.
Over areas of skin irritation or infection.
Any area of the face or head above the cervical spine.
Over the site of a possible fracture.
Over areas of impaired circulation or peripheral vascular disease.
Raynaud's disease.
Over ischemic areas.
Evidence of worsening conditions.

The LCPS Athletic Trainers, under a written, standing order signed by a physician, are licensed and authorized to possess and use the following electrical modalities: Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Stimulation (E-Stim), Therapeutic Ultrasound (US), and Compression Unit, for treatment and rehabilitation of sport related musculoskeletal injuries for LCPS student-athletes. The LCPS Athletic Trainers must also have a written and signed Parental Consent Form on file for each specific case.

Parental Consent: I have carefully read this information about Electrical Modalities, acknowledge that there may be risks involved, and understand that implementation of treatment is voluntary and not required. I acknowledge, understand and certify by my signature below that I have received a copy of the LCPS Electrical Modalities Protocol and that I give my consent and permission to the LCPS Athletic Trainer at the school in which my child is enrolled to use electrical modalities on my son/daughter for the purpose of treating and rehabilitating sport related musculoskeletal injuries. .	
Print Student Name:	**Signature & Date:**
Print Parent Name:	**Signature & Date:**