

# Services

## Ultrasound

A deep heating modality that helps to heal the tissues of deep joints, ultrasound is often used in the treatment of issues like chronic lower back pain as part of a process that also includes soft tissue mobilization and prolonged stretching by a manual therapist.

Ultrasound machines create sound waves too high-pitched for the human ear to hear and these waves travel through the skin and into the body. The sound waves have the effect of deep heat on muscles and joints. That increases the blood flow and promotes healing.