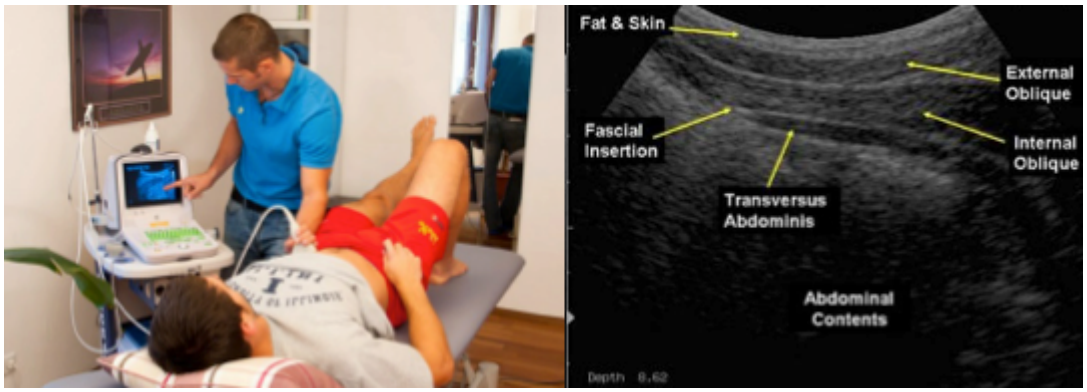
Real Time Ultrasound

Real Time Ultrasound is a technology which allows your physio to image your muscles, particularly the deeper core muscles in your body and show them to you on a screen in real time while they are working. This immediate visual feedback improves your physio's ability to diagnose problems with the way the core muscles are contracting as well as your ability to learn to activate them. This can be invaluable in the early stages of your rehab, ensuring you learn how to accurately switch on the correct muscles and get back on the path to recovery as quickly as possible. The procedure is safe, non invasive, pain free and the examination is conducted completely externally.



The problem with retraining core muscles is that the contraction is much more subtle than most people realise. We don't tend to feel the core muscles in the same way as we do the big movement muscles on the outside of the body, which means that learning to turn them on can be a bit vague and confusing and that it is very easy to cheat. Using real time ultrasound as feedback when learning these contractions removes this ambiguity, allowing you to correctly activate your core more quickly and get back to doing the things that you love pain free.

If you have any queries, phone our Manly physio clinic to speak to one of our friendly physiotherapists for more information and get on your way to better health.

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