

# Physiological Therapeutic Modalities: Nervous System Target Sites

Editorial Staff

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### Modality

Superficial Heat

Cryotherapy

Axial Traction

Massage

Intersegmental Traction

Low Frequency (1-1000 Hz)

*Low Volt*

*High Volt*

Medium Frequency

T.E.N.S.

Acupuncture -----

Decreased Response From Peripheral Structures

Minimal Increased Threshold of Cutaneous Receptors

Through Spindle Cell Relaxation

Decreases in Motor and Sensory Nerve Conduction Velocity

Analgesia Via Decreases in Muscle Afferent Activity

Minimal Through Muscle Stretch

Through Attenuation of Muscle Stretch Reflexes by Mechanical Massage and Trigger Point Deactivation

Through Attenuation of Muscle Stretch Reflexes by Mechanical Massage and Trigger Point Deactivation

*Indirect Through Motor Fatigue*

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Indirect Through Motor Fatigue

Minimal

Minimal -----

Presynaptic Inhibition

Minimal

Minimal

Yes

Yes

Yes

*Yes*

*Yes*

Yes

Yes

Yes

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Enkephalin Mediated Pain Control

Minimal

Minimal

No

Minimal

Minimal

Yes

Yes

Yes

Yes

Yes