Electrotherapy

This is a form of medical treatment, which uses small electrical impulses to repair tissue, stimulate muscles and increase sensations and muscle strength.

At Nazareth Hospital, there are several different forms of electrotherapy; these include ultrasound, interferential therapy, transcutaneous electrical nerve stimulation (TENS), laser therapy and muscle stimulation. Ultrasound uses sound waves to speed up the healing process, while interferential therapy and TENS reduce pain by manipulating the nerves which reduces the sensation of pain and produces a tingling feeling. Laser therapy is sometimes used to repair damaged tissue; using lasers means the treatment can be both accurate and intense.

Traction

Traction is the use of a mechanical device, to relieve pressure on a vertebral structure or nerve root. Traction may be used for many different applications. The most commonly used applications for ultrasound include: lengthening tight muscles, tendons, ligaments in the spine; unload compressed nerve roots or pinched nerves; unload pressure from irritated discs; and reduce pressure on all lumbar structures.

Welcome to Nazareth hospital for your physical fitness exercises
Some of the Treatments Available Nazareth Hospital Include:

- Hydrotherapy
- Electrotherapy
- Traction
- Rehabilitation
- Ante-natal Exercises
- Physical Fitness (GYM)

Hydrotherapy: (Hydro pool and Jacuzzi) It is a form of treatment to patients by use of water. It is used to revitalize and maintain body systems. Hydrotherapy is chiefly used to tone up the body, to stimulate digestion, and to bring relief from pain. Descriptions of indications are given under individual assessment findings. It stimulates the nerve reflexes on the spinal cord thus relaxing the muscles and relieving pain.

The Treadmill: Provides a straightforward, efficient aerobic workout. For many, treadmills are a good choice to begin a new exercise routine because walking is well tolerated by most individuals regardless of fitness level and for most back conditions. As strength and endurance are developed, the treadmill can be used for jogging and/or for interval training.

The Nazareth physiotherapy department is comprehensively equipped with modern physiotherapy equipments and it’s very useful especially in rehabilitation of patients suffering from back pains, rheumatoid arthritis, post trauma and even post surgery. These include modern physical fitness (Gym) exercise equipments.

The Nazareth Physiotherapy department focuses on the physical health of the clients. Our goal is to ensure that our clients achieve functional ability to normal or near normal state. The department caters for both inpatient and outpatients. Most importantly the antenatal mothers are taught how to exercise during pregnancy which helps them to maintain their health and posture.

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