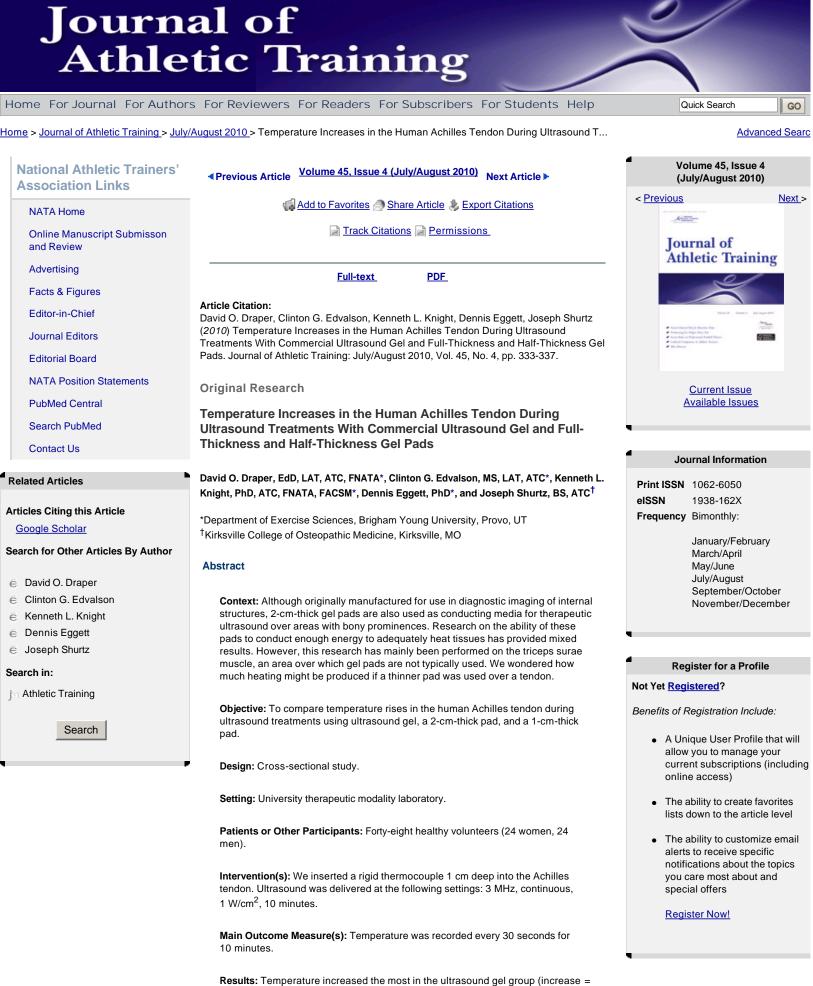
Log In | Register | Help



13.3°C, peak = 42°C). The 1-cm-thick pad resulted in higher tendon temperature (increase = 9.3° C, peak = 37.8° C) than the 2-cm-thick pad (increase = 6.5° C, peak = 4.8° C). The 1-cm pad produced approximately 30% more heating than the

2-cm pad (SE = 0.72, P < .03).

Conclusions: The thinner pad transmitted ultrasound more efficiently than the thicker pad. Thus, a gel pad of less than 1-cm thickness might be useful for superficial areas, such as the hands and ankles.

Keywords: therapeutic modalities, coupling agents, tissue temperatures

Address correspondence to David O Draper, EdD, LAT, ATC, FNATA, Department of Exercise Sciences, Brigham Young University, 120C RB, Provo, UT 84602. Address e-mail to David_Draper@byu.edu.

top 🛎

Copyright © 2010 Journal of Athletic Training. All Rights Reserved, Worldwid Allen Press, Inc. assists in the online publication of the *Journal of Athletic Trainin* Technology Partner - Atypon Systems, Inc