



**CODE: ABS 036**

## THE EFFECTIVENESS OF TECAR THERAPY IN MUSCULOSKELETAL DISORDERS.

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**Background:** TECAR therapy has emerged as a promising treatment modality for various musculoskeletal disorders, leveraging the principles of capacitive and resistive diathermy.

**Objective:** This study evaluates the effectiveness of TECAR therapy in managing musculoskeletal disorders, including low back pain, tendinopathy, and delayed onset muscle soreness.

**Methods:** TECAR therapy utilizes capacitance and resistance electrodes to deliver radiofrequency current in the form of thermal energy. The treatment aims to enhance tissue healing and improve mobility.

**Results:** Findings indicate that TECAR therapy significantly reduces pain, enhances mobility in muscles and joints, and alleviates edema.

**Conclusion:** TECAR therapy proves to be an effective treatment option in physiotherapy. Its integration into conventional rehabilitation programs or its use as a standalone therapy can yield beneficial short- and long-term outcomes.

**Implications:** Beyond musculoskeletal disorders, TECAR therapy may also be beneficial in addressing conditions related to adipose tissue reduction, neurological disorders, and sports injuries, indicating its potential for broader therapeutic applications.

**Keywords:** TECAR Therapy, Capacitive-Resistive Diathermy Therapy, Musculoskeletal Disorders.