LOGO

Physical therapy procedures -1- (RHS321)
Introduction to physical agents modalities:
Electromagnetics spectrum

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Objectives

1. Define the electromagnetic spectrum (EM) and explain its physical properties

2. Define waveform and frequency and understand the relation between them.

3. Explain how the laws governing EM energy apply to different therapeutic modalities

Contents

- Define electromagnetic spectrum, wavelength and frequency .
- Laws and principles related to electromagnetic radiations and its clinical applications.
  - Reflection, Refraction and Absorption
  - Inverse Square law
  - Law of Grotthus-Draper
  - Cosine Law
  - Arndt-Shultz Principle

Electromagnetic spectrum?

electromagneti

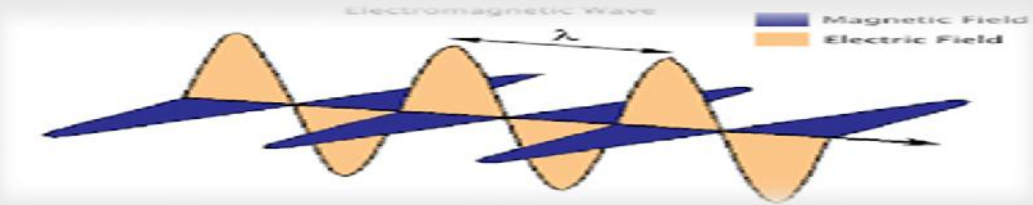
Electromagnetic spectrum is a line contains different kinds of electromagnetic waves (radiations) , which are differentiated by their **wavelengths , frequency and energy.**

Electromagnetic Radiation

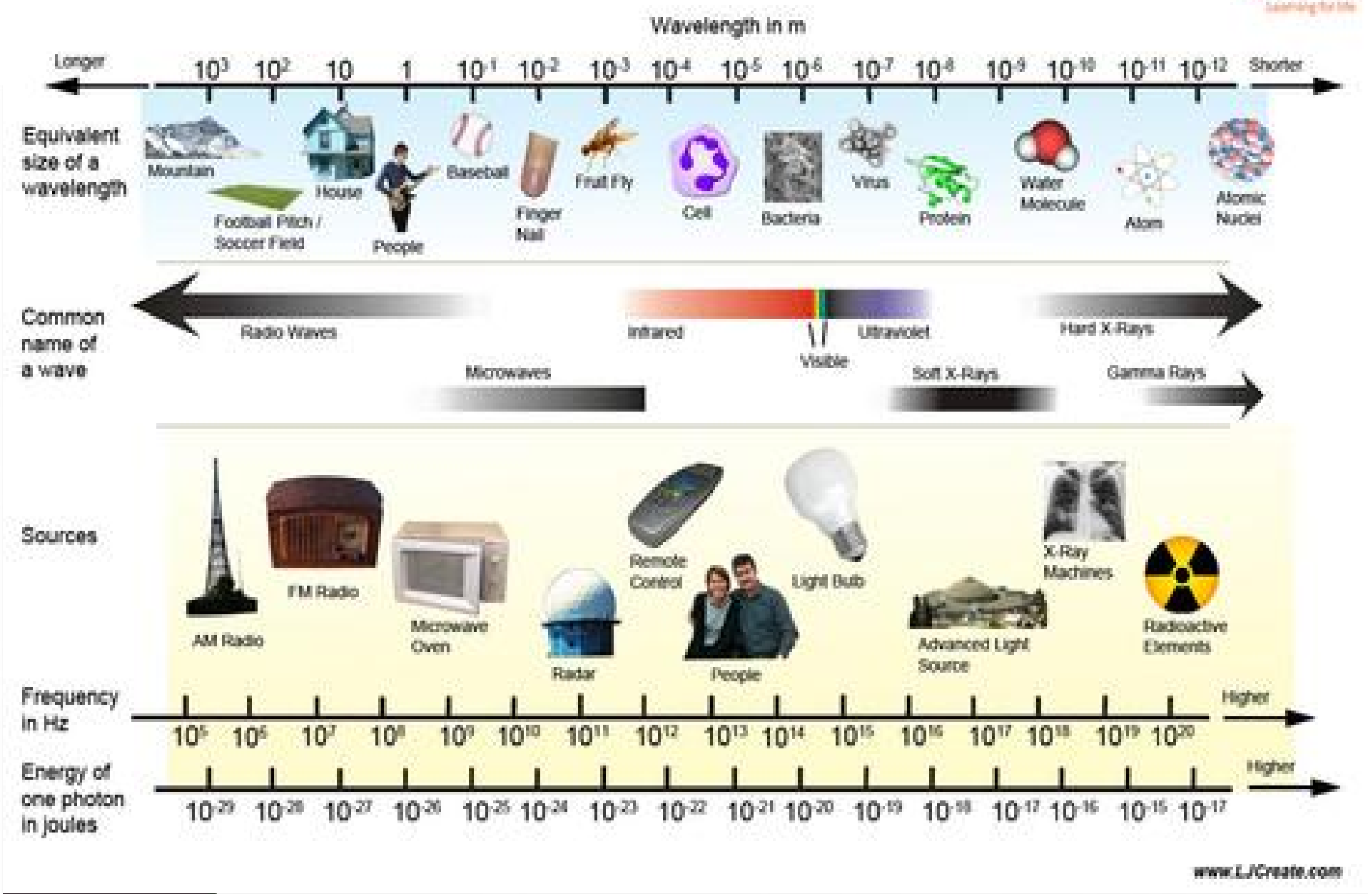
1-Composed of electrical+ magnetic fields

2-These fields are ordinated perpendicular to each others

Radiation is a process by which electromagnetic energy travels from its source outward through space.



THE ELECTROMAGNETIC SPECTRUM

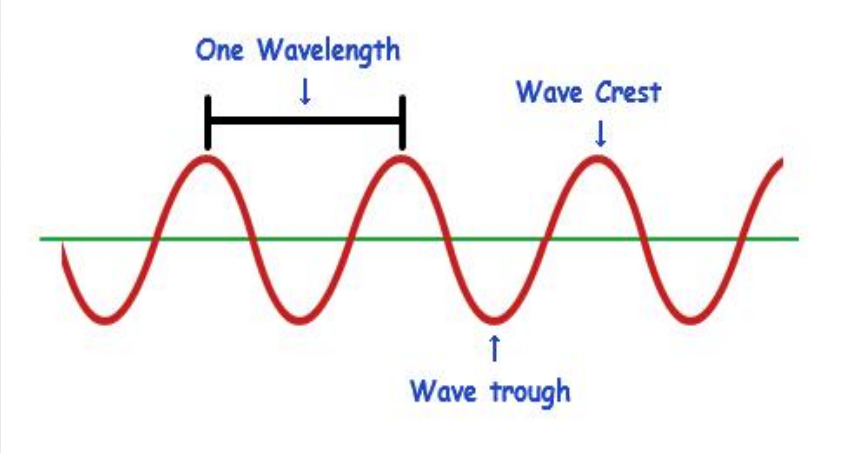


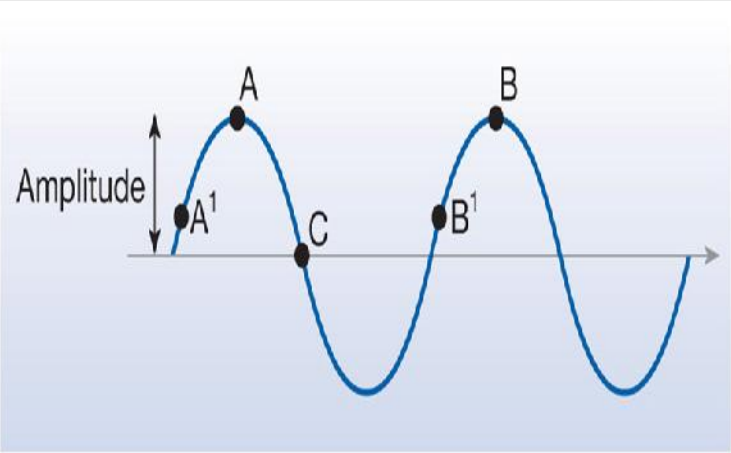
Electromagnetic spectrum

- Operate at specific wavelengths , frequencies & energy
- All are called electromagnetic waves (radiations).
- All are moving through space (vacuum)
- All travel as sinusoidal waves in straight line .
- All travel at the same speed in space (3×10^8 m/s).
- All can be reflected, refracted, absorbed &transmitted

Wavelength

Wavelength (λ) is the distance between two identical points in a wave. It is measured in meters, centimeters, millimeters or nanometer.

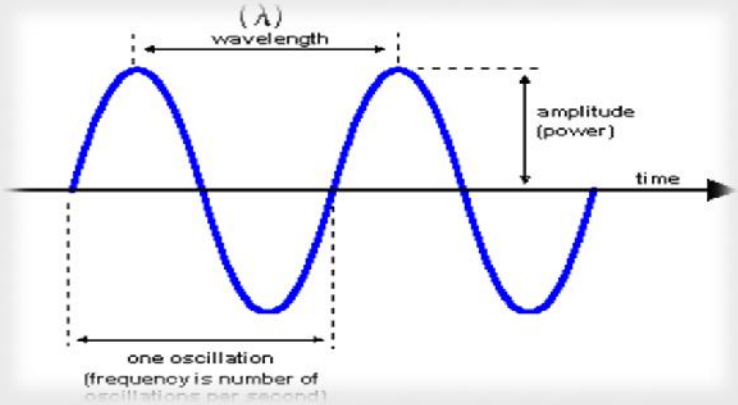




Longer Wavelengths (λ) are associated with deeper Penetration

Frequency

Frequency (F) is the number of waves per unit of time. It is expressed in Hertz (Hz), which indicates wave per second.



Energy (E) is the total number of EM energy delivered over the entire treatment time. It is measured in Joules (J) , and equal to power multiplied by time where 1J=IW x 1sec.

Velocity

Velocity (v) is the rate of changes distance in a particular direction. It is the constant for all forms of electromagnetic waves, being $3x10^8$ m/sec {i.e. the speed of light}.

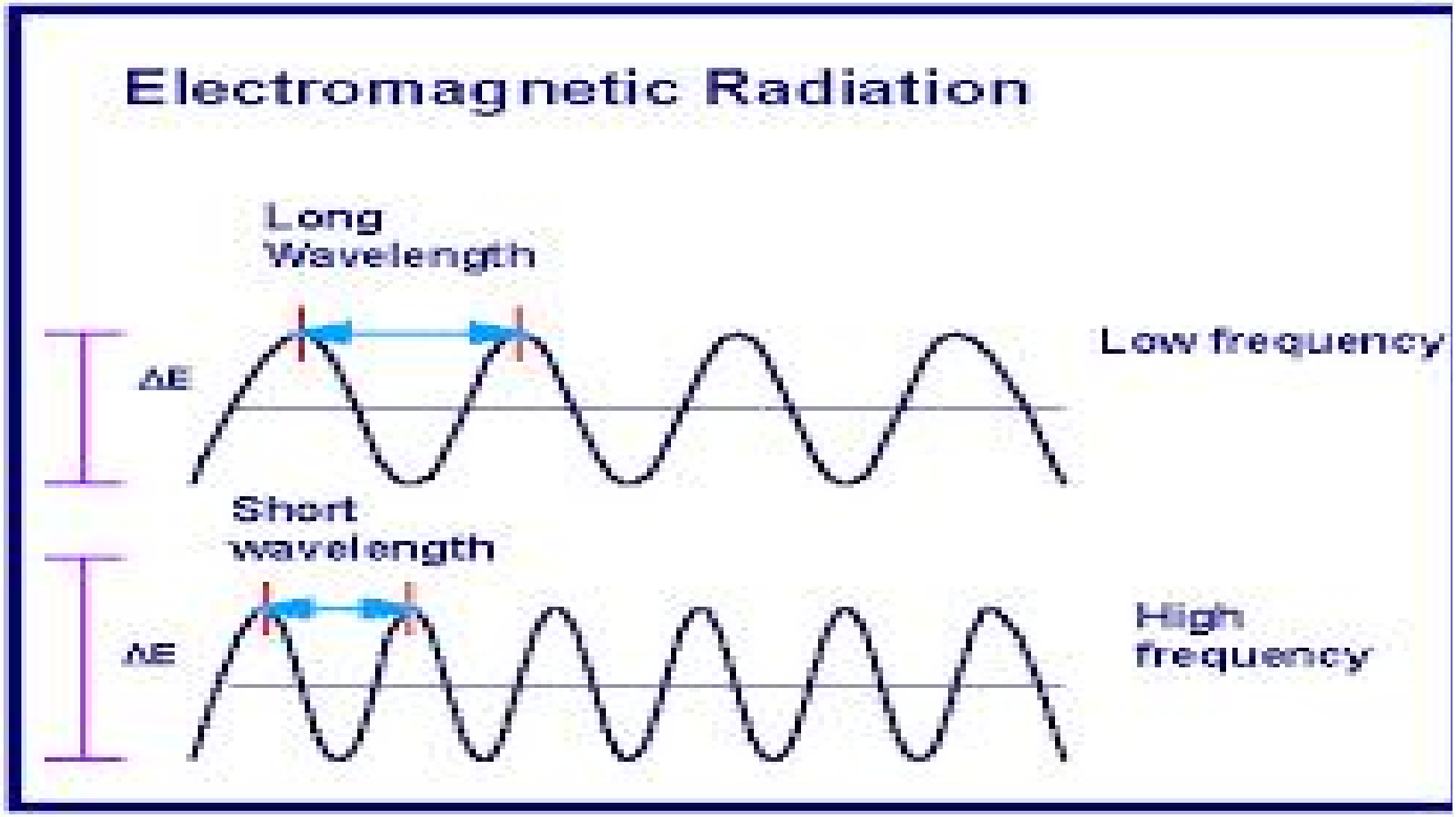
As the velocity is constant for all electromagnetic waves if there is no disturbance

Wavelength = Speed of light / Frequency

$$\lambda = V/f$$

Relation between Wavelength . Energy and frequency

Frequency and energy of EM radiation are inversely proportional to its wave length



Relation between Wavelength . Energy and frequency

Longest Wavelength

Lowest Frequency Energy

Region	Wavelength (centimeters)	Frequency (Hz)	Energy (eV)
Radio	> 10	$< 3 \times 10^{9}$	$< 10^{-5}$
Microwave	10 - 0.01	3×10^{9} - 3×10^{12}	10^{-5} - 0.01
Infrared	0.01 - 7×10^{-5}	3×10^{12} - 4.3×10^{14}	0.01 - 2
Visible	7×10^{-5} - 4×10^{-5}	4.3×10^{14} - 7.5×10^{14}	2 - 3
Ultraviolet	4×10^{-5} - 10^{-7}	7.5×10^{14} - 3×10^{17}	3 - 10^{3}
X-Rays	10^{-7} - 10^{-9}	3×10^{17} - 3×10^{19}	10^{3} - 10^{5}
Gamma Rays	$< 10^{-9}$	$> 3 \times 10^{19}$	$> 10^{5}$

Shortest Wavelength

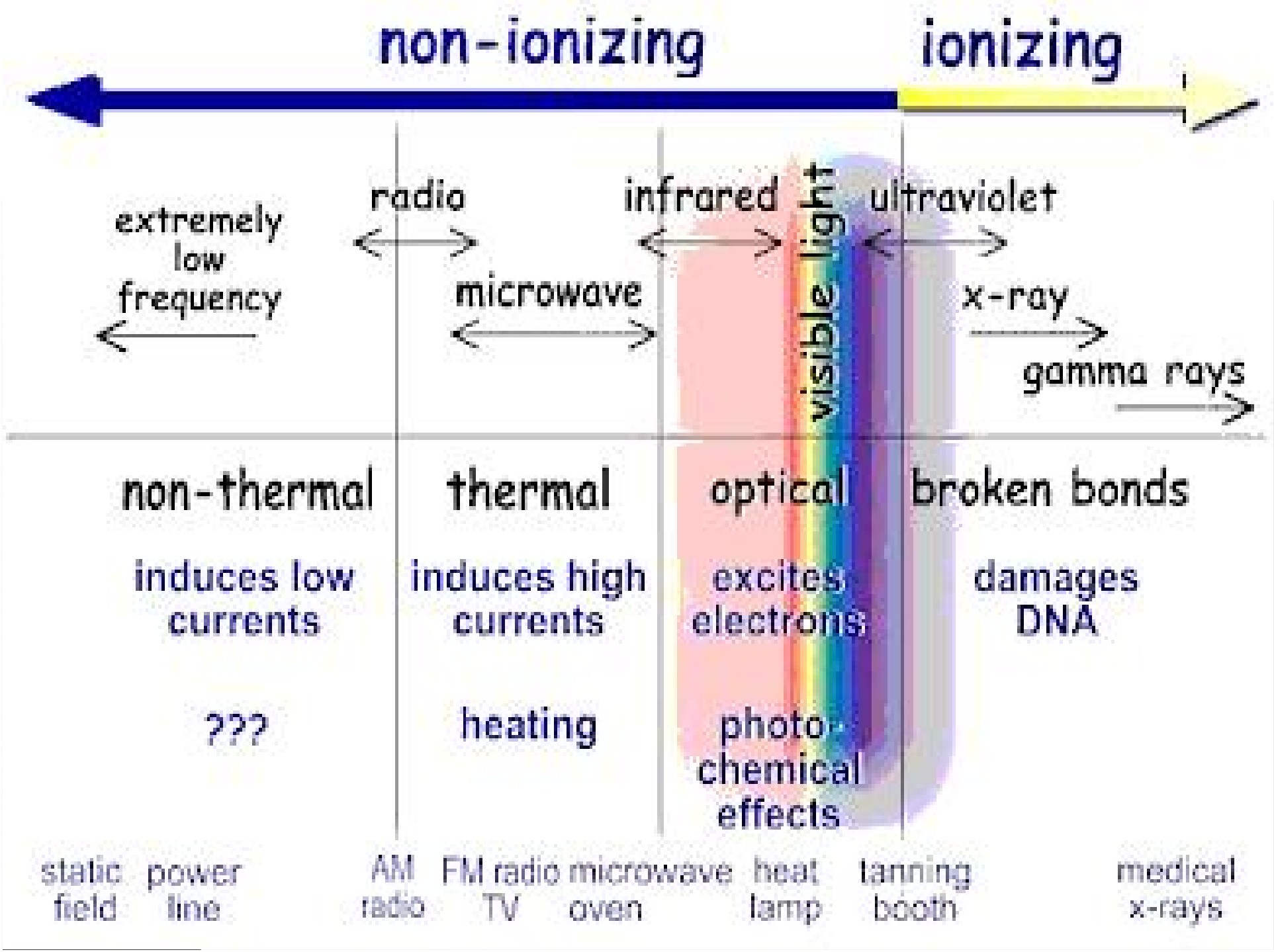
Highest Frequency Energy

Non-Ionizing Radiation

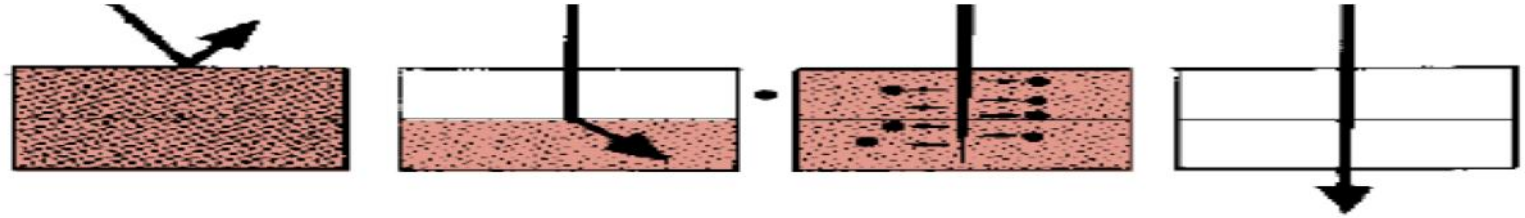
- All kinds of EM radiations with frequencies < 10^{15} Hz and wavelengths $\lambda=10^{-8}$-10^{4} m.
- Can not break molecular bonds or produce ion and used for therapeutic medical applications.
- Examples:
  - Shortwaves(SWD),
  - Microwaves (MWD)
  - Ultraviolet,(UV)
  - Infrared (IR)

Ionizing Radiation

- The EM radiations with higher frequencies ≥ 10^{17} Hz.
- Can break molecular bonds to produce ion and used for medical imaging, or to inhabit cell division.
- Examples:
  - X-ray,
  - Gamma rays (γ-rays)
  - Beta rays (β-rays)


non-ionizing
ionizing
extremely low frequency
radio
microwave
infrared
visible light
ultraviolet
x-ray
gamma rays
non-thermal
thermal
optical
broken bonds
induces low currents
induces high currents
excites electrons
damages DNA
???
heating
photo-chemical effects
static field
power line
AM radio
FM radio TV
microwave oven
heat lamp
tanning booth
medical x-rays

Laws Governing Radiation



Reflected → Refracted → Absorbed → Penetration Transmitted

When electromagnetic radiations such as Infra-red, visible light, ultra violet, and short waves travel in straight lines until they encounter a different medium, then they may be: ----------,----------, and----------

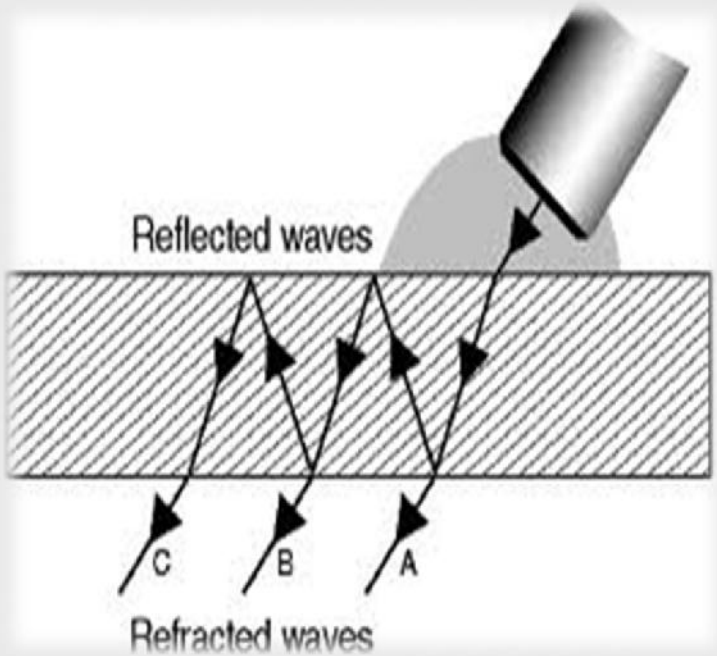
Refraction

•Refraction occurs when **EM rays** are transmitted from one medium to another, causes the ray to be bending from its original course by an amount depending on;

- •Media involved
- •Angle of incidence (Snell' law).

Clinical application:

using coupling media as in treatment of ultrasound (water coupling media).

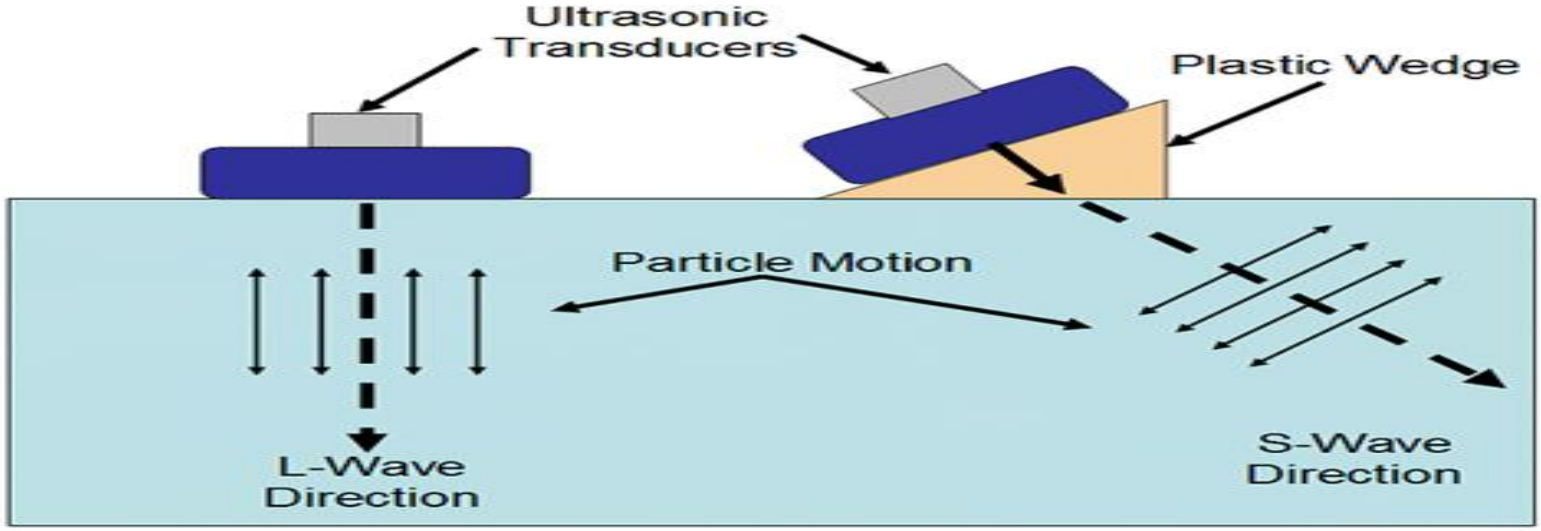


Reflection

- Reflection occurs when electromagnetic waves encounters a medium which will not transmit it. In this case, the ray is reflected back into the same plane .

Clinical applications

- 1-In infra-red and ultraviolet, where the re-direction of rays towards an appropriate target is required.
- 2-In US therapy, {tissue air interface, How?}



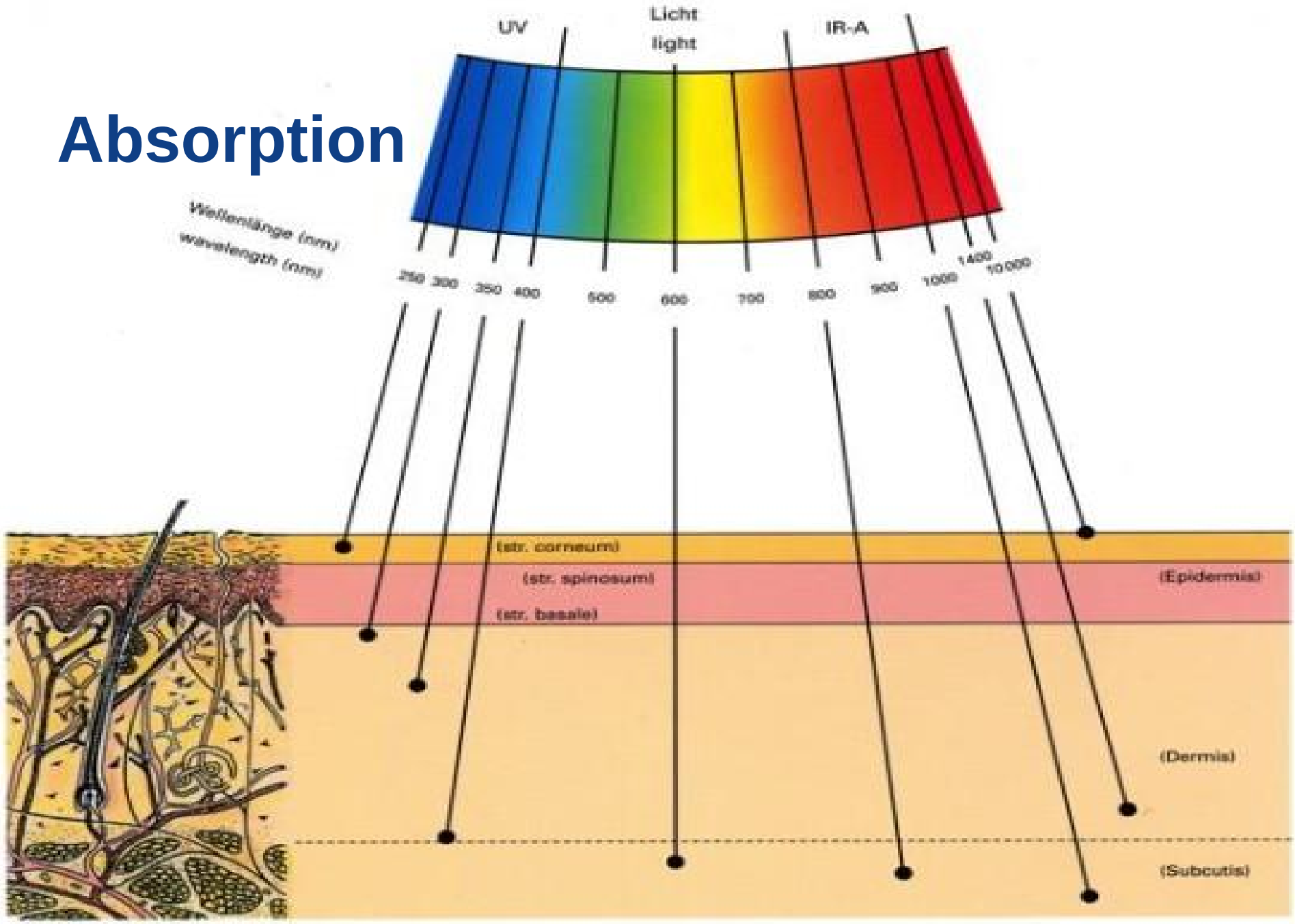
Absorption

When an electromagnetic wave strike a new medium they may be partially absorbed and produce an effect (**Heat**), and the amount of rays absorbed depends on:

1. Wavelength & Frequency
2. Angle of incidence
3. Nature of a medium
4. Intensity of radiation.

Shorter wavelengths will have higher energy and frequencies and low depth of penetration and greater absorption in superficial tissue.

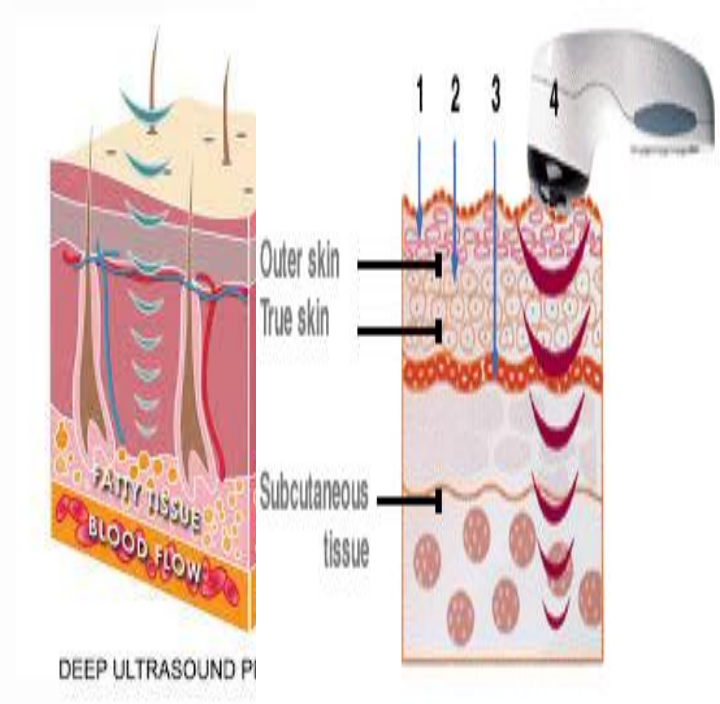
Absorption


UV
Licht
light
IR-A
Wellenlänge (nm)
wavelength (nm)
250 300 350 400 500 600 700 800 900 1000 1400 10.000
(str. corneum)
(str. spinosum)
(str. basale)
(Epidermis)
(Dermis)
(Subcutis)

Law of Grotthus Draper

- The law of Grotthus Draper describes the inverse relationship between the **penetration** and **absorption** of energy. If the energy is not absorbed by the superficial tissues it will penetrate to deeper tissues. So some physiological response will occur

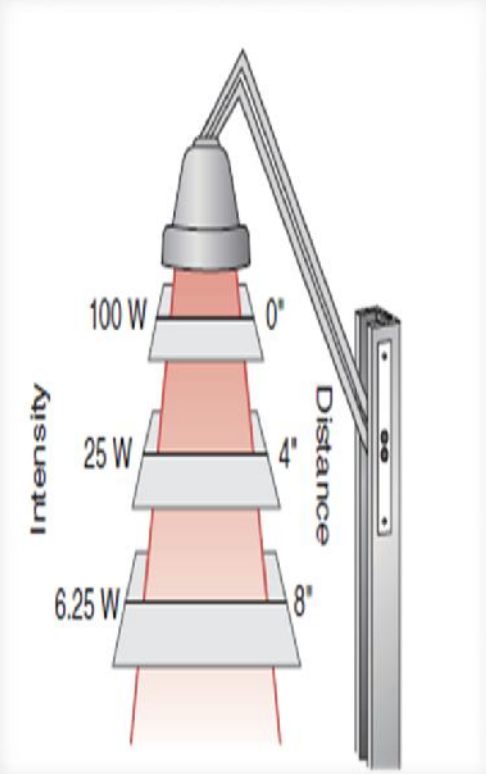
In clinical; using US at a frequency of 1MHz would be more effective than at 3MHz, because less energy would be absorbed superficially at 1MHz and thus more energy penetrate to deeper tissues.



Inverse Square Law

"Intensity of radiation is inversely proportional to the square of the distance" from the source.

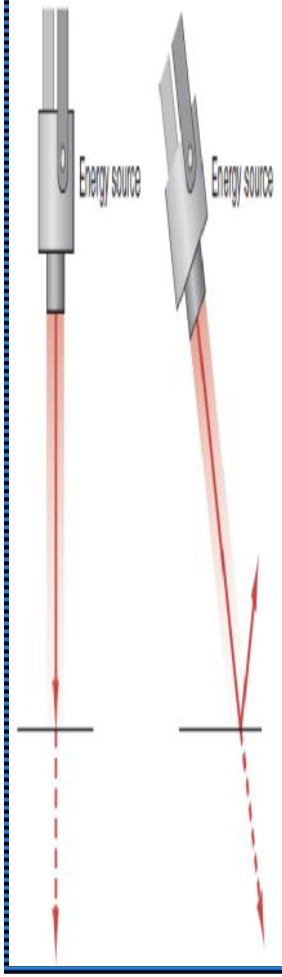
- Inverse Square Law $E=E_o/D^2$
  - E= energy received by the tissues
  - E_o= energy produced by the source
  - D^2= Distance Squared



Inverse square law can be employed in practice;

The closer the source of radiation , the greater the intensity of radiation being received by the skin, the further away, the less the intensity.

Cosine Law (right angle law)



- The optimum radiation occurs when the source of the radiation is perpendicular to the center of the surface of the area to be radiated.

In clinical; when applying UV, IR, US, great efforts should be made to ensure that the maximum number of radiated energy strike the treatment area at a right angle **(angle of incidence = 0degree).**

- For the most effective absorption of energy. Keep the US head flat on treated body surface **(Why?).**

Arndt-Schultz Principle

Too small

No significant reaction

Adequate

Enhance normal function

Amount of energy

To higher

disruption and loss of function

It states that "No reactions or changes can occur in the body tissues if the amount of energy absorbed is insufficient to stimulate the tissues

Clinical pearls

- The clinical effects of EM radiation is determined primarily by the frequency and wavelength, and to some degrees by intensity of radiations, and affected by Laws governing radiation.

- The intensity of any type of EM radiations reaching the body is greatest when

  Energy output is higher,

  Radiation source is close to the patients,

  Beam of radiation is perpendicular to the surface of the skin

Conclusion

- Physical modalities, shortwave diathermy (SWD) and microwave diathermy (MWD), the infrared (IR) laser, and ultraviolet (UV) are all classified as portions of the electromagnetic spectrum according to corresponding wavelengths & frequencies associated with each region.

- All electromagnetic radiations travel at the same velocity; thus wavelength and frequency are inversely related. Those radiations with the longer wavelengths tend to have the greatest depth of penetration.

- Radiations may be reflected, refracted, absorbed, or transmitted in the various tissues.

- The purpose of using any therapeutic modality is to stimulate a specific tissue to perform its normal function.

Thank You !!

REVIEW QUESTIONS

1. What is the electromagnetic spectrum and radiant energy?
2. What is the relationship between wavelength and frequency?
3. What are the characteristics of electromagnetic energy
4. According to the Law of Grotthus–Draper, what happens to electromagnetic energy when it comes in contact with and/or penetrates human biologic tissue?
5. Why must the head of an US unit is be in good contact and perpendicular with treated surface area?

Multiple Choice

1-Which of the following is NOT an electromagnetic energy modality?

a. Ultraviolet light
b. Ultrasound
c. Low-power laser
d. Shortwave diathermy

2. Sound or radiation waves that change direction when passing from one type of tissue to another are said to.

a. Transmit
b. Absorb
c. Reflect
d. Refract

3. The law states that if superficial tissue does not absorb energy, it must be transmitted deeper.

a. Law of Grotthus–Draper
b. Cosine law
c. Inverse square law
d. Arndt–Schultz principle

4. According to the cosine law, to minimize reflection and maximize absorption, the energy source must be at a angle to the surface.

a. 45 degree
b. 90 degree
c. 180 degree
d. 0 degree

5.In each of the following pairs, circle the form of radiation with the LONGER WAVELENGTH:

a) Microwaves or radio waves
b) Infrared radiation or visible light
c) Gamma rays or UV radiation
d) x-ray and infrared

6. In each of the following pairs, circle the form of radiation with the GREATER FREQUENCY:

a) Gamma rays or UV radiation
b) X-rays and gamma rays
c) UV radiation or radio wave
d) UV radiation or visible light

7.In each of the following pairs, circle the form of radiation with the Higher ENERGY:

a) Gamma rays or UV radiation
b) X-rays and gamma rays
c) UV radiation or radio wave
d) UV radiation or visible light