

The Following are Recommendations that were Published in the British Journal of Physical Medicine

Area Indications	Placement	Dosage Total Watts	Suggested
Upper cervical, paravertebral	Center of soundhead at level of C4 to C5 segment, inclined toward frontal axis of the body, approximately 40 to 45 degrees.	2-3 watts 8 minutes	Osteoarthritis of cervical spine, plexus neuralgia, scalenus anticus syndrome.
Stellate ganglion area	Center of the soundhead over medial border of trapezius muscle. (A point located in posterior third of a line drawn between vertebra prominens and sternoclavicular point.)	1-3 watts 4-6 minutes	Circulatory disturbances of the upper extremity, such as vasospasm in connection with osteoarthritis shoulder-hand syndrome, Reynaud's disease.
Upper dorsal, paravertibral	Center of soundhead opposite spinal level D4-D5, inner margin of soundhead 1 1/4 fingers lateral from median line of spinal processes	1-3 watts 5-8 minutes	Irritations of spinal root segments on this level (D2-D5).
Lower dorsal, segments I paravertebral	Center of soundhead opposite level spinal level D7-D8, inner margin of soundhead 1 1/4 fingers lateral from median line of spinal processes	1-4 watts 5-8 minutes	Irritations of spinal root on this level (D6-D10).
Upper lumbar, paravertebral	Center of soundhead opposite level of L2, inner margin of soundhead 1 1/2- 2 fingers lateral from median line of spinal processes.	3-6 watts 5-8 minutes	Paravertebral muscle spasm, root irritations D12-L3.
Lower lumbar, paravertebral	Center of soundhead opposite L4, inner margin of soundhead 2 1/2- 3 fingers lateral from median line of spinal processes.	3-6 watts 5-8 minutes	Sciatic neuralgia, paravertebral muscle spasm.

The treatment duration suggested in the schedule are the **minimum** recommended to be used. Clinical experience with the use of the fixed soundhead technique have already demonstrated that the application time can safely be extended to as much as 20 minutes. In this connection it should be recognized that low-dosage ultrasound applications are of maximum effectiveness when they are repeated at regular time intervals. It is further suggested that treatment of areas where the condition is acute should be more frequent (two daily at the start, possibly) than the treatment of chronic conditions.

Summary: It has become increasingly apparent that large-area ultrasound applications at physiological intensity levels are an important new development in ultrasound therapy. The advantage of lesser demands on the therapist's time is of incidental importance compared with the increased therapeutic results derived from longer application times, especially in cases formerly treatment resistant. Paravertibral treatment of irritated zones as outlined has proved to be at least as effective as treatment with moving soundhead techniques. As experience may dictate, similar stationary techniques may be employed in the treatment of other areas of the body.