

Best Practices in Electrotherapy & Electrodiagnosis Lab

1. **Patient Safety First** – Always assess contraindications (e.g., pacemakers, pregnancy, open wounds) before applying electrical modalities.
2. **Proper Electrode Placement** – Ensure correct electrode positioning based on the treatment goal (e.g., pain relief, muscle stimulation) and follow anatomical landmarks.
3. **Equipment Calibration & Maintenance** – Regularly inspect and calibrate electrotherapy devices to ensure accurate and safe operation.
4. **Optimal Parameter Selection** – Adjust intensity, frequency, pulse duration, and duty cycle based on the specific therapeutic or diagnostic goal.
5. **Skin Preparation** – Clean the treatment area to reduce skin resistance and enhance conductivity, preventing burns or discomfort.
6. **Monitor Patient Response** – Continuously assess patient feedback and physiological responses to avoid adverse effects like burns, irritation, or excessive discomfort.
7. **Use of Standardized Protocols** – Follow evidence-based guidelines and standardized protocols for different electrotherapy and electro diagnostic procedures.
8. **Documentation & Record Keeping** – Maintain accurate records of treatment parameters, patient responses, and any adverse reactions for quality control and medico-legal purposes.
9. **Hygiene & Infection Control** – Disinfect electrodes, lead wires, and other reusable equipment after each use to prevent cross-contamination.
10. **Professional Training & Competency** – Ensure practitioners are well-trained and up-to-date with the latest advancements in electrotherapy and electro diagnostic techniques.




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