

Essay on Faradic foot bath

Faradic current is a short duration interrupted direct current with a pulse duration ranging from 0.1 to 1 ms with a frequency of 50 to 100 Hz.

Application of faradic current to the body parts in a tray, tub or tank containing water is termed as bath method.

Bipolar: Both electrodes are kept in water **Unipolar:** One electrode in water and other at any convenient body part

Advantage: It reduces skin resistance, Water makes good contact with body

Disadvantage: Current cannot be localised, More contraction of superficial muscle, Chances of electric shock if not careful

Used to stimulate: Lumbricals, Plantar interossei, Abductor hallucis

Method: Patient shall sit on high sitting with water in tray cover till toes.

To stimulate lumbricals: Place two electrode transversely one under the heel and other under the metatarsal heads

To stimulate plantar interossei: Place one electrode on each side of the foot at the level of metatarsal shaft.

To stimulate Abductor hallucis: One electrode under the heel and other electrode at the motor point by using pen electrode.

Current used: Surged faradic current is used to stimulate, Surged duration 1 second, Surged interval 3 second

Intensity: Till it produces the visible contraction

Treatment time: 10 to 15 minutes

Type of electrode: Metal or carbon electrode plate electrode