

# Monopolar capacitive/resistive radiofrequency 448 kHz (INDIBA® activ) in the rehabilitation treatment of hamstring injuries due to sport activities

## Objective

To analyse the efficiency, security and safety of this technique in recovering muscle injuries in patients treated at the Barcelona Football Club rehabilitation department.

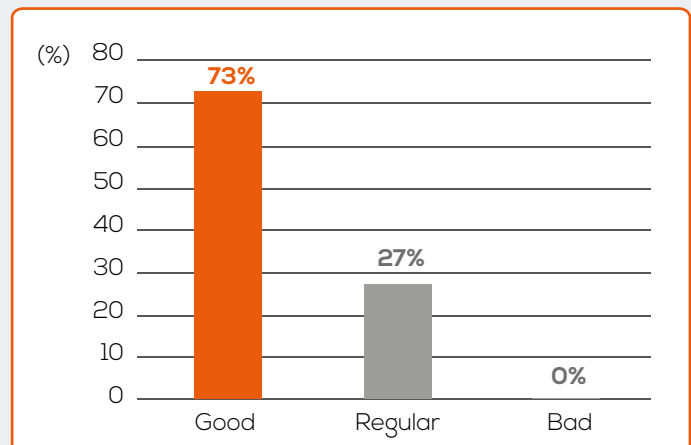
## Materials and Methods

Twenty-three patients aged from 18 to 35 years old, active sportsmen with hamstring muscle injuries (muscle strain grade I and II) from 2 to 7 days old and a basal VAS over 2. Cases of neuralgic disease, metabolic or systemic inflammatory disease were discarded alongside those who have undertaken any rehabilitation treatment for these conditions during the past 12 months. The basal exploration included ultrasonographic control with diagnosis confirmation and functional analysis of the extremity. A total of 12 sessions were performed with **INDIBA® Activ (HCR 902)**.

## Results

73 % good results were registered (Graph 1). The ultrasonographic control showed a fast general improvement and injury recovery.

**Graphic 1.** Percentage of results after 12 treatment sessions with INDIBA® Activ (HCR 902).



## Conclusions

- **INDIBA®** has proven to be an effective technique in the treatment of acute muscular hamstring injuries.
- This technique encourages the **acceleration of the muscular recovery** process and an early incorporation to professional sport practice.
- This is a **totally harmless technique** with no side effects.

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