

## **LOW INTENSITY PULSED ULTRASOUND (LIPUS)**

LIPUS is a form of ultrasound where the sound waves responsible for producing heat energy are removed from the spectrum. It is a much lower energy intensity than traditionally used in physiotherapy practices.

Extensive research has shown a benefit in healing times in new and chronic fractures. There is also evidence of accelerated healing and pain relief for some stress fractures.

The treatment is pain free, and performed at home. You should use the LIPUS machine twice per day for a period of one month, before a review with your doctor.