

Iontophoresis Therapy for Tendonitis or Inflammation

Iontophoresis is a noninvasive technique used in the treatment of various musculoskeletal conditions. This type of therapy modality is often used by physical therapists and is a way of achieving rapid resolution of tendonitis or inflammation.

At South Tampa Adult, Dr. Kevin Elder performs this technique through the use of an ionic patch which is injected with Dexamethasone (Decadron). The patient leaves the office with the patch in place and removes it the following morning. It is a painless procedure and generally requires three to five treatments total, depending on the particular injury being treated. Common conditions which are treated in this way include DeQuervain's Tenosynovitis,

Extensor (hand or foot) Tendonitis, Plantar Fasciitis, Medial (Golfer's Elbow) or Lateral Epicondylitis (Tennis Elbow), Achilles Tendonitis, Biceps Tendonitis, Hamstring Tendonitis, Patellar Tendonitis and Iliotibial Band Inflammation. The patient receives the benefit of treatment at a HealthPoint office without having to be referred to physical therapy.



If you would like to learn more about what Iontophoresis can do for you, please contact our South Tampa office for a personal consultation.

Dr. Kevin Elder practices both Family Medicine and Sports Medicine. To schedule an appointment please call (813) 254-8055.