

# REAL-TIME Ultrasound



## What is real time ultrasound (RTUS)?

Real time ultrasound is an imaging technique, using high frequency sound waves, which allows accurate assessment of the activation and function of the deep stabilising muscles of the hip, back and pelvis. These muscles are often referred to as "core" muscles and research has shown that following your first episode of back or pelvic pain, even after the pain has subsided, these muscles may not return to normal activation, predisposing you to recurrent episodes of pain. By imaging these muscles, it can assist providing visual feedback during muscle retraining to get the right muscle contracting in the right way.

## What is involved?

RTUS imaging is a painless and non-invasive procedure. Your appointment will include:

- A comprehensive subjective examination relating to your current functional level, previous injury history, and goals for treatment.
- RTUS assessment of the resting state and pattern of activation of all relevant core muscle groups, determined from the subjective examination.
- An explanation of what you are seeing on screen
- Provision of a specialised exercise program carried out during the session with biofeedback from RTUS imaging to ensure you are carrying out the exercises correctly.
- Clear details of the expected prognosis, time-frames, and a plan for treatment.

Implementation of an exercise based management program, depending on your injury, may include some or all of the following:

- o Soft tissue, massage, other hands on techniques
- o Individual or group based Pilates program
- o Movement re-education
- o Home or self-management strategies
- o Exercise prescription
- o Referral to a medical practitioner

## Who can benefit?

RTUS imaging is suitable for patients of all ages who may have any of the following:

- Abdominal or pelvic muscle weakness
- Recurrent back or pelvic symptoms
- Pre and post-natal care
- Incontinence issues
- Pre and post-spinal surgery
- Injury screening
- Performance improvement for athletes

## How long does it take?

A comprehensive assessment for an acute injury can take between 45 - 60 minutes for the first appointment. Depending on the nature of the injury, your treating practitioner will discuss specific time-frames and to achieve full recovery.

### **What to wear?**

It is best to wear loose comfortable clothing that enables clear assessment and access to the abdominal region. Shorts or tights are preferred to allow unrestricted movement during the assessment.

### **Making an Appointment?**

Our Real Time Ultrasound services are performed by our Pilates staff made up of Physiotherapists and Osteopaths.

Appointments can be made by calling the clinic on 03 9889 1078. Alternatively appointments can be requested via our online portal at our website [www.cssm.com.au](http://www.cssm.com.au)

### **Do I need a referral from a GP?**

While GP's and specialists seeking the best care for their patients often refer patients to see our team, a referral is not necessary.

### **Is treatment covered by my private health fund?**

Depending on your level of cover our treatment is covered under the ancillary or extras cover of most major health insurers. Camberwell Sports & Spinal Medicine is able to offer "on the spot" rebates via HICAPS. The rebate varies depending on your health insurer and level of cover so check the details of your policy.



Camberwell  Sports & Spinal Medicine

1431 Toorak Road Camberwell 3124 | t/ 03 9889 1078 | [www.cssm.com.au](http://www.cssm.com.au)

#### **Open 7 Days**

Monday 8 am - 8:30 pm  
Tuesday 7 am - 8 pm  
Wednesday 7am - 8:30 pm  
Thursday 7 am - 8:30 pm  
Friday 7am - 5 pm  
Saturday 8 am - 4 pm  
Sunday 9am - 5 pm