

PLENARIES

PLENARY 7: Clinical Application of Radiofrequency (TECAR Therapy) in Musculoskeletal, Sports and Women's Health

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FAR Dermatofunctional Method (Italy & International)

Radiofrequency-based technologies, including Transfer of Energy Capacitive and Resistive (TECAR) therapy, are increasingly utilised in physiotherapy as adjunctive interventions for musculoskeletal, sports-related, and women's health conditions. Their effective clinical integration requires an understanding of patient presentation, therapeutic objectives, treatment parameters, contraindications, and the role of technology within comprehensive rehabilitation programmes.

The clinical application of TECAR therapy encompasses a broad range of rehabilitation contexts, including pain management, tissue recovery, functional restoration, and support of return-to-activity. In musculoskeletal rehabilitation, TECAR therapy may complement interventions targeting pain, mobility, and tissue function. Within sports rehabilitation, its application may support recovery and progression through rehabilitation while facilitating the restoration of functional performance. In women's health, radiofrequency-based approaches may have potential applications within selected rehabilitation pathways, with treatment guided by individual clinical needs and therapeutic goals.

Particular emphasis is placed on clinical reasoning and patient-centred decision-making in determining the appropriateness of TECAR therapy. Integration with established physiotherapy interventions, including exercise therapy, manual therapy, education, and functional rehabilitation, remains fundamental to achieving meaningful clinical and functional outcomes.

A clinically reasoned approach to emerging therapeutic technologies enables physiotherapists to incorporate TECAR therapy safely and purposefully into contemporary practice while maintaining evidence-informed, individualised, and function-oriented rehabilitation.