

Patient Information Sheet

Digital Infrared Thermal Imaging (Thermography).

Purpose of test:

Help in determining cause of pain.
Evaluate sensory-nerve irritation or significant soft-tissue injury.
To define a previously diagnosed injury or condition.
To identify an abnormal area for further diagnostic testing.
For the early detection of lesions.
To follow progress of healing and rehabilitation.
To provide objective evidence.

Frequently asked questions:

Where is test performed?
X-ray laboratory, hospital, doctor's office.

Who performs test?
Clinical thermographer, X-ray technician, doctor.

Any risks or side effects?
None. Procedure non-invasive.

Patient preparation:

Do not have physical therapy or electromyography on the same day thermography is performed.
Activity - Do not smoke for 2 hours before the test, do not use lotions or liniments on day of test, stay out of strong sunlight day of test.
Diet - No changes necessary.
Medicines - No changes necessary.
Disrobing - Remove all clothing and jewelry. Put on surgical gown.

THE TEST

Sensory factors:

You may be slightly uncomfortable for short periods when you assume the positions the technician requests. Examining rooms are frequently uncomfortably cool when you disrobe for the examination. Any apprehension about the sophisticated thermography equipment is soon dispelled, the procedure is totally non invasive, the camera does not emit radiation of any kind.

Equipment used:

Thermal imaging camera; Computer; Hair dryer; Spray bottle containing alcohol;
Cooling gel pads; Instant camera; Temperature reference.

Description of test:

Patient time for test: 15-30 minutes.
You are given time for your skin temperature to equalize with the room temperature.
Thermograms are taken of the whole body, or just areas under investigation.
A lumbar assessment would typically include, low back, pelvis, and legs.
A cervical assessment would typically include, head and neck, upper trunk, and arms.
Neurological testing can include a "cold stress test", this just involves placing a hand or foot into a bowl of cool water, alternatively a cool gel pad can be applied to any part of the body.

Patient Instruction Sheet

1. No powder, lotion or deodorant on the area to be scanned.
2. No smoking for a minimum of 2 hours before the test.
3. No excessive hot or cold food or drinks prior to the test.
4. No vigorous exercise 2 hours prior to testing.
5. No physical therapy, massage, chiropractic adjustments, acupuncture or electromyography on the same day prior to the thermography.
6. Avoid strong sunlight on the day of testing.
7. No sunburn that is still active or peeling – if so, delay testing until completely gone
8. Please wear loose fitting clothing, if possible.

There are no dietary or medication restrictions on the day of your scan.

TIP: If you are pregnant, breastfeeding, had surgery in the area of interest, or any biopsies, chemo, or radiation, you would need to wait 3 months after any of these events have stopped.