

What are the advantages with Shockwave Therapy?

Shockwave therapy is recommended for patients who have already had previous conservative therapies that have provided little or no clinical benefit. Recent evidence shows that Shockwave therapy can also be used for acute soft tissue disorders as well as chronic conditions, whether you have tried other conventional therapies or not.

- No anaesthesia
- Non-invasive
- No medication
- Fewer complications
- Significant clinical benefit often seen 6-8 weeks after treatment
- Fast treatment times

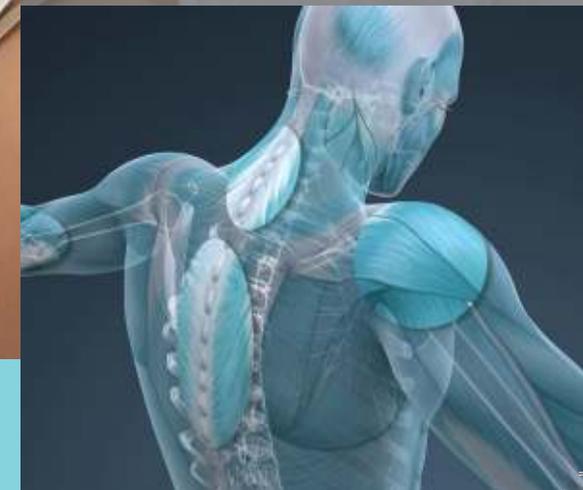
Contraindications

If any of the following apply to you then please notify your clinician prior to any treatment.

- If you are pregnant or trying to conceive.
- If you take anti-coagulants such as Warfarin.
- If you are under 18 years of age
- Cardiac Pacemaker
- Malignant tumours
- Nerve or circulation disorders
- Infections



Patient information for:
**Shockwave
Therapy
(ESWT)**
non-surgical
solution to
persistent
problems



PATIENT INFORMATION

Non-surgical solutions to persistent problems

Shockwave Therapy (ESWT) is a treatment for soft tissue injuries. Whether your injury, pain or chronic condition has been caused by the wear and tear of daily activities, exercise, pregnancy, ageing or accidents, musculoskeletal disorders and soft tissue injuries can be debilitating. Many people think that surgery is the only answer but are worried about taking such a risky step.

“Shockwave Therapy (ESWT) offers two main advantages over traditional surgical methods: fewer potential complications and a faster return to normal activity.” FDA

Clinically proven

Shockwave Therapy is clinically proven, recognised by the top orthopaedic hospitals and used by high profile professional sports bodies.

What are shockwaves?

Shockwaves are high-energy, audible sound waves which are transmitted to the affected area to accelerate healing by increasing blood flow, putting cells into repair mode. Shockwave has an analgesic effect and stimulates repair and regeneration. Shockwaves break down injured tissue and calcifications.

Radial vs Focused Shockwave Therapy

Shockwaves can be either focused or radial. Focused shockwaves offer a smaller focal point with a deeper treatment depth, precisely targeting specific areas. Radial treats a wider more superficial surface area.

Is Shockwave Therapy ESWT safe?

Yes. It has NICE guidance for a large number of indications. Shockwave Therapy performed by qualified therapists is largely risk-free.

ON WHAT PARTS OF THE BODY CAN SHOCKWAVE THERAPY BE USED?

Shockwave Therapy can treat conditions in the hips, knees, shoulders, elbows, achilles, forearms, shins, back and feet.



Is Shockwave painful?

Focused Shockwave is not painful, it is more of a sensation. Radial Shockwave you may feel discomfort to begin with. However the treatment is delivered with a low amount of energy at first which is increased as you get used to it. The treatment stimulates and effectively supports the body's self-healing mechanisms and creates an analgesic effect. Many patients report immediate pain relief following shockwave therapy. If you experience pain after treatment you may use ordinary non-prescription painkillers. Do not use anti-inflammatory medication or apply ice to the treated area as both may interfere with the body's self-healing process.

What conditions can be treated?

Includes but not limited to:

- Achilles Tendonitis
- Plantar Fasciitis (Heel Pain)
- Patellar Tendonitis (Jumper's Knee)
- Medial Tibial Stress Syndrome (Shin Splints)
- Epicondylitis (Tennis or Golfers Elbow)
- Periarticular Shoulder Pain
- Tendinosis Calcarea (Calcific Tendonitis)
- Greater Trochanteric Pain Syndrome (Hip)
- Back Pain

How many sessions are needed?

On average 6 sessions are required. You will need a full assessment to determine the quantity. Treatments last between 10-15 mins.

How successful is the treatment?

It depends on the condition. Statistics show over 90 percent of patients experience a reduction in their pain. The overall success rates for all indications ranges between 60% to 80% depending on the conditions treated.

Can Shockwave treat old/persistent injuries?

Shockwave can treat both long-term chronic conditions and newer injuries, there is a great deal of evidence to show that Shockwave can achieve great results even with historical conditions.