

### What is extracorporeal radial shockwave therapy?

The word extracorporeal means "Outside of the body" which refers to the way the therapy is applied. Shockwave therapy is a non-surgical treatment which works by delivering high energy sound waves to damaged or injured soft tissue.

### How does it work?

Treatment produces an inflammatory response. The body responds by increasing metabolic activity. This stimulates and accelerates the healing process. Shockwave therapy stimulates the body's natural healing process. There is an immediate reduction of pain and improved ease of movement. Secondary effects are minor. Shockwave therapy may also reduce the chance of further surgery.



### How long does the treatment last?

A minimum of 2000 shocks are delivered per session, which last approximately 6 minutes.

### How many treatments will I need?

Protocol states that three treatments are necessary at weekly intervals; however additional treatments may be needed on further assessment.

### Does the treatment hurt?

ESWT is uncomfortable. Typically, your first treatment will start with a lower level of intensity, this will be increased to a point where you feel comfortable.

### What about after the treatment?

Generally, there will be immediate pain relief, but there may be some discomfort experienced 2-4 hours after.

### What should I do if I am in pain after the treatment?

The shockwave will trigger an inflammatory response, for this reason, do not use anti-inflammatory medications. Do not use ice as we want our bodies to trigger the natural healing response. The pain should subside within 24 hours. Use Paracetamol if needed if you are able to take this medication.

### What if it feels good after the treatment?

Even if it feels good, we advise you to take it easy, rest.

### What can be treated?

- Plantar fasciitis
- Midbody Achilles tendinopathy
- Insertional Achilles tendinopathy
- Tennis Elbow
- Golfer's elbow
- Knee Osteoarthritis
- Myofascial trigger points
- lower back pain
- Greater trochanteric pain syndrome
- Calcifying tendinitis of the shoulder
- Frozen Shoulder
- Osgood-Schlatter disease
- Lower back pain
- Spasticity
- Patella tip syndrome
- Medial tibial stress syndrome
- Bone marrow oedema



Here you will find 40 other indications you can treat.

### Contra-Indications

Treatment over air-filled tissue (lung, gut).

Treatment of pregnant women.

Treatment of ruptured tendons.

Patients treated with steroid injections in the past 6 weeks.

Treatment of patients under the age of 18 unless Osgood Schlatter's Syndrome

Treatment of patients with blood-clotting disorders (including thrombosis).

Treatment of patients treated with oral anticoagulants.

Treatment of tissue with local tumours or local bacterial and/or viral infections.

### How to find us

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Saturday 9AM – 1PM

Sunday Closed



### RADIAL SHOCKWAVE THERAPY

