What are the advantages with Shockwave Therapy?

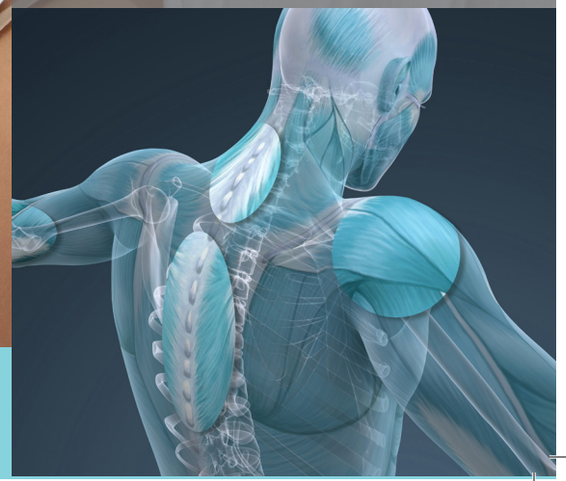
- Shockwave therapy can be used in both chronic and acute conditions.
- Anaesthesia is not necessary
- It's entirely non-invasive
- There is no medication involved
- It's safe
- Significant clinical benefit often seen 6-8 weeks after treatment
- Fast treatment times

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



Non-surgical solutions to persistent problems
Extracorporeal Shock Wave Therapy (ESWT) is a non-invasive treatment where a hand-held device is applied outside the body, introducing energy to painful areas and promoting the body to heal itself. Regardless of the cause; injuries can be debilitating and, if left untreated, may affect your daily life. Shockwave is a non-surgical, non-invasive treatment option for a wide variety of conditions with no downtime.

In having a long-term injury many people think that surgery is their only option to get better but there is risk involved and a long recovery time associated with this. "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 sound waves which are transmitted to the affected area to accelerate healing. The treatment increases blood flow, decreases localised pain and stimulates cell regeneration - this encourages the body to repair itself. Shockwaves also break down injured tissue and calcifications.

Radial vs Focused Shockwave Therapy
Shockwaves work on different platforms and can be either focused or radial. The machines operate and affect the body differently. Ask your therapist for more information on the differences.

Is Shockwave Therapy safe?
Yes. It has NICE guidance for a large number of indications and is used within the NHS. Shockwave Therapy performed by qualified therapists is largely risk-free.

PATIENT INFORMATION

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?
You may experience some discomfort during treatment but the pain should be tolerable. Due to the analgesic effect of Shockwave Therapy many patients report immediate pain relief following treatment.

If you experience pain after treatment you may use ordinary non-prescription painkillers such as paracetamol. Do not use anti-inflammatory medication or Ibuprofen as both may interfere with the body's self-healing process.

Common indication Include:
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?
The amount of treatment sessions will vary dependant on the type of shockwave used and conditions being treated. As a general rule 3 - 6 treatment sessions is advised. As this is encouraging the body to heal itself your body will progress in the healing process even 2-3 months after treatment has stopped.

How successful is the treatment?
Statistics vary based on the condition being treated - varying from 60-90% success rate. Studies have shown 90% of patients with Achilles Tendonitis (Heel pain) will experience a full recovery or significant reduction in their pain and injury.

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