



# SHOCKWAVE THERAPY

Shockwave therapy is a non surgical treatment, and works by delivering impulses of energy, targeted to specific damaged tissues. This increases the blood flow within the affected area, stimulating cell regeneration and healing, and decreasing local factors which can cause pain.

Everyone with soft tissue injuries can benefit, especially athletes. Shockwave Therapy provides a safe, non-surgical alternative for those suffering from:

- Plantar fasciitis & heel pain
- Hip pointers/tendonitis
- Rotator cuff tendonopathy
- Achilles tendonitis
- Whiplash
- Iliotibial Band Syndrome
- Trigger Points / Fibromyalgia
- Bursitis anywhere
- Tennis elbow
- Calcific tendonitis of the shoulder
- Knee patellar tendonitis
- Frozen/Stiff Shoulder
- Headaches
- Shin Splints
- Chronic Muscle Tension

**For more information please contact us 0410 717 360 or 0406 271 660**

# Radial Shockwave Therapy

There is a new form of treatment available at EP Physio Plus. Radial Shockwave Therapy is useful for the treatment of pain related to a number of chronic soft tissue conditions including;

- Tennis/golfers elbow
- Achilles tendinopathy
- Shin splints
- ITB syndrome
- Hamstring tendonitis
- Plantar fasciitis
- Patellar tendinopathy
- Bursitis
- Rotator cuff tendonitis
- Chronic trigger points



This form of treatment was developed from other medical indications (treating kidney stones) and is widely used in Europe and North America for treatment of the above soft tissue conditions. There are numerous published scientific studies, which you are free to examine, the majority of which demonstrate positive outcomes. Most importantly it has been demonstrated as a safe treatment option.

Radial shockwaves are high energy soundwaves transmitted from a probe held against and passing through the skin and spreading outwards into the underlying tissues. This is believed to induce increased blood flow and metabolic activity around the site of pain accelerating the healing process. At the very least it effectively reduces pain from this area.

## ABOUT THE TREATMENT:

After a simple examination of the affected area, shockwaves are applied via a handpiece or applicator held against the skin. The initial phase of treatment may cause some deep pain however this indicates correct targeting of the problem area. This is usually followed by numbness or heaviness in the area and the latter phase of the treatment feels less painful. The treatment sessions are of 10 minutes duration during which you may receive up to 2000 pulses. Many patients get pain relief just days after the first treatment. Depending on the condition and your response you may require from 1 to 5 treatments, although 3 is usually sufficient.

## AFTER THE TREATMENT:

You may feel some soreness which may intensify on the night of treatment. Simple analgesia and icing may be required to control this pain. There may also be some minor bruising in the treatment area. You should rest from aggravating activities for 2-3 days after treatment as your doctor will discuss.

## SIDE EFFECTS:

Post-treatment pain as above.

Local bruising – uncommon and minor.

Tendon rupture has not been reported following radial shockwave therapy, unlike cortisone injection and surgery.

## RESULTS:

Obviously the human body is a complex structure and like many things in medicine we can provide no guarantees of effectiveness of treatment. We can only keep up-to-date with the latest quality scientific research and make this available to you to make your decision.

If you have any questions please feel free to discuss these with your physiotherapist.