

What is and how does Radial Shockwave Therapy work?

Radial Shockwave Therapy involves the application of a series of high-energy acoustic pulses to the affected area; there is no "Electric" shock involved. These travel faster than the speed of sound. The shockwave accelerates the regeneration of tissue by causing a therapeutic inflammatory response. Metabolic rate in the area is increased and therefore blood circulation, which in turn causes a neovascularization and an increase of the body's ability to heal itself.

What can it treat (to name a few) ?

- Plantar Fasciitis
- Achilles Tendinopathy
- Scar Tissue Treatment
- Tennis elbow
- Jumpers Knee
- Stress Fractures / shin splints
- Non Healing Ulcers
- Calcific Rotator cuff tears
- Heel spurs
- Morton's neuroma
- Trigger points
- Osteoarthritis
- Hallux Rigidus

When is Shockwave Therapy not applicable?

- Following cortisone injections (within the last 6 weeks)
- If you are taking blood thinning medications.
- Heart or circulatory problems
- Cancer patients
- Hemophilia or any blood coagulation disorder
- Diabetes
- Pregnant women
- Acute inflammation
- Major blood or nerve supplies too close to the affected area
- Growing children, at the site of Growth Plates

How is the treatment planned?

An initial assessment of 40 minutes is planned. This allows for your therapist to determine the areas that need addressing and the areas that caused or contributed to the condition. Follow up appointments are for approximately 30 minutes.

The therapy is used alongside massage techniques like ART and trigger point work etc.

Three treatments one week apart are initially given. There is then a couple of weeks break before another 1-2 treatments, this depends on the individual and how chronic the condition is.

Does the treatment hurt?

The treatment can be uncomfortable. Most people are able to tolerate the discomfort for the 5 minutes or so that the shockwave therapy is administered. Treatment adjustments can be made when not tolerated by an individual.

Post treatment pain and protocol.

On occasion there may be a mild discomfort felt 2-4 hours post treatment. In some cases it can last for up to 48 hours or so. It is not intolerable pain but a mild discomfort. Some people do not experience pain at all after.

You are requested to not take any medication that has an anti-inflammatory property for duration of the treatment plan.

Please seek advice from your Dr. or pharmacist about medications for pain relief for any ailment during the treatment plan.

Please do not use ice on the area after treatment, as the therapeutic effect needs to continue to work.

Decreased activity of the affected area and possible cause is requested for approximately 48 hours post treatment.

What if it doesn't work for me?

Although the short-term affects have been reported as exceptional, long-term benefits may take up to 3-4 months after therapy ceases.