

What is extracorporeal radial shockwave therapy?

Extracorporeal Radial Shockwave Therapy is a series of high-energy impulses to the affected area.

How does it work?

- 1) Treatment produces an inflammatory response. The body responds by increasing metabolic activity around the site of pain. This stimulates and accelerates the healing process.
- 2) Shockwave breaks down scar tissue and possibly calcification as well
- 3) Transmission of pain is blocked by elimination of P substance.

What are the benefits of Shockwave

Shockwave therapy stimulates the body's natural healing process. There is actually 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?

2000 shocks are delivered per session, which last approximately 5 minutes.

How many treatments will I need?

Protocol states that three treatments are necessary at weekly intervals; however additional treatments may be needed if authorized by your doctor

Does the treatment hurt?

You may feel some discomfort or pain if the patient cannot tolerate the settings can be adjusted.

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 as long as you able to take this medication.

What if it feels good after the treatment?

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

What if it doesn't work for me?

Although the immediate to short-term effects alone are excellent, the long-term effects of shockwave therapy can take up to 4 months. If you still have problems consult you therapist / doctor as additional treatments may be required or an alternative treatment may be necessary.