

Services

Shockwave Therapy

It is extracorporeal radial shockwave therapy, commonly known as a shockwave therapy.

Now, what is extracorporeal radial shockwave therapy?

Extracorporeal Shockwave Therapy is a series of high-energy percussions to the affected area. The shockwave is a physical sound wave "shock", not an electric one.

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 (promotes the remodeling of dysfunctional collagenous tissues, such as tendinopathies, trigger points, muscle strains, etc.).
- 2) Shockwaves break down scar tissue and/or calcification.
- 3) Transmission of pain is diminished through neurological mechanisms (inhibition of nociceptors).

What are the benefits of Shockwave Treatment?

This therapy stimulates the body's natural self-healing process. There is actually an immediate reduction of pain and improved range of motion. ESWT may also eliminate your need for surgery.

How long does the treatment last?

Approximately 2000 shocks are administered per treatment area (the duration of which is approximately 5 minutes). Some patients and/or conditions require more shocks and duration, depending on severity and chronicity (how long the condition or injury has existed).

How many treatments will I need?

Normally three to five treatments are necessary at weekly intervals; there is a small possibility that 2 or more additional treatments may be necessary if your condition is very chronic. Should you not respond in this time, your case will be reviewed with the doctor to determine an appropriate referral.

Does the treatment hurt?

It is a short treatment (usually five to twenty minutes) that may be fairly uncomfortable. However, most people are able to easily tolerate it. However, if you cannot tolerate it, adjustments on the machine can decrease the pressure you feel.

Will it hurt after the treatment?

There may or may not be immediate pain, but some discomfort may be experienced 2-4 hours after the treatment. In some cases it can last up to 48 hours. Some bruising and swelling can occur. The shockwave will trigger an inflammatory response, which is the body's natural process of healing. For this reason, do not

use anti-inflammatory medications. Do not use ice. The pain should subside within 24 hours.

What are the conditions treated with shockwave therapy?

- Plantar Fasciitis, heel spurs and Achilles tendonitis
- Patellar tendonitis, jumper's knee and shin pain
- Tennis or golfer's elbow
- Rotator cuff tendonitis & calcification (shoulder)
- Trochanteric bursitis (hip)
- Trigger points in muscles
- Stress fractures/shin Splints, non-unions (delayed bone healing) , Morton's Neuroma.
- Listed are the very common conditions treated with shockwave but not limited to above mentioned conditions only.

If you are suffering from any of the conditions where shockwave therapy can be helpful, please call our clinic and book your appointment (905) 389-8772.