

## **Extracorporeal Shockwave Therapy (ESWT)**

### **What is ESWT?**

Extracorporeal Shockwave Therapy is a non-invasive treatment that assists with the body's natural healing process. It involves sending shockwaves through your skin towards the painful/affected /damaged tissue.

### **How does it work?**

The treatment produces an anti-inflammatory response which increases metabolic and circulatory activity. This stimulates your bodies healing process thereby promoting recovery and remodeling of damaged/dysfunctional tissues. ESWT aids in the breakdown of scar tissue and calcification and can also stimulate pain relief through neural mechanisms (reduction of nerve signals to the brain.)

### **What conditions can ESWT treat?**

Shockwave therapy can be used to treat chronic tendon inflammation in the hip, knee, shoulder, elbow, Achilles and sole of the foot. It is recommended for conditions such as heel pain (plantar fasciitis), tennis or golfers elbow, tendinitis of the shoulder, tendinopathies of the Achilles tendon, hamstring and patella, as well as other painful conditions such as trochanteric bursitis and shin splints. There is also new research showing its use in treating osteoarthritic conditions and it is also used to reduce the appearance of cellulite and for the treatment of erectile dysfunction.

### **What are the Benefits?**

- Stimulates the body's natural self-healing process
- Non-Invasive
- Immediate reduction in pain
- Increased Range of movement
- May eliminate need for surgery

### **Success Rate?**

ESWT is a highly effective treatment for chronic tendon disorders and is widely used in practise. Research demonstrates a 70-80% success rate across a vast range of conditions. It may not work for everyone, but it helps most people when other conservative treatments have failed. It has helped many people to undergo invasive or surgical treatments. Treatments should last no longer than 20 minutes depending on pain severity and history of the condition. You should expect to attend 3-5 weekly treatment sessions, for the best results.

**How to prepare for treatment?**

- No pain relief prior to treatment sessions
- Stop use of Non-steroidal anti-inflammatory drugs (for example ibuprofen, aspirin) 14 days prior to first treatment, throughout treatment and 6 weeks after final treatment session
- Continue with stretching and eccentric loading programme
- Adequate rest (Avoid continuous overloading of pain site)
- No strenuous, pain provoking or high impact activity for 48 hours post treatment

**What to expect during after treatment?**

Some soreness and pain may occur as ESWT initiates an inflammatory reaction in the tissues. You may experience some side effects after treatment including skin redness, bruising, haematoma, localised red spots and numbness. All of these should resolve in a few days prior to your next treatment. There is a small risk of tendon/ligament rupture and soft tissue damage.

**ESWT should not be completed if you:**

- Are Pregnant
- Are taking Anti-platelets/anticoagulants
- Have a blood clotting disorder
- Have been diagnosed with bone cancer
- Have a cardiac pacemaker
- Have had a steroid injection in the last 12 weeks/previous tendon rupture

**Why are you asked to sign a consent form?**

You may experience pain during and temporarily after treatment. Side effects noted above such as bruising, redness, numbness, and swelling are also possible. We want you be informed of all aspects prior to treatment.

By signing below you acknowledge that you understand and accept the risks and benefits of Shockwave Therapy and consent to having this treatment administered.

Name (Printed):.....

Signature:.....

Date:.....

Physiotherapist: .....