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## What is Shockwave Therapy?

Physio-Wise is pleased to offer our clients access to Shockwave therapy as part of our range of services.



This **proven non-invasive treatment option** offers a solution to long-term insertional tendinopathies and soft-tissue pathologies by supporting and resetting the healing pattern.

### What are Shockwaves?

A clinical shockwave is a **high energy pressure wave**

Our Shockwave machine works via an applicator hand piece, which uses compressed air to drive a projectile toward the shock transmitter at the end of the hand piece.

The kinetic (movement) energy generated by the motion and weight of the projectile, converts into acoustic (sound) energy when the projectile hits the shock transmitter. The acoustic pulses then spread into the underlying body tissue.



This mini controlled explosion directs a **mechanical force** to the targeted body tissues.

# How does Shockwave Therapy work?

Shockwaves are transmitted through the skin into the underlying tissues where they stimulate **PAIN RELIEF** and **TISSUE REPAIR**. *Shockwave Therapy works by...*

## Reducing pain via the Gate Control Theory

*The intense pulses from the Shockwave activate particular nerve fibres, stopping the transmission of pain signals*

## Promoting the inflammatory process which is essential for healing

*The mechanical stress of Shockwaves activates the cellular self-defence system, including the release of pain and inflammatory inhibiting substances*

## Increasing blood vessels in the treated area

*This leads to new blood flow to the area promoting tissue healing and regeneration*

## Reducing muscle tone

*There is a strong link between pain and increased muscle tone; Shockwave Therapy could help break the “vicious circle” of pain and increased muscle tone.*

# What conditions can Shockwave Therapy treat?

Clinical research trials have supported the use of Shockwave Therapy in the treatment of patients with conditions including:

- ▶ Achilles Tendinopathy
- ▶ Plantar Fasciitis
- ▶ Shin Splints
- ▶ Hip/Trochanteric Insertion Tendinitis
- ▶ Shoulder Tendinitis
- ▶ Tennis Elbow



Other conditions that may benefit include:

- ▶ Muscle Sprain
- ▶ Jumper's Knee
- ▶ Runner's Knee
- ▶ Piriformis Syndrome
- ▶ Low back/thoracic pain
- ▶ Frozen Shoulder
- ▶ Trigger Point Therapy
- ▶ Massage/Vibration Therapy



## What you can expect with your treatment...

### ► Shockwave Therapy is NOISY

*Our shockwave machine uses compressed air, so it can be a bit noisy. If you have concerns about this, please let your physio know. **Ear plugs are available.***

### ► Shockwave Therapy can be uncomfortable

*The repeated manual pressure from Shockwave can be uncomfortable over tender areas. **Some discomfort may be expected but not severe pain.***

### ► You may feel sore after treatment

*Shockwave therapy aims to enhance the healing process by renewing the inflammatory/healing response, therefore you may be sore after treatment. You should **avoid taking anti-inflammatory medications after treatment** as they may counteract this process.*

