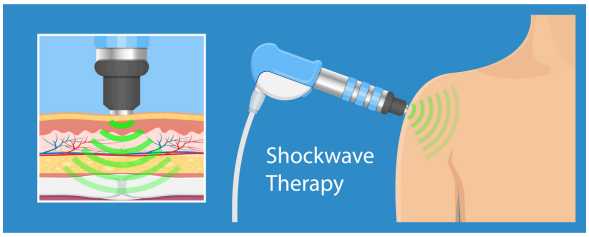
Shockwave Therapy FAQ

What is shockwave therapy?

Shockwave is an acoustic wave which carries high energy to painful spots and myoskeletal tissues with subacute, subchronic and chronic conditions. The energy promotes regeneration and reparative processes of the bones, tendons and other soft tissues. Shockwaves are characterized by jump change in pressure, high amplitude and non-periodicity.
The kinetic energy of the projectile, created by compressed air, is transferred to the transmitter at the end of the applicator and further into the tissue.



What is shockwave therapy used to treat?

Shockwave therapy has been shown to be effective on a wide range of chronic conditions. Here are some examples of conditions where SWT has been shown to effectively treat symptoms and improve function:

- Plantar Fasciitis
- Tennis/Golfers Elbow
- Wrist/Ankle Pain
- Neuropathy/Nerve Pain
- Joint Pain (shoulder, knee, hip)
- Leg Pain
- Tendonitis
- Bursitis

Does the treatment hurt?

There may be a slight feeling of discomfort during the treatment, depending on the level of pain the patient is already experiencing in the area. However, most patients are able to tolerate this discomfort. Additionally, the intensity of the treatment can be adjusted throughout the session.

How many treatments will I need and how often?

The number of treatments varies depending on the indication and tissue response. The effect of the treatment is cumulative, so you will typically need more than one treatment. Very often though, you will experience relief right after the first treatment.
Most indications require 3–5 treatments which are done 3–10 days apart, depending on the patient's tolerance and their tissue response.

Will I feel any pain after treatment?

Most patients will experience an immediate pain relief following the treatment. However, within 2–4 hours after the treatment, they may experience some soreness in the treated area. This soreness has been reported as tolerable and not limiting.