

Shockwave Therapy

Shockwave Therapy is an extremely effective and non-invasive solution to the pain and impairment caused by chronic, overuse injuries.

During Shockwave Therapy, a series of high-energy percussions is delivered to the injured area. These mechanical pulses cause scar tissue and calcific fibroblasts to break down and this, in turn, provokes metabolic activity and an inflammatory response – promoting and stimulating healing.

- **What is a typical course of treatment?**

Each session of treatment takes approximately 5–10 minutes. During this time 2,000 to 3,000 pulse waves are delivered to the area being treated.

Most conditions require 6-12 sessions. Treatments are done 3-7 days apart, depending upon patient tolerance and tissue response.

- **When will the results of treatment begin to be felt?**

Most patients begin to enjoy relief with their first treatment; however, for some, it may take 3–4 treatments. Full results require a complete course of therapy and can take up to several months to be completely realized as the body goes through a healing cycle.

- **Does the treatment hurt?**

Depending upon the level of pain the patient is already experiencing in the area, there may be some discomfort during each Shockwave treatment. However, most patients are able to tolerate the treatments very well since they last only a few minutes. Additionally, the intensity of the treatment can be adjusted to allow for some analgesic effect at the beginning of each session.

- **Is Shockwave Therapy effective?**

The worldwide reported rate of clinical success with Shockwave Therapy is 77%–80%. Our patients have reported similar rates of success. For those who do not respond favorably to the treatment, other modes of therapy and treatment should be considered – proper referrals will be made to the appropriate specialists.

- **What are the physiological effects?**

Shockwave Therapy has been clinically shown to:

- Eliminate pain
- Facilitate healing
- Improve local microcirculation, leading to improved tissue metabolism
- Increase production of collagen
- Reduce local muscle tension
- Help dissolve calcific fibroblasts
- Stimulate the elimination of Substance P (a pain producing chemical)

- **What are some of the benefits?**

Offering several benefits over other modes of treatment, Shockwave Therapy:

- Can be used without the use of x-rays or drugs (although the diagnostic process and/or previous treatments may have included these)
- Stimulates the body's own healing ability
- Often provides an immediate reduction of pain as well as improved mobility and function
- Is non-invasive
- Does not require anesthesia

- **What conditions can be treated?**

Shockwave Therapy can be used to successfully treat the following conditions and more.

- Achilles tendon pain
- Plantar fasciitis
- Hip bursitis
- Jumper's knee
- Pain in the hamstring insertion
- Iliotibial band (ITB) syndrome
- Tennis/Golfer's elbow
- Shoulder tendonitis
- Groin pain
- Myofascial trigger points
- Acute muscle spasm/strain

- **Will there be pain after Shockwave treatment?**

Most patients will experience immediate relief of pain following Shockwave treatment. However, within 2–4 hours they may experience soreness in the area. This soreness is typically very tolerable and may last a few hours to several days.

Patients experiencing soreness should NOT use ice on the area. Because one of the desired effects of Shockwave Therapy treatments is an inflammatory response, use of anti-inflammatory medications (such as Ibuprofen, Motrin, Aleve, Advil, etc.) is not recommended. Most patients have reported very good results with Tylenol.

Patients may choose to take medication as they see fit or based upon their medical physician's recommendation and guidance. The soreness is typically gone within 4–24 hours without any form of intervention.

- **What about physical activity following Shockwave treatment?**

Patients should avoid physical activities – especially those that involve the treated region – for 48 hours following each treatment or as otherwise recommended by Dr. Bridge.