

SHOCKWAVE

Your clinician has suggested that Extracorporeal Shockwave Treatment is an appropriate part of your treatment plan.

WHAT IS SHOCKWAVE?

It is a noninvasive procedure that uses sound waves to stimulate a healing process in musculoskeletal conditions. It is often used to treat soft tissue conditions such as heel pain, Achilles tendinopathy, and posterior tibial tendinopathy. It can sometimes be used to promote healing in bone and other structures too.

The therapy involves sending high amplitude sound waves directly to the source of pathology.

DOES IT HURT?

Shockwave therapy is not intended to be comfortable. It will provide a degree of tolerable discomfort, but it shouldn't be unbearable.

ARE THERE SIDE-EFFECTS?

Everybody will have a slightly different response to the treatment. Most people experience some immediate pain relief for the first 48 hours with a gradual return of discomfort over the following week. Rarer reactions include a rapid increase of pain with a spontaneous dramatic resolution some 5 or so days later or no response at all.

The benefit of this as a treatment is that side effects are infrequent.

HOW EFFECTIVE IS IT?

For those whom the treatment is effective for, it can have long-lasting effects. Generally speaking, most people feel a degree of improvement over the first 48hrs, and there may be a gradual return of discomfort over the following week after the first session. Most times, three sessions over three weeks (in conjunction with other management strategies such as orthoses, strengthening, or stretching) is typically enough.

If you have any questions or concerns or want to book for an appointment, feel free to contact me directly on johnosborne@bouncehealth.com.au or 1300 855 440.