Shockwave Therapy

A new type of treatment

Shockwave Therapy is an effective modality that helps treat pathologies which cause pain and dysfunction. An effect that can be, what some patients have described as .... 'magical'.

Addressing all factors that lead to this tissue degeneration is important so that results are permanent. It is scientifically proven to be clinically effective in resolving and treating chronic conditions. This revolutionary new method provides non-surgical treatments of conditions that historically could only be resolved via surgical intervention.

What conditions can be treated?

Shockwave Therapy can be used to treat a wide variety of musculoskeletal conditions, in particular, those involving areas where major connective tissue attaches to bone. Common sites that can been successfully treated are:
• Foot - plantar fasciitis & Achilles tendonitis
• Knee - patellar tendinitis
• Elbow - tennis or golfer's elbow
• Shoulder - rotator cuff tendinitis & calcific deposits
• Hip - trochanteric bursitis
• Muscles - various trigger points throughout body

Shockwave therapy can stimulate healing in long-term problems when other therapies have failed.

What are the advantages?

Shockwave therapy is a recent development in North America, but has been researched and used in Europe for a longer time. It has been used successfully by healthcare providers that specialize in musculoskeletal disorders. As compared to other treatment methods, the advantages are:
• Quickly reduces pain
• No medication needed
• Avoid surgery
• No side effects
• No risk of allergy
• Accelerates healing
• Very effective for chronic conditions

How does shockwave work?

Shockwaves accelerate the healing process by activating the body's self-healing powers, particularly in cases where the body has been unable to do it on its’ own. In essence it acts as a 'kickstart' to stimulate the metabolism and enhance blood circulation. This enables the damaged tissue to regenerate and eventually heal.

Shockwaves are applied via a light handpiece that is easy to use, which produces a very strong pulses break the sound barrier and creates shockwaves. The shockwaves are directed at the site of the lesions in a controlled and focused manner.

Shockwaves have a mechanical effect on the tissue. As the pressure front of the wave is transmitted to the tissue, it creates cavitation bubbles that expand and burst, creating a resultant force.

The force penetrates through the skin to stimulate cells in the body which are responsible for bone (osteoblast) and connective tissue (fibroblast) healing. Research has also shown that Shockwave can also breaks down calcium deposits.
What is the success rate?

After only 3 sessions, over 80% of patients report painlessness or significant pain reduction. This pain reduction/elimination leads to restoration of full mobility and thus improving quality of life. Repeated treatments may enhance efficacy.

- 90% improvement for plantar fasciitis
  Journal of Orthopaedics Research 2005

- 91% improvement for calcific tendonitis
  Journal of American Medical Association 2003

- 77% improvement for tennis elbow
  Journal of Orthopaedics 2005

How long does treatment last?

The therapy session takes about 15 minutes depending on the disorder that is treated. Therapy is combined with guided exercise to actively strengthen any damaged tissue as it heals. In general, 4-6 sessions are necessary at weekly intervals. Call to book a consultation to see if this is your answer to heal a stubborn problem.
For further information and research, please check out www.shockwavecanada.com