

PHYSIOTHERAPY



TAILORED SERVICES FROM CHARTERED PHYSIOTHERAPISTS

Extracorporeal Shockwave
Therapy FAQ's

WHAT IS EXTRACORPOREAL SHOCKWAVE THERAPY?

Extracorporeal Shockwave Therapy (ESWT) is a revolutionary technology that is being used by clinicians in various medical fields to cure problematic and painful tendonopathies and has been proven to be successful* in treating a variety of painful tendon related conditions in areas of the body including the:

- Foot and ankle
- Knee
- Hip
- Elbow
- Shoulder



HOW DO I KNOW ESWT IS SUITABLE FOR ME?

ESWT is suitable for patients that have been unable to find a suitable cure for their tendinopathy or orthopaedic condition when using conventional treatment methods such as physiotherapy, painkillers and injections*. ESWT is not suitable for children or if you are suffering from some conditions which are listed later conditions.

HOW DOES ESWT WORK?

The device passes shockwaves through the skin to the injured part of the body via a hand held applicator. The shockwave spreads inside the injured tissue and initiates an inflammatory response which prompts the body to respond naturally by increasing:

- The blood circulation
- The ingrowth of new blood vessels
- The metabolism in the injured tissue

This accelerates the natural healing process by increasing cell generation and dissolving calcium deposits.

WHAT ARE THE ADVANTAGES OF ESWT?

A non-invasive walk in walk out treatment

- No need for anaesthesia
- No lengthy rehabilitation ie. no loss of mobility, no time off work
- Short treatment sessions lasting just 20 minutes
- A safe procedure, confirmed by NICE* guidelines
- Transient analgesic effect after treatment
- High patient acceptance and minimal complications
- Strong clinical results/evidence-based*

HOW IS IT CARRIED OUT?

The procedure is performed walk-in walk-out, lasting approximately 15-20 minutes and on average 3 sessions will be required at weekly intervals.

On arrival for treatment the clinician will explain the procedure and your consent will be taken. The area for treatment is marked and an ultrasound gel applied.

Treatment starts by delivering the shockwave impulses at increasing pressure to the affected area.

During the treatment, you may experience some discomfort. If this occurs, we advise you inform your treating clinician as this may be alleviated by altering the delivery of the impulses. Following treatment, any discomfort should be relieved with simple analgesia (paracetamol), but not with anti-inflammatory medication (ibuprofen/voltarol), as these interfere with the body's natural healing abilities.

Patients may not see an immediate response to the treatment, often responses can be seen up to 4 months following treatment. This is why it is important to complete the course of treatment which has been recommended.

Better clinical results are achieved when the patient is part of an eccentric loading/stretching programme.

For more information

Contact Physiotherapy Medical Team

Call 0800 404 6660

Email info@bmihealthcare.co.uk

ARE THERE ANY REASONS WHY YOU CAN'T HAVE ESWT?

ESWT treatment is not normally suitable for patients who:

- Are pregnant
- Have a tumour (at/near the site of treatment)
- Have an infection at the site of treatment
- Are undergoing anticoagulation therapy
- Have a pacemaker fitted
- Have had recent steroid injections (within the last 12 weeks)
- Are under 18 years of age

ARE THERE ANY DISADVANTAGES TO TREATMENT ?

There are few disadvantages or side effects to treatment. Occasionally discomfort can be experienced during treatment, however most patients are able to tolerate this without the need for medication. There may also be some mild local redness/bruising/tingling or aching at the site after treatment and it may take weeks/months to reach maximal clinical benefit (3-4 months). If not successful then surgery may be an option.

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