

## 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?**

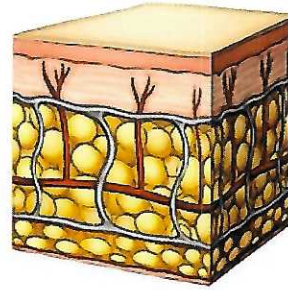
Most patients will experience an immediate pain relief following the treatment. However, within 2–4 hours after the treatment, they may experience some soreness in the treated area. This soreness has been reported as tolerable and not limiting.



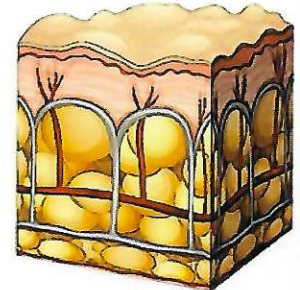
# Shockwave For Cellulite

## What is Cellulite?

Fibrosis is the thickening or hardening of the collagen cords under your skin, shortening the cords, pulling down on your skin. Fatty tissue in that area will look as if it's protruding (herniating) around those cords, thereby resulting in bumpy skin.

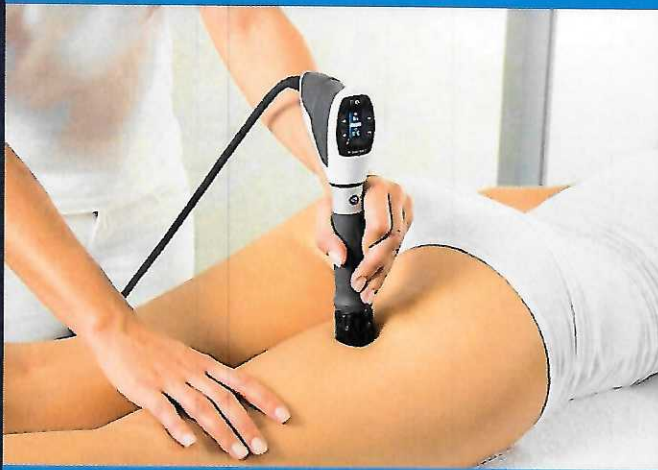


healthy skin



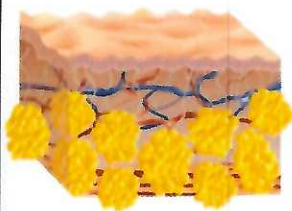
skin with cellulite

## GREAT RESULTS NATURALLY

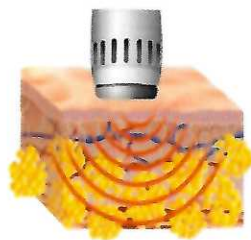


## Treating Cellulite With Shockwave Therapy

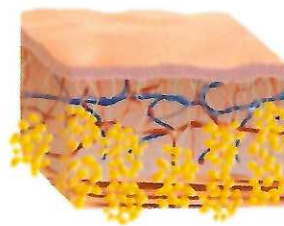
- Weakens fibrous subcutaneous tissues
- Reducing lymphedema (swelling caused by poor lymph fluid flow)
- Influencing mesenchymal stem cells (adult stem cells found in fat tissue)
- Improving blood circulation



Before: fatty deposits of cellulite cause the 'lumpy' appearance of the skin



During: acoustic waves penetrate the fatty deposits, helping to release fluids and toxins



After: increased skin firmness and smoothness as fat cells are drained and more collagen and elastin are produced



# Shockwave Therapy



## WHAT IS SHOCKWAVE THERAPY

Shockwave therapy treats chronic conditions by delivering penetrating shockwaves deep into soft tissue, inducing microtrauma and triggering a new inflammatory response. This prompts the body's natural healing mechanisms. The emitted energy also stimulates cells to release biochemicals, enhancing healing and fostering the formation of new blood vessels in the treated area.



## CALCIFICATIONS

Shockwave therapy treats conditions with calcifications, like tendons or joints, through cavitation. This process creates and collapses microscopic gas bubbles in calcified deposits, breaking them down. This restores tissue function and relieves symptoms of calcification-related conditions.

## Common Conditions

- Tennis Elbow
- Golfers Elbow
- De Quervain's Disease
- Trigger Finger
- Carpal Tunnel
- Plantar Fasciitis
- Neuropathy



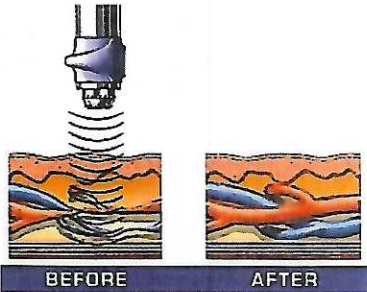
## COMMON CONDITIONS

- Shoulder Calcific Tendonitis
- Achilles Tendinopathy
- Patellar Tendinopathy
- Sciatica
- Bones Spurs





# Shockwave Therapy for Chronic pain



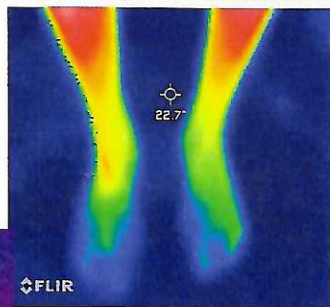
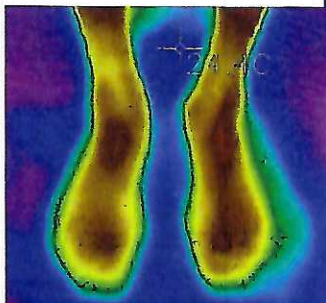
- Improve Blood Flow & Blood Vessel Growth
- Stimulation of Collagen Production
- Relieve Chronic inflammation
- Accelerated Tissue Repair & Cell Growth
- Release Trigger points

## GREAT RESULTS NATURALLY

- Plantar Fasciitis
- Tennis / Golfers Elbow
- Frozen Shoulder
- Peripheral Neuropathy
- Chronic Joint Pain
- Carpal Tunnel Syndrome
- Reduced Blood Flow
- Thoracic Outlet Syndrome
- Neuroma's and Neuralgia's



BEFORE



AFTER

Fig. 8

