



# SHOCKWAVE THERAPY

## FREQUENTLY ASKED QUESTIONS



### “What is Radial Shockwave Therapy?”

Radial Shockwave Therapy is a series of high-energy percussions to the affected area. The shockwave is a physical shock, not an electric one.

### “How does it work?”

Various theories exist but the following 2 seem most probable:  
1) Treatment produces an inflammatory response. The body responds by increasing metabolic activity around the site of pain. This stimulates and accelerates the healing process.



### “What areas of the body can be treated?”

2) Shockwave breaks down scar tissue and possibly calcification as well.  
We have treated chronic tendonitis of the shoulder, the elbow, the hip, the knee and the achilles tendon. Heel Spurs (Plantar Fasciitis) and calcified tendons can also be broken down.

### “What are the benefits of Shockwave Treatment?”

This therapy works without the use of X-rays or drugs; it stimulates the body's natural self-healing process. There is usually an immediate reduction of pain and improved ease of movement. Secondary effects are minor. Shockwave therapy may also eliminate your need for surgery.

### “How long does each treatment last?”

2000 shocks are administered per session, which lasts approximately 5 minutes.

### “How many treatments will I need?”

Normally 3 treatments are necessary at weekly intervals; there is a small possibility that 2 additional treatments may be necessary if your condition is very chronic.



### “Does the treatment itself, hurt?”

Yes. It is an intense 5 minutes that most people are able to tolerate. However, if you cannot tolerate it, local anesthesia can be an option.

### “Will it hurt after the treatment?”

As you leave the clinic, you will most likely be feeling no pain but you may experience throbbing pain 2-4 hours following the treatment. This throbbing pain may occur for up to 24 hrs. In some cases it can last up to 48 hours and in very rare cases, the pain lasted up to 5 days.

### “What should I do if I am in pain following the treatment?”

The shockwave will trigger an inflammatory response which is the body's natural process of healing. For this reason, **do not** use any anti-inflammatory medications.

## RADIAL SHOCKWAVE THERAPY RESULTS



**A SUCCESSFUL TREATMENT IS CONSIDERED AS A PATIENT HAVING AT LEAST 75% REDUCTION IN PAIN WITHIN 3 MONTHS.**

**Do not** use ice. The pain should subside within 24 hours. Use Advil or Tylenol if necessary.

### “What if it feels good following the treatment?”

Even if it feels good, we recommend decreased activity for 48 hrs following the treatment.



### “Is Shockwave Therapy covered by my insurance?”

You will be invoiced under physiotherapy. Along with your physician's referral, most insurance companies will reimburse some or all fees depending upon your plan and applicable co-payments or deductibles.

### “What is the success rate for this kind of treatment?”

We have obtained approximately a 77 % success rate with chronic conditions that have failed to respond to all other types of treatment. Our results are consistent with those obtained world wide.

### “What if it doesn't work for me?”

Although the Short-Term effects alone are exceptional, the Long-Term benefits of this treatment may take up to 3 to 4 months. If after this time, there has not been any marked improvement, the last (and hopefully avoidable) resort may be surgery.

### “Are there contraindications and/or precautions I should be aware of?”

#### YES

- Cortisone injections (None within the last month).
- Blood thinning medications such as Heparin or Coumadin
- Heart or circulatory problems
- Cancer, Diabetes, Pregnancy
- Blood or nerve supplies too close to the affected area



### “Why am I asked to sign a consent form?”

This type of treatment is non conventional. Pain can increase temporarily. Bruising and or swelling are also possible. We want you to be informed of all aspects related before beginning Shockwave therapy.

Should you have any other questions, please consult our web site ([http://www.action-sport.com/eng/services/shockwave\\_therapy.php](http://www.action-sport.com/eng/services/shockwave_therapy.php)) or feel free to call us.

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