

# Shockwave Therapy

## What is Shockwave Therapy?

Shockwaves are movements of extremely high pressure & Extracorporeal Shock Wave Therapy (ESWT) is the application of Shock Waves in medicine.

Shockwave Therapy stimulates metabolic reactions when applied to injured tissues, assisting in tissue healing & pain reduction.



## Clinical Effects of Shockwave Therapy?

- ◇ Reduction of pain felt by nerve fibers (analgesic effect)
- ◇ Beginning of healing process triggered by activation of stem cells
- ◇ Increase of blood circulation in surrounding soft tissues & new blood vessel formation

## Conditions Treated With Shockwave Therapy

ESWT has a strong evidence base for being an effective treatment for a number of musculoskeletal complaints, including;

- ◇ Plantar Fasciopathy (*'Heel Spurs'*)
- ◇ Achilles Tendinopathy
- ◇ Medial Tibial Stress Syndrome (*'Shin Splints'*)
- ◇ Tibial Apophysitis (*Osgood-Schlatter' Disease*)
- ◇ Patellar Tendinopathy
- ◇ Gluteal Tendinopathy



## Shockwave Therapy & Forster Tuncurry Sports Podiatry

Unlike other health care clinics we do not charge an additional fee on top of our consultation fees for the use of Shockwave Therapy.

Shockwave Therapy may be used in isolation or in conjunction with other treatment interventions (eg: exercise-based therapies, soft tissue therapies, orthotic therapy etc...)

For more information head to [www.ftspodiatry.com.au](http://www.ftspodiatry.com.au)

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