

## SHOCKWAVE THERAPY - PATIENT INFORMATION SHEET

Shockwave Therapy is non-invasive clinically proven method of treating musculoskeletal disorders. It has been found to bring relief in most patients after just a few treatment sessions, even in patients suffering from chronic pain.

Administered via a probe held against the skin, radial shockwaves are high-energy soundwaves transmitted on to and passing through the skin, which spread outwards into the underlying tissues. This is believed to induce increased blood flow and metabolic activity around the site of pain accelerating the healing process.

At the very least it effectively reduces pain from the area.

### ABOUT THE TREATMENT:

After a simple examination of the affected area, shockwaves are applied via a handpiece or applicator held against the skin. The initial phase of treatment may cause some deep pain however this indicates correct targeting of the problem area. This is usually followed by numbness or heaviness in the area and the latter phase of the treatment feels less or no pain.

The treatment will take approximately 5-10 minutes during which you will receive 2000 pulses. Many patients get pain relief immediately after the first treatment. Depending on the condition and your response, you may require from 1 to 5 treatments, although 3 is usually sufficient.

### AFTER THE TREATMENT:

There may or may not be immediate pain, but some discomfort may be experienced 2-4 hours after the treatment. In some cases it can last up to 48 hours, and in very rare cases up to 5 days. Simple analgesia may be required to control this pain but do not use anti-inflammatory medications. There may also be some minor bruising in the treatment area. You should rest from aggravating activities for 2-3 days after treatment, as your practitioner will discuss.

### POSSIBLE SIDE EFFECTS:

- Swelling, reddening, haematoma/bruising
- Petechiae/rash
- Pain
- Skin lesions (especially after previous cortisone therapy).

### CONTRAINDICATIONS:

Please inform your practitioner if you have any of the following contra-indications as this form of treatment may not be appropriate for you:

- Coagulation disorders, thrombosis, heart, or circulatory patients
- Use of anticoagulants, especially Marcumar, Heparin, Coumadin
- Tumour diseases, carcinoma, cancer patients
- Pregnancy
- Polyneuropathy in case of diabetes mellitus
- Acute inflammations / skin wound, including pus focus in the target area
- Children in growth
- Cortisone therapy up to 6 weeks before first treatment.

### COST:

\$75 per treatment session (non-rebateable), plus the attendance/consultation fee for the Sports Doctor/Podiatrist/Physiotherapist (which may attract a Medicare or Private Health Insurance rebate).

*NOTE: Obviously, the human body is a complex structure and like many things in medicine, we can provide no guarantees of effectiveness of treatment. If you have any questions or concerns, please discuss these with your practitioner.*