

- Alex Whyte D.Ch., Dip.Ped., BKIN -
Extracorporeal Radial Shockwave Therapy

What is extracorporeal radial shockwave therapy?

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

How does it work?

- 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
- 2) Shockwave breaks down scar tissue and possibly calcification as well
- 3) Transmission of pain is blocked

What indications are Shockwave Therapy used Worldwide to treat?

- Plantar Fasciitis
- Frozen Shoulder
- Plantar Fasciosis (strained arch)
- Heel Spurs
- Tennis Elbow
- Morton’s Neuroma
- Calcific Rotator Cuff Tendinitis
- Hallux Rigidus
- Bursitis
- Achilles Tendinopathy, Tendonitis
- Trigger Point Therapy
- Jumpers Knee
- Anterior Tibial Syndrome
- Stress Fractures
- Osteoarthritis
- Patellar Chondropathy
- Trochanteric Tendonitis



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 actually 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 the treatment last?

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

How many treatments will I need?

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

Who performs the treatment?

A Chiroprapist and a Shockwave Therapist Certified with Shockwave Canada Inc. When the Shockwave is performed at the ankle and below the toes, the Chiroprapist will invoice as Chiroprody Services. When the Shockwave is applied above the ankle, i.e. to the elbow, shoulder, hip and knee, you will be invoiced as Radial Shockwave Therapy. If this is a part of your Physiotherapists treatment plan, it will be billed as Physiotherapy Services.

Does the treatment hurt?

It is a 5-minute treatment that may be uncomfortable and most people are able to tolerate. However, if you cannot tolerate it, adjustments on the machine can decrease the pressure you feel.

Will it hurt after the treatment?

There may be no 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, the pain lasted up to 5 days.

What should I do if I am in pain after the treatment?

The shockwave will trigger an inflammatory response, which is the body's natural process of healing. For this reason, do not use anti-inflammatory medications. Do not use ice. The pain should subside within 24 hours. Use Tylenol if necessary, provided you have no trouble with this medication.

What if it feels good after the treatment?

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

Is Shockwave Therapy covered by my insurance?

If you have insurance you will want to ask your provider about the requirements of your coverage. You will be invoiced under chiroprody/extracorporeal radial shockwave therapy for foot and ankle treatments. For above the ankle, you will be invoiced under Extracorporeal Radial Shockwave Therapy treatment, or Physiotherapy if it is a part of their treatment plan.

What is the success rate of this kind of treatment?

A successful treatment is considered as a patient having at least 75% reduction in pain within 3 months. Worldwide, success rates are around 80 to 90%.

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 3-4 months. If after this time there has not been any marked improvement, you should see your doctor for further treatment options.



- Alex Whyte D.Ch., Foot and Orthotic Clinic -
**Extracorporeal Radial Shockwave Therapy
Consent Form**

Are there any contraindications and/or precautions?

Please review the following contraindications and check those that apply to you:

Yes No

Yes	No	
		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 / pus focus in the target area (infection).
		Children in growth
		Cortisone therapy up to 6 weeks before first treatment

Side effects:

- Swelling, reddening, hematomas
- Pain
- Skin lesions after previous cortisone therapy
- These side effects generally abate after 5 to 10 days.

Why am I asked to sign a consent form?

Pain can increase temporarily. Bruising and or swelling are also possible. We want you to be informed of all aspect.