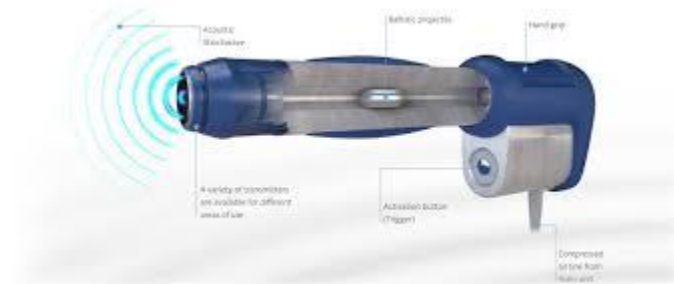


What is radial shockwave therapy?

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 conditions does it treat?

- Plantar Fasciitis
- Frozen Shoulder
- Plantar Fasciitis (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
- 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 Physiotherapist that is Shockwave Certified. When the Shockwave is applied as a part of your Physiotherapist's treatment plan, it will be billed as Physiotherapy Services and therefore covered under extended Physiotherapy Health Benefits.

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?

When Shockwave is performed by a Physiotherapist as part of their treatment plan, the Shockwave treatment is covered by your Extended Health Benefits (EHB) 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%.

