



## Radial Extracorporeal Shockwave Therapy (r-ESWT)

### Radial Extracorporeal Shockwave Therapy (r-ESWT)

is an evidence-based treatment that involves passing low energy pressure waves into damaged tissues to increase blood flow and stimulate repair whilst reducing pain and allowing your body to restart its own natural healing process.

### WHAT ARE RADIAL SHOCKWAVES?

Shockwave therapy has been used since the 1980's for the non-surgical treatment of kidney stones, fast forward 40 years and its now used to treat many areas of the body. Radial shockwaves are low energy pressure waves that are delivered into damaged tissues such as tendons and muscle, this increases blood flow, has an analgesic effect and stimulates the body's natural repair and regeneration processes.

### WHO USES SHOCKWAVE THERAPY?

This treatment is widely used in physiotherapy, podiatry, osteopathy, sports medicine and orthopaedics to provide fast pain relief and increased mobility. Shockwave Therapy is clinically proven, recognised by the top orthopaedic hospitals and used by high-profile professional sports bodies.

### IS SHOCKWAVE THERAPY PAINFUL?

You may experience some discomfort during treatment, but the pain should be tolerable. Energy levels can be adjusted accordingly. Due to the analgesic effect of Shockwave Therapy many patients report immediate pain relief following treatment.

### IS SHOCKWAVE THERAPY SAFE?

Shockwave therapy is very safe, it has NICE guidance for many indications and is used within the NHS. Shockwave Therapy performed by qualified therapists is largely risk-free.

### Contraindications:

- Pregnancy
- Lung tissue in direction of sound fields
- Presence of a Cardiac pacemaker
- Has had a Cortico-Steroid injection in the area in past 3 months
- Over or near bone growth centres until bone growth is complete
- Malignancy is known to be present in or near the treatment area
- Treatment site has open wounds, skin rashes, swollen, inflamed, or infected areas
- Over ischemic tissues in individuals with vascular disease
- Coagulation disorder or taking anticoagulant/antiplatelet medications
- Infection at the treatment site to avoid the risk of spreading
- History of latex allergy or allergy to coupling solution

### HOW SUCCESSFUL IS THE TREATMENT?

After only 2-3 sessions, many patients report complete pain relief or significant pain reduction. The therapy eliminates pain or restores mobility, thus improving your quality of life. In chronic conditions alone, an overall success rate ranges from 60-80% when other therapeutic treatments have been unsuccessful.

### HOW CAN SHOCKWAVE HELP ME?

If you have been suffering with the following: Plantar Fasciitis and Chronic Tendinopathies such as: Achilles & Patellar (Knee), for 6-12 weeks plus.

### HOW MANY SESSIONS ARE NEEDED?

The amount of treatment sessions will vary depending on the type of conditions being treated. As a rule, 3 - 6 treatment sessions are advised. Sessions last about 10-20 minutes.

### HOW MUCH DOES IT COST?

Each session costs £60.00, or a block of 3 sessions cost £170.00 (saving £10.00).

07507163999  
[swclinic@outlook.com](mailto:swclinic@outlook.com)