

## **SHOCKWAVE THERAPY**

Your doctor has referred you for a course of Shockwave Therapy (SWT).

This form of treatment has been used for many years by AFL and other elite sporting teams around the world, and in most Sports Medicine clinics.

Radial shockwaves are high energy soundwaves transmitted from a probe held against and passing through the skin and spreading outwards into the underlying tissues. This can effectively reduce pain from this area to allow you to continue other rehabilitation exercises. It is believed to induce increased blood flow and metabolic activity around the site of pain, accelerating the healing process.

Many studies have demonstrated positive outcomes for tendon injuries with this treatment. Most importantly it has been demonstrated as a safe treatment option.

### **ABOUT THE TREATMENT:**

After a simple examination of the affected area, shockwaves are applied via a handpiece 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 painful. The treatment sessions are of about 5 minutes duration during which you will receive 2500 pulses. Many patients get pain relief immediately after the first treatment, but if not this does not indicate that the treatment will not work. For most conditions you will receive 3 treatments at weekly

intervals, although for some conditions you may only require 1-2 treatments or, less commonly, 4 treatments.

#### **AFTER THE TREATMENT:**

You may feel some soreness, which may intensify on the night of treatment. Simple pain relief (e.g. Panadol) and icing may be required to control this pain. There may also be some minor bruising in the treatment area.

#### **SIDE EFFECTS:**

Post-treatment pain: as above.

Local bruising: uncommon and minor.

Tendon rupture has not been reported following radial shockwave therapy, unlike with cortisone injection.

#### **CONTRAINDICATIONS:**

Please inform your doctor if you have one of the following conditions, as this form of treatment may not be appropriate for you:

Pregnancy

Bleeding and blood coagulation disorders, or blood-thinning medications.

Skin wound or acute inflammation in treatment area.

Tumour in treatment area.

#### **COST:**

\$110 per treatment session, part of which attracts a Medicare rebate.

#### **RESULTS:**

Obviously the human body is a complex structure and like many things in medicine we can provide no guarantees of effectiveness of treatment. This treatment will

form only a part of your treatment, which should also include a comprehensive exercise and rehabilitation plan. If you have any questions please feel free to discuss these with your doctor.