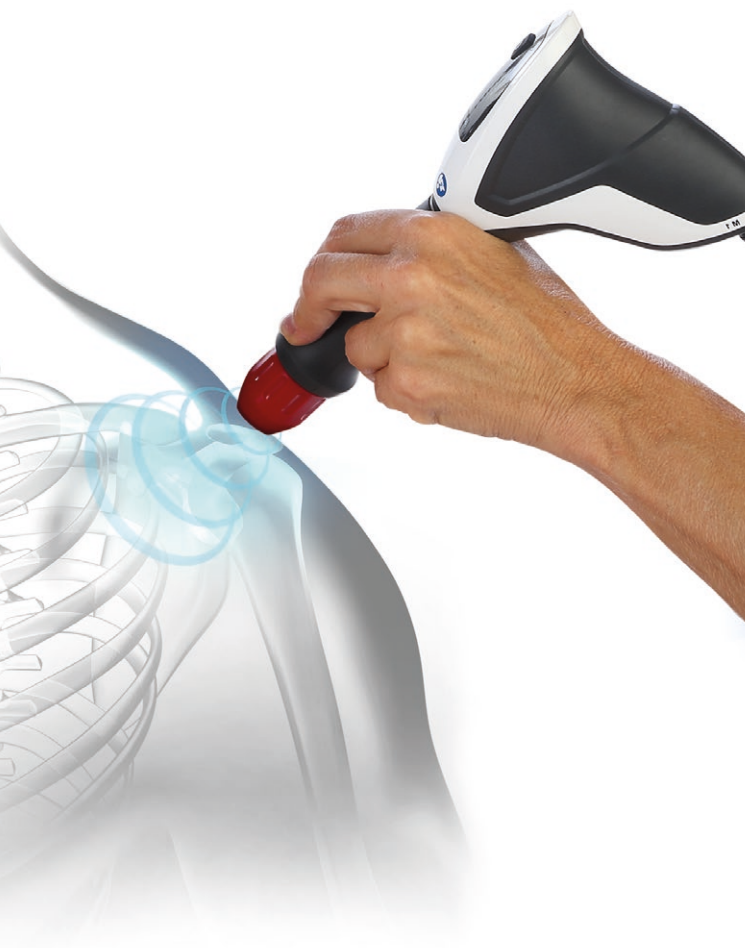


Some patients report that with the help of radial pressure wave therapy they are able to walk and run with reduced pain or even pain-free.¹¹



To schedule a consultation, please contact



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RADIAL PRESSURE
WAVE THERAPY
PATIENT GUIDE

RADIAL PRESSURE WAVE

HELPING IMPROVE CHRONIC MUSCULOSKELETAL CONDITIONS ¹

PATIENT INFORMATION

You have been given this leaflet because your practitioner believes that RPW Shockwave Therapy will aid your rehabilitation.

WHAT ARE RPW SHOCK WAVES AND HOW DO THEY WORK?

Radial shock waves are acoustic waves introduced into the body by means of a transmitter and handpiece. These waves move through the body in outward motion from the point of contact. The point of contact will be moved throughout your treatment to cover the entire pain region. Radial shockwaves are often referred to as radial pressure waves, which is the correct definition in physical terms because it best describes how the waveform moves through the body.

When introduced into the tissue, shock waves and pressure waves have effects on a cellular level that are beneficial for healing. Increased blood flow² and formation of new blood vessels^{3,4} create an improved environment for tissue repair. It has further been shown that application of shock waves influences the body's pain regulating mechanisms resulting in local pain relief⁵.

WILL IT WORK FOR ME?

Clinical studies have shown improvement of symptoms in the following conditions:

- Myofascial trigger points^{1,6} – localised tender or painful area
- Plantar Fasciitis⁷ – inflamed ligament across the bottom of the foot
- Chronic Tendinopathies – swollen, painful tendons. E.g:
 - Tennis/golfer's elbow⁸
 - Achilles tendinopathy⁹
 - Shoulder tendinopathy & rotator cuff¹⁰

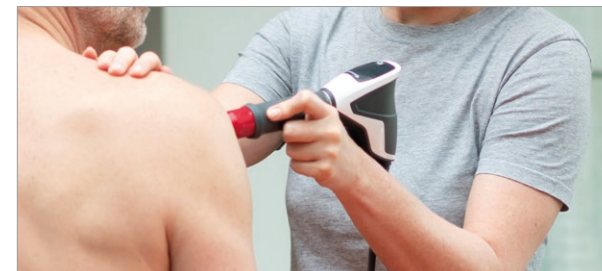
WHAT ARE THE SIDE EFFECTS OF SHOCKWAVE THERAPY?

Side effects could occur after a treatment with radial pressure wave therapy. The majority will appear after 1-2 days. These side effects usually abate after 5 to 10 days.

Potential side effects include:

- Reddening
- Swelling
- Pain
- Heamatoema (bruising)
- Petechia (red spots)

Speak to your therapist before taking any pain relief, medications or tablets



CLINICAL STUDIES

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8.Begazal MS et al. Comparison of the effectiveness of local corticosteroid injection and extracorporeal shock wave therapy in patients with lateral epicondylitis. J Phys Ther Sci. 2015 Dec;27(12):3755-8.

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11. Leung R et al. What are patients' knowledge, expectation and experience of radial extracorporeal shockwave therapy for the treatment of their tendinopathies? A qualitative study. J Foot Ankle Res. 2018 Apr 5;11:11.