

S&E Center Regenerative Modalities Programs

Hip Pain/Greater Trochanteric Pain

Thank you for considering *Spine & Extremities Center* for your care. Our programs are primarily focused on the regenerative physical medicine modalities of *Shockwave Therapy, Radial Shockwave Therapy, High Energy Inductive Therapy (HEIT) and Class IV Medical Laser Therapy*. A summary of the treatment and included items are outlined below. This protocol is typically used in patients with various hip pain/bursitis issues (greater trochanteric pain/bursitis, gluteal or ischial/hamstrings tendinopathy, IT band pain, and in general what is called "**Greater Trochanteric Pain Syndrome**"). We also use our modalities to treat pain and dysfunction from hip osteoarthritis. Patients may have pain deep in their hip, in their groin, around the lateral muscles of their hip, or lower back/gluteal region pain radiating into their hip.

Goals

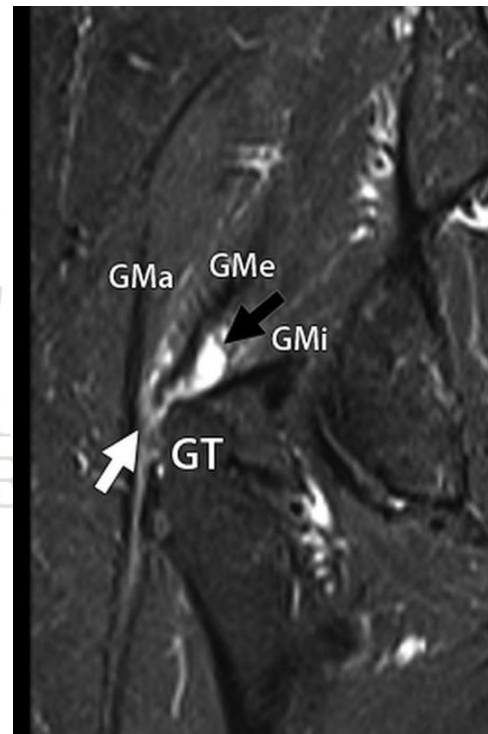
Our goals for you in this program are to initiate a healing response in the damaged tissues to 1) decrease pain, 2) improve function and range of motion, and 3) slow or halt the progression of the disease. Our modalities also typically result in more immediate reduction of pain by inhibition of multiple pain generating tissues that occur.

Osteoarthritis is not simply a passive, chronic disease from loss of cartilage in a joint. ***It is a complex pathologic and biologically active process involving many structures and signaling chemicals that can cause pain in the hip primarily or because of the other mechanical effects of cartilage loss.*** **Gluteal tendinopathy** is a separate but common cause of hip pain which we treat effectively with this program.



During your evaluation and dynamically during your six treatments, multiple structures will continually be reassessed with our focused **Shockwave Therapy** sources for treatment response and identification of chronic and emerging pain generators in your hip. These include:

- Periarticular soft tissues such as the joint capsule and synovium (lining of the hip)
- Stabilizing muscles such as the gluteal muscles (maximus, medius, minimus), the piriformis and external rotator muscles, and the iliotibial band (IT band) to name a few.
- Subchondral bone in the hip joint and tendon insertions such as from the gluteal muscles and external rotator muscles.
- The three major bursae along the greater trochanter (lateral hip) and the iliopsoas bursa (front of the hip).
- Trigger points are common in the hip musculature in these cases and are effectively treated with **Radial Pulse Shockwave** and/or **HEIT**.



High Energy Inductive Therapy may be used to strengthen and retrain the dynamic stabilizing function of the muscle groups around the hip if indicated by your exam.

Class IV Medical Laser may be used for its ability to increase blood flow and oxygen delivery, and by its analgesic (pain relieving) effects through a process called photobiomodulation. It may also help stimulate your hip to produce more normal lubricating joint fluid by improving synovial function.



Summary of program and fees

- Our primary protocol for hip pain/osteoarthritis/gluteal tendinopathy is six (6) sessions of combined **Shockwave, Radial Pulse Shockwave, HEIT, and Class IV Medical Laser Therapy** over 8-10 weeks. This is performed by a staff member trained in the advanced modalities with application of each modality customized to your condition. Treatments are usually every week and as you progress these treatments may be spaced further apart as the healing/regenerative process occurs.



Program Fees (not covered by insurance)

- ✓ **\$795** – **Shockwave & Radial Pulse Wave Therapy, Class IV Medical Laser Therapy, and/or HEIT Therapy.** Complete six (6) session comprehensive program.



General Advice

We ask that you also continue conservative care that is medically accepted for your condition by a physician or physical therapist unless we otherwise advise differently in your case. You may experience soreness for 1-3 days after a treatment particularly after **Shockwave Therapy, Radial Shockwave Therapy**, and less commonly after **HEIT Therapy**. Please avoid the use of ice during therapy and attempt to avoid NSAID use entirely if possible. Tylenol can be used for pain if needed.

Some services at this office are billed to insurance such as musculoskeletal ultrasound, therapeutic steroid injections, and trigger point injections. The advanced regenerative physical medicine modalities at **Spine & Extremities Center** discussed in this program are considered investigational and there is extensive peer-reviewed medical research available on their efficacy. Insurance does not reimburse for treatment with these modalities, and they are self-pay fee-for-service. As with any medical or surgical procedure, there is no guarantee as to outcome or result. Because many conditions we treat are chronic and recurrent, additional sessions may be required to maintain your result.

Patients often have continued improvement in their symptoms for several months after the sixth session. Although most patients feel a very significant improvement in pain, motion, and function during the program, our treatments are also initiating a regenerative process and it takes time to fully repair the chronically damaged tissue.

