Patient Information: Extracorporeal Shockwave Therapy (ESWT)

What is Extracorporeal Shockwave Therapy (ESWT)?

Extracorporeal Shockwave Therapy (ESWT) is a non-invasive treatment that utilizes acoustic waves to promote healing and relieve pain in musculoskeletal conditions. It involves the application of high-energy shockwaves to affected areas, stimulating cellular repair and regeneration. It is usually delivered by our physiotherapy team in an outpatient setting.

Uses of ESWT:

ESWT is commonly used to treat various musculoskeletal conditions, including:

- **Tendinitis**: Such as Achilles tendinitis, shoulder tendinitis, and tennis elbow.
- **Plantar Fasciitis**: A common cause of heel or foot sole pain usually worst in the mornings.
- **Calcific Shoulder Tendinitis**: To help dissolve calcium deposits in the shoulder.
- **Patellar Tendinopathy**: Often known as jumper's knee, pain in the tendon below the kneecap.
- **Myofascial Pain Syndrome**: To relieve muscle pain and trigger points.
- **Stress Fractures**: To promote healing in chronic stress fractures.
- **Greater Trochanter bursitis/pain:** inflammation or irritation of soft tissues/tendons at the top of bony prominence on the side of the hip

Referral and consent

You can be referred by your GP, physio, chiropractor, osteopath or refer yourself. The physiotherapist treating you will explain the procedure and expected effects.

Effectiveness:

Numerous studies have shown that ESWT can be effective in reducing pain and improving function in patients with chronic musculoskeletal conditions. The effectiveness may vary depending on the specific condition, duration of symptoms, and individual response to therapy. Many patients experience significant relief after a series of treatments.

How to prepare for ESWT:

You will need to be available for the full course of treatment over several weeks. You should not take any non-steroidal anti-inflammatory drugs (NSAIDs) such as Ibuprofen, for two weeks before and

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throughout your treatment period. If you are unsure if any of your medicines contain NSAIDs then please check with your doctor, nurse or pharmacist.

Procedure:

1. Preparation: The area to be treated is identified, and you may be asked to sit or lie down comfortably.

2. Gel Application: A gel is applied to the skin over the treatment area to facilitate the transmission of shockwaves.

3. Shockwave Delivery: A handheld device generates shockwaves that are directed at the affected area. You will hear a fast-clicking sound and a vibrating sensation, but this should not be painful. The procedure typically lasts 15 to 30 minutes.

4. Post-Treatment: You can usually resume your normal activities immediately after the session, although some people experience mild discomfort temporarily.

5. Usually 4-6 treatments are utilised for maximum effect

Benefits of ESWT:

- Non-Invasive: No need for surgery or anaesthesia.
- Pain Relief: Many patients report significant pain reduction after treatment.
- Short Recovery Time: Most patients can return to daily activities right after the procedure.
- Improved Functionality: Enhanced mobility and function in the affected area.
- Minimal Side Effects: Generally well-tolerated with few complications.

Risks and Considerations:

While ESWT is considered safe, there are potential risks and side effects, including:

- Mild Pain or Discomfort: Some patients may experience temporary discomfort during or after the procedure.
- Swelling or Bruising: Minor swelling or bruising may occur at the treatment site.
- Nerve Damage: Rarely, there may be a risk of nerve damage.

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Contraindications:

- Pregnancy or trying to conceive
- Cardiac pace maker
- Tumour at the site of treatment
- Under age 18
- Steroid injection in the treatment area in the last 3 months
- Blood clotting disorders
- Acut inflammation or infection of the treated area
- Open wound in the treatment area
- Blood thinner medication
- Latex allergy
- Current thrombosis
- Vascular disease affecting the treated area
- Nerve stimulator

P**recaution and individual decision needed :**

- Underlying prosthetic joint
- Previous Achilles tendon rupture
- Increased or decreased sensitivity of the treated area
- Fracture near the treatment area
- Acute tendon/plantar fascia tear

When to Contact Us:
- If you experience severe pain, swelling, or redness at the treatment site.
- If you have any unusual or concerning symptoms following the procedure.
- If your symptoms do not improve after the recommended treatment sessions.

Signature of Healthcare Provider: _____
Date: _____