



## SHOCKWAVE THERAPY

*A natural treatment for pain and injury*



**Shockwave therapy**, also known as **Extracorporeal Shockwave Therapy (ESWT)** or **Extracorporeal Pulse Activation Technology (EPAT)** is a natural and non-invasive treatment that stimulates the body's natural healing mechanisms to repair both acute and chronically damaged ligaments, tendons, or other structures. The treatment involves using acoustic (sound) pressure waves to the injured area that causes microtrauma to the tissue stimulating the healing response. This positive inflammation **triggers the body's natural repair processes** to strengthen the existing tissue and to enhance the growth of new tissue/collagen.

### What conditions does it help?

ESWT has shown evidence to help the following conditions:

#### Lower Extremity:

- **Plantar fasciitis** and fasciosis
- Plantar fibromas
- Morton's neuroma
- Medial tibial stress syndrome / **shin splints**
- Turf toe
- **Achilles tendinitis** and tendinopathy
- Haglund's deformity
- Patellar tendinitis and tendinopathy
- **Meniscal injury**
- Hamstring tendinitis, strain, tendinopathy



#### Spinal:

- Back pain and instability
- Neck pain and instability
- Sacroiliac pain and instability

#### Upper Extremity:

- **Carpal tunnel syndrome**
- Trigger finger / thumb
- **Rotator cuff tendinitis**, tear, tendinopathy
- Adhesive capsulitis (**frozen shoulder**)
- Lateral epicondylitis (**tennis elbow**)
- Medial epicondylitis (**golfer's elbow**)

#### Other Conditions:

- Ganglion and **Baker's cysts**
- Temporomandibular joint disorder (TMJ)
- **Calcific tendinitis** and tendinopathy
- Stress fractures
- **Non-union fractures**
- Scar tissue pain and restriction
- **Pediatric apophysitis injuries**



Shockwave (ESWT) has been shown to be helpful in conditions where:

- **Significant tenderness** to palpation.
- **Inability to maintain one position** for prolonged periods of time.
- **Pain** when the joint is first used that is relieved after repeated movement.
- **Local and referred pain**. Referred pain is felt some distance away from the injured site.
- **Muscle tightness and spasms**. Muscles will contract to pull a joint back to the correct location or stabilize it to protect it from further damage. It may respond to treatment by manipulation, such as **osteopathic manipulative treatment (OMT)** or chiropractic care. Conditions that respond well to these manipulative treatments but quickly return to a painful condition tend to respond very well to shockwave therapy.

- **Trigger points** or knotted muscles that keep recurring in the same locations or that don't respond to other treatment.
- **Arthritic / degenerative joints** by stabilizing the joint capsule and ligaments. This includes any joint of the body, most commonly treating arthritis of the: **knees, hips, spine, hands, ankles, and TMJ** (temporomandibular joint).

## How do I determine if I am a candidate for shockwave therapy?

During your first office visit, we will determine whether shockwave therapy is appropriate for your condition by **reviewing your history and doing a physical exam**. There may be a need to obtain X-rays or MRI, or have diagnostic musculoskeletal ultrasound performed within the office to determine if there is an injury in need of treatment.

## The treatments:

### How often are treatments given?

- **Most people will require 4-6 sessions of therapy**. Each session of treatment is ideally spaced 1-2 weeks apart. **Treatments typically take 15 minutes** per treatment area.
- While sometimes one treatment is enough, **typically 4-6 sessions are required to see clinical improvement**. If the treatments are not helping after four treatments, we usually stop, as it is unlikely they will help. If improvement is noted, then treatments continue.
- It is not uncommon for patients to have five to six sessions before they receive maximal benefit.

- Treatments are stopped if:
  - **You are markedly better** (at least 90% better and still improving).
  - There is no further improvement (you have reached a "plateau").
  - **You are satisfied with your improvement** and simply wish to stop treatment.
  - There is no improvement after four treatments, as noted before.



## What happens after the treatment?

It is important not to use non-steroidal anti-inflammatory medications (NSAIDs) during treatment. At a minimum, **NSAIDs should not be used seven days before** your treatment and for the first ten days after treatment.

It is **recommended to use heat** to the area for 10-20 minutes every 3-4 hours after the treatment for the first three days to promote blood flow to the area.

## What are the side effects?

Treatment with ESWT has **virtually no side effects**. In some cases, patients may experience minor discomfort for a few days. Patients can return to work after treatments and in most cases there is **no down time!**

## How long does it take to see results?

**Beneficial effects are often experienced after only 1 or 2 treatments**. Many patients report immediate pain relief after treatment. The ESWT Technology has a **91% success rate per clinical studies**, and patients treated report being pain free and /or have a significant reduction in pain. This non-surgical therapy for pain eliminates pain and restores mobility, thus improving the patient's quality of life.

## Are there contraindications?

Most people are good candidates for ESWT however patients who are **pregnant**, have a **pacemaker** or **current cancer** are not suitable for treatment with ESWT Technology.

## Will my insurance cover shockwave?

Although shockwave has been used successfully and safely for decades, most insurance companies still consider it "experimental" and do not pay for it. You are welcome to **contact your medical insurance provider to seek approval for ESWT**.

## How much does it cost?

Costs will be discussed at the time of the consultation. We have **packaged deals available** as well as **discounts for certain groups and professions**.

To schedule a consultation, go to our website at: [motionismedicinedfw.com](http://motionismedicinedfw.com) or give us a call at: 817-900-3539.

