

Radial Shockwave Therapy

Conditions treated include:

- Heel and Arch Pain
- Achilles tendon pain
- Patella tendon pain
- Shin Splints



Get rid of nagging heel and arch pain with Radial Shockwave Therapy

What is Radial Shockwave therapy (RSWT)?

A device which applies radial pressure waves transmitted through the surface of the skin and spreads into injured tissues. This initiates the healing process at the site of pain.

Radial pressure waves offer an effective, safe adjunct to the treatment of heel/arch pain and other tendon problems. The treatment is non-invasive, does not require any anaesthesia, injections or surgery and is quick and easy to perform, with very few potential side effects.

What does the treatment involve?

1. Your podiatrist will locate the area of pain and apply some ultrasound gel.
2. The acoustic shock wave impulses are delivered using a hand-piece and will take from 5 - 10 minutes to deliver depending if there is just one site or multiple sites to be treated. This is generally said to be uncomfortable (rather than painful) and is well tolerated by the vast majority of patients.

It feels like a repetitive, rapid deep tapping of the treated area combined with a strong vibration sensation. The process is started with using low power and then gently increased to pain tolerance.

3. The total number of treatments can vary from 3 - 6 with a 7 – 14 days between treatments. Some patients note an immediate improvement in their symptoms; however the best results occur 3 months after the initial treatment.

Radial Shockwave therapy is not used in the following:

Acute inflammation

Pregnancy

Those taking powerful anti-coagulant medications

Haemophilia and other clotting disorders

Not applied over growth plates or metal implants

Corticosteroid injections – wait at least 6 weeks after an injection has been performed

Cardiac pacemaker

What are the potential side effects?

Side effects are not common but if they do occur are very temporary and mild. These usually abate within 48 hours.

- Potential side effects include:
- Reddening of skin
- Mild swelling
- Mild bruising

What to expect after your treatment?

RSWT initiates an inflammatory reaction in the tissues. If there is any discomfort after treatment you are advised to take a non-prescription painkiller such as Paracetamol. However do not take any anti-inflammatory medications such as Ibuprofen or Diclofenac as these will interfere with the healing process. **Do not** use ice on the area immediately after treatment.

What is the scientific evidence for using RSWT?

RSWT is used successfully in professional sports medicine and in daily medical practice worldwide.

Its' effectiveness has been demonstrated in a multitude of clinical studies (up to 70-80% successful outcomes)

There is mounting evidence that conclude Radial Shockwave Therapy is safe and effective.