

Precautions after shockwave therapy treatment:

Even if you have no pain we strongly recommend that you refrain from intensive activities that stress the treated area for the next 48 hours after each treatment.

What if the shockwave therapy treatment doesn't work for me?

Usually the response to shockwave therapy treatment is good however it may take several months before maximum effect is achieved. If after 3-4 months you still do not experience a pronounced improvement, surgery for example may be an alternative depending on your particular clinical picture.

NICE published guidelines state that evidence remains inconsistent, however there is a significant volume of published clinical literature which shows that shockwave therapy is an effective treatment for soft tissue injuries. Your clinician may ask you to be part of the ASSERT Protocol - see details below.

Contraindications

If any of the following apply to you then please notify your clinician prior to any treatment.

- If you are pregnant or trying to conceive.
- If you take anti-coagulants such as warfarin.
- If you are under 18 years of age.

Assert Protocol

Your clinician may ask whether you would like to participate in the ASSERT Protocol.

The ASSERT Protocol is an online audit database for patients who are being treated within both the NHS and private settings. This database complies with NICE guidance and it helps the clinician to measure the success of the treatment. It is your decision whether you choose to participate.

Many insurers and commissioning groups recognise the ASSERT protocol as good clinical practice and will reimburse your treatment if you agree to participate. The ASSERT Protocol is not a clinical trial but a national research database that will help to assess the effectiveness of the treatment. Please ask your clinician for further information on the ASSERT Protocol.



Patient information for: **Shockwave Therapy for soft tissue injuries (ESWT)**



Patient information

Shockwave therapy is a clinically proven treatment for soft tissue injuries. A shockwave is defined as a sound wave that passes through the body and is not an electrical pulse. Treatment initiates a pro-inflammatory response in the tissue where the shockwaves have been applied.

The body responds by increasing the blood circulation and metabolism in the impact area which in turn accelerates the body's own healing processes. The shockwaves break down injured tissue and calcifications.

"ESWT offers two main advantages over traditional surgical methods: fewer potential complications and a faster return to normal activity." FDA

- No anaesthesia
- Non invasive
- No medication
- Fast treatment – (20 mins per session), 3+ sessions required
- Fewer complications
- Significant clinical benefit often seen 6-8 weeks after treatment

What is the success rate for Shockwave Therapy?

Documented international results show an overall result rate of 77% of chronic conditions that have not been cured with other kinds of treatment. It is important to highlight that we would expect positive clinical outcomes following treatment however there is a chance that the treatment may not improve your symptoms. A review at 12 weeks is recommended following your final treatment. If at this stage your symptoms persist you will be advised of alternative treatments/surgery by your medical practitioner.



On what parts of the body can Radial Shockwave Therapy be used?

We can treat chronic tendon inflammations in the hip, knee, shoulder, elbow, achilles and sole of the foot.



What are the advantages with Shockwave Therapy?

Shockwave therapy is normally recommended for patients who have already had previous conservative therapies that have provided little or no clinical benefit. The treatment stimulates and effectively supports the body's self-healing mechanisms. It is usual to experience immediate pain relief following the treatment and hence improved movement. Reported side effects are minimal, however there may be some discomfort during treatment such as skin reddening, possible bruising. If you are concerned please speak with your medical practitioner before receiving treatment.

Commonly Asked Questions

Is the Shockwave Therapy treatment itself painful?

Sometimes the treatment is a bit painful, but most people can stand these few intense minutes without medication. If you are in pain during the treatment please notify your medical practitioner as there are some adjustments that can be made to reduce the discomfort, however, having some pain during the treatment illustrates that shockwaves are having a positive effect.

Will I be in pain after the treatment?

You will normally experience a reduced level of pain or no pain at all immediately after the treatment, but a mild and diffused pain may occur a few hours later. This dull pain can last for a day or so.

What shall I do if I am in pain after the treatment?

Shockwave therapy treatment initiates a pro-inflammatory response in the tissue that is being treated. If necessary you may use ordinary prescription-free pain killers. Do not use anti-inflammatory medication or ice on the treated area as both may interfere with the body's self-healing abilities.