

# Radial Shockwave Therapy

Radial Shockwave Therapy is the application of a high-energy acoustic pulse transmitted into the tissue of the affected area of the body. Each Radial Shockwave treatment works to increase the metabolic activity around the site of pain or discomfort, stimulating the reabsorption of irritative calcium deposits in tendons and stimulate the body's natural healing process, thus reducing pain.

Radial Shockwave Therapy typically requires three treatments one week apart for optimal results. Treatment is carried out by passing over the injured area with the shockwave applicator. Guided by your feedback, the exact positioning of the shockwave applicator is determined for optimum results. The treatments last approximately five minutes and may be slightly uncomfortable, but are well tolerated by everyone. Most patients feel significant results/changes after only the first treatment.

Radial Shockwave Therapy is an excellent alternative for people with chronic pain who have exhausted all other treatment avenues (e.g. Physiotherapy, chiropractic, massage therapy, etc.), and is often used as a pre-surgery option. Radial Shockwave Therapy® works without the use of X-ray equipment or drugs. It stimulates the body's natural self-healing forces and therefore is well tolerated.

For more information in Radial Shockwave Therapy, please visit our Frequently Asked Questions about Radial Shockwave Therapy section.

Packages are available for submitting to extended health care plan. If you have more questions, please contact one of our clinics for more information about Radial Shockwave Therapy.

**Barrie Sports Medicine 705.734.3340**



Radial Shockwave Therapy has been scientifically proven to help relieve chronic pain associated with heel spurs, tennis/golfer's elbow, achilles tendonitis, frozen shoulder and many other conditions that cause chronic pain.

# Radial Shock Wave Therapy Fact Sheet

## What does it treat?

- Proven to be effective for chronic heel spurs, tennis elbow, achilles tendonitis, calcific shoulder tendonitis, frozen shoulder, patellar tendonitis.

## How many treatments? How long for each treatment?

- It takes 3 treatments, one week apart (maximum 10 days). Treatments last for approximately 5 minutes.

## Does it hurt?

- The treatments are uncomfortable but tolerated by everyone.

## Are there any side effects?

- There may be irritation or swelling but it usually disappears within one week of treatment.

## How does it work?

- It is a radial shock wave that is pneumatically generated and transmitted into the tissue. A shockwave is an acoustic pulse. (The physics>short rise time ..shock, high peak pressure, exponential decompression, and tension)
- The body responds with increased metabolic activity around the site of pain.
- Re-absorption of irritative calcium deposits in tendons
- Shock waves locally alter the chemical environment
- This stimulates the healing process, and reduces pain

## How fast does it work?

- Most patients feel significant results after the first treatment. Some patients will not feel a difference until finishing their third treatment. The healing process is *accumulative* and therefore patients continue to have results weeks after ending their treatment. Because the cells are broken down, and are rebuilding (they actually are put back into the acute phase) the maximum relief is usually felt at the 12<sup>th</sup> week after their last treatment.

### **What is the cost?**

- The treatment is very effective, quick, and reasonably priced. Three treatments are \$585, paid at the first visit. The treatments are provided by a registered physiotherapist and will be covered by extended health care plans that pay for physiotherapy treatment. Some employers may pay directly for the RSWT treatments for an employee. WSIB may cover chronic cases, patients should consult with their case worker.
- Occasionally, one additional treatment may be requested, or required. The cost for this service is \$195.00.

### **Why use Radial Shock Wave Therapy?**

- Fast and effective
- A great option instead of surgery, that has a long recovery time, more rehab, and lost work time, lost income, and reduced quality of life/lifestyle while they recover
- Surgical success rates are much lower than the RSWT proven results
- Eliminate the use of medication
- Eliminate the use of cortisone, or repeated injections
- Used when all other methods have failed
- Athletes who want to return to their sport and suffer from chronic pain

### **Has Radial Shock Wave been clinically proven?**

- Yes. Several studies have been performed and are available at <http://ems-medicalamerica.com/pubs/dolorclastarticles.htm> web site.
- A multicentric, prospective, simple-blind, placebo-controlled study into the efficacy of ballistically generated shock waves in the therapy of tennis elbow and calcaneal heel spur concluded 88 percent of patients assessed their therapy as “very good” or “good after treatment. In a follow up survey 12 months after their last treatment, 95% of the tennis elbow, and 94% of the heel spur responded that they were still very satisfied with their results.

### **What other facilities offer Radial Shockwave Therapy?**

- Nepean Sports Medicine Clinic, Ottawa, ON
- Action Sport Physiotherapy, Montreal, QC
- Sport Medicine Specialists, Toronto, ON
- Kennedy Fowler Sport Medicine Clinic, London, ON
- University of Calgary Sport Medicine Centre, Calgary, AB
- Edmonton Sport Institute, Edmonton, AB