

SHOCKWAVE THERAPY

SHOCK WAVE THE RAPY

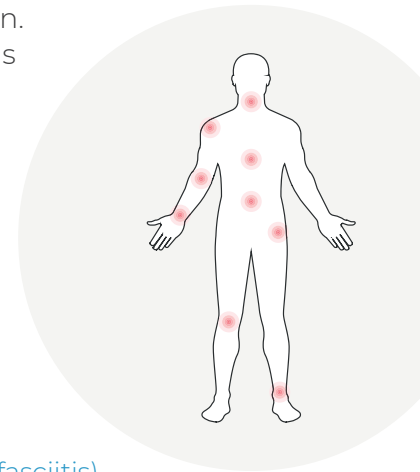


ORTHOPÄDISCHE &
UNFALLCHIRURGISCHE PRAXIS
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WHAT IS SHOCKWAVE THERAPY

Originally, shockwave therapy comes from renal medicine, where patients with inoperable kidney stones were successfully treated. As these are made of lime, orthopaedic surgeons have adopted this technique for the treatment of calcified shoulder. This showed that inflammatory conditions and irritations could also be treated successfully. Thus, the therapy could also be used for other fields such as tennis elbow, bursitis and other diseases of the musculo-skeletal system.

Extracorporeal shockwave therapy (ESWT) works with high-energy, audible sound waves that are sent over the surface of the body into the depths and thus to the desired target structure. This increases the blood flow to the tissue and releases growth factors through a process called mechanotransduction. Both contribute to the activation of the body's self-healing powers and thus to faster regeneration. This technique has been used since 1980 and has established itself in sports for a variety of overuse-associated complaints, chronic pain or degenerative diseases.



WHEN IS IT APPLIED?

ESWT is successfully used for the following clinical pictures:

- Shoulder pain, e.g. calcified shoulder
- Tennis elbow, golfer's elbow
- Patellar tendinitis (jumper's knee)
- Shin splints syndrome
- Achilles tendon pain (Achillodynia)
- Calcaneal spur (plantar tendon fasciitis)
- Muscle tension (trigger point treatment), muscle injuries
- IT Band syndrome
- Bursitis (inflammation of the bursa)

HOW DOES THE TREATMENT WORK?

Basically, a distinction is made between radial ESWT, in which the shockwaves “scatter” broadly, and focused ESWT, in which the shockwaves converge on a point and thus achieve a higher energy density. The respective type of application is adapted to the clinical picture and the damaged structure. In both cases, the applicator is placed on the skin using a contact gel and the shock waves are triggered.

The treatment lasts between 4–8 minutes in total and can be experienced as unpleasant or painful depending on the localisation. These complaints usually subside immediately after the therapy. Radial shockwave therapy is repeated 3–5 times at intervals of 10–14 days. Focused ESWT is performed 3 times in 3–4 weeks. A reduction in pain is often observed after 2–3 sessions, although the full effect of ESWT does not develop until 8–9 weeks after the therapy.

“For the circulation of the tissue, release of growth factors & activation of the self-healing powers.”

WHO PAYS THE COSTS?

Shockwave therapy is part of our range of services and in many cases counts as an individual health service (IGEL). The private health insurance companies almost completely cover the range of services for ESWT. Reimbursement is possible on application, but for the most part the treatment is carried out as a self-pay service. For further information, please contact our practice team.



YOUR **APPOINTMENTS**

REGENERATION
FOR YOUR
LIGAMENTS,
BONES &
TENDONS

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