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STORZ MEDICAL

EXTRACORPOREAL SHOCKWAVE THERAPY PATIENT GUIDE



STORZ MEDICAL

THE SHOCK WAVE COMPANY

Helping improve chronic musculoskeletal conditions.

PATIENT INFORMATION

You have been given this leaflet because your practitioner believes that Extracorporeal Shockwave Therapy will aid your rehabilitation.

WHAT ARE FOCUS SHOCKWAVES AND HOW DO THEY WORK?

Focused Extracorporeal Shockwaves (ESWT) are high energy acoustic waves. In Focused Shockwave Therapy, this wave is focused through a lens and transmitted into the body, up to a depth of about 12 cm.

In the body, the acoustic waves stimulate the cells and the body's intrinsic healing mechanism and decrease pain.



WILL IT WORK FOR ME?

Extracorporeal Shockwave Therapy is indicated for the following applications:

- Tendinopathies e.g. plantar fasciitis, tennis/golfer's elbow, Achilles tendinopathy
- Myofascial trigger points – localized tender or painful area
- Frozen Shoulder and Calcifications
- Muscle hypertonia
- Erectile Dysfunction
- Wound Healing

CONTRAINDICATIONS INCLUDE?

- Pregnancy
- Haemophilia or other coagulation disorders
- Acute inflammation
- Disturbed sensory and nervous function, eg. Diabetes
- Corticosteroid injections – wait minimum of 6 weeks after local injections
- Malignancy
- Prostheses and implants
- Treatment directly over lung tissue, large nerves and spinal cord

WHAT ARE THE BENEFITS?

- Short treatment time
- Deep tissues can be reached
- Non-invasive and minimal side effects
- Precise & targeted application
- Results in a few treatments
- Alternative to medication

WHAT ARE THE SIDE EFFECTS OF SHOCKWAVE THERAPY?

Minimal side effects can sometimes occur, including:

- Redness of the skin
- Possible bruising and some discomfort local to the treatment area.
- Do not repeat treatment if side effects from a previous treatment have not diminished.

NB. Speak to your therapist before taking any pain relief.

These side effects usually abate after 5 to 10 days.

