

Shockwave Therapy

FREQUENTLY ASKED QUESTIONS



Table of Contents

01

Introduction to
Shockwave
Therapy

02

Benefits, Results
& Side Effects

03

Focused vs
Radial

04

What to Expect

05

Pricing &
Location

06

About Us



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Introduction to Shockwave Therapy

What is Shockwave Therapy?

Shockwave Therapy, also referred to as Extracorporeal Shockwave Therapy (ESWT), is a non-surgical and non-invasive technology that delivers sound waves to aid recovery for a number of common musculoskeletal conditions. Shockwaves are high-energy, audible sound waves. In medicine, shockwaves have been used for over 3 decades to treat many medical conditions, including the dissolution of kidney stones. Using this method meant more and more people were avoiding the need for a painful, invasive surgery, and the same goes for musculoskeletal conditions today.

How does it work?

For orthopaedic and musculoskeletal conditions, shockwaves are transmitted to the area to accelerate healing. Shockwave Therapy (ESWT) stimulates the body's natural repairing process by passing short, intense sound waves into affected tissues. These intense sound waves can increase blood flow, which stimulates restoration and regeneration. Following Shockwave Therapy, your cells are put into repair mode, allowing your body to restart its own accelerated healing process.



What is Shockwave Therapy used for?

Shockwave Therapy can be used for a number of painful conditions, including muscle / tendon injuries such as Achilles Tendonitis, Plantar Fasciitis, Tennis/Golfer's Elbow, Rotator Cuff Tendonitis and back pain. For more on what Shockwave Therapy can be used to treat, visit our website: www.totalorthopaedics.london/shockwave-therapy.

Benefits, Results & Side Effects

What are the benefits?

- No anaesthesia
- Non-invasive / non-surgical
- No medication
- Fast treatments – (10-15 mins per session), 3+ sessions required
- Fewer complications
- Significant clinical benefits often seen 6-8 weeks after treatment
- Natural analgesic effect

How successful is Shockwave Therapy?

It depends on the conditions treated, but statistics show over 90% of patients experience a reduction in their pain. In patients that suffer from plantar fasciitis and heel pain related problems, pain reduction is remarkable, with 39 studies showing a success rate of 94% in treating Plantar Fasciitis. The overall success rates for all conditions range between 60% - 80%.

How many sessions are required?

The treatment lasts between 10 and 15 minutes, depending on the condition. On average, three to six sessions are required. You will require a full assessment to determine the number of treatments you will need.

Are there any side effects?

Normally patients experience a reduced level of pain in their condition or no pain at all immediately after the treatment, but a mild and/or diffused pain may occur a few hours later. This dull pain will subside after a day or so. Shockwave therapy treatment initiates a pro-inflammatory response in the tissue that is being treated. If necessary, you may use prescription-free pain killers. Do not use anti-inflammatory medication or apply ice on the treated area as both may interfere with the body's self-healing process.

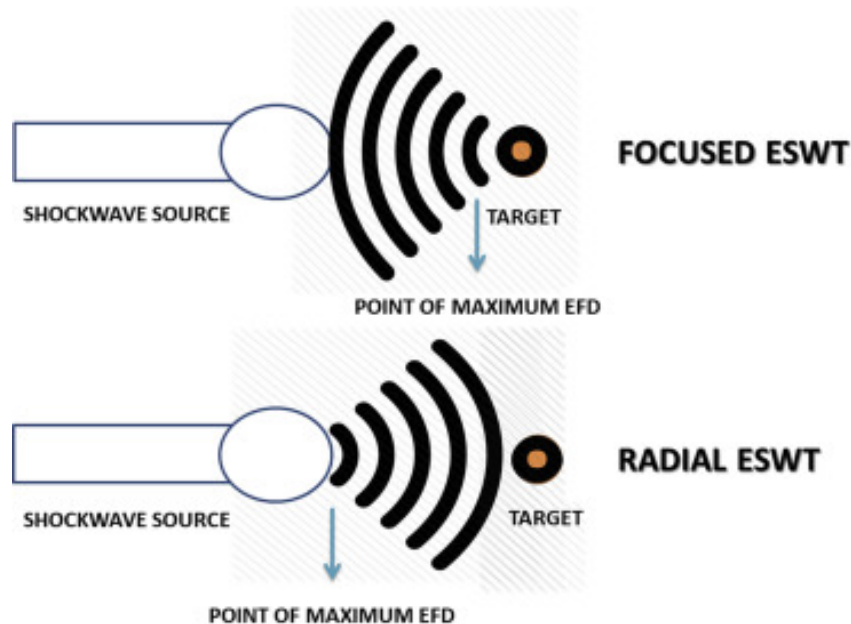
Focused vs Radial

What is the difference between Focused and Radial Shockwave Therapy?

Focused shockwaves are soundwaves focused to go deep below the skin and are used to treat trigger points, muscles and/or tendons deeper in the body.

Radial shockwaves are soundwaves that radiate outwards to cover more surface area of the skin, rather than deeper under the skin.

Your specialist will recommend which type of shockwave therapy, or perhaps a combination of both, is most suitable for your condition.



What to Expect

What can I expect during the session?

During the session, your specialist will apply gel to the affected area to be treated. They will then apply pressure to the affected area with the Shockwave Therapy gun, and they will ask for constant feedback during your treatment and adjust it accordingly.

Shockwave Therapy creates an analgesic effect, many patients report an immediate relief following shockwave therapy from the pain caused by their chronic conditions.

What can I expect after the procedure?

Normally patients experience a reduced level of pain in their condition or no pain at all immediately after the treatment, but a mild and diffused pain may occur a few hours later. This dull pain will subside after a day or so.

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

Pricing & Location

How much does it cost?

Focused Shockwave is £140 per session, with a package of 6 sessions for £625. Typically, 3-6 sessions are required.

Radial Shockwave is £110 per session, with a package of 6 session for £500. Typically, 4-6 sessions are required.

If you are insured, Radial Shockwave is covered by many insurance companies. Prior to booking your appointment, please contact your insurer to confirm coverage. You can always choose to get just the Radial Shockwave Therapy, or pay the difference to upgrade to Focused Shockwave Therapy.

Where will the sessions take place?

This treatment is available at our flagship central London location:

Total Orthopaedics / R&D Physio London
Trent Park Country Club
Oakwood

About Us

Why choose Total Orthopaedics?

We treat individuals suffering from musculoskeletal-related conditions. We have a highly specialised team of Orthopaedic Specialists, Physiotherapists, Osteopaths, Nutritionists, Lifestyle Medicine Physicians and an Acupuncturist that enables us to provide a more holistic and personalised treatment for our patients.

When it comes to Shockwave Therapy, our partners R&D Physio London will administer your treatment.



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