

News & Updates

Spring 2024

Why shockwave therapy is better than it sounds!

If the term 'shockwave therapy' conjures up images of something unpleasant then we would like to let you into a secret. Contrary to its name, shockwave therapy does not involve administering an electric shock, and whilst some patients say it can be a little uncomfortable, it is not generally described as painful.

In this guide to shockwave therapy, we reveal what it is, the conditions it can treat, who can benefit, and what to expect.

What is shockwave therapy

Shockwave therapy or Extracorporeal Shockwave Therapy (ESWT) as it is sometimes called is a non-surgical, non-invasive treatment that is particularly effective for chronic tendon pain.

Using a hand-held device called a probe, a trained physiotherapist administers acoustic sound waves to the problematic area.

Shockwave therapy can help to reduce pain and stimulate the healing process. The best results are achieved when shockwave therapy is combined with a progressive exercise programme designed by your therapist.

Who can benefit

Your physiotherapist may recommend a course of shockwave therapy if you have been troubled by your condition for longer than three months, you are struggling to make progress with your recovery or you are finding it too painful to work through your exercises.

What conditions can be treated with shockwave therapy

Shockwave therapy is helpful for the treatment of:

- Gluteal tendinopathy
- Tennis elbow
- Achilles tendinopathy
- Plantar fasciitis
- Golfer's elbow
- Patella tendinopathy
- Trochanteric bursitis, and
- Hamstring tendinopathy

What to expect

Each session of shockwave therapy lasts between ten and 15 minutes and often provides patients with an immediate reduction in pain. Although this relief is sometimes temporary, patients are advised not to be disheartened as clinical benefits are often seen up to 12 weeks after the first treatment.

Shockwave works by interrupting the pain cycle. This enables patients to work through their exercises because they are not experiencing the same level of pain.

How much does shockwave therapy cost

We usually recommend between four and six sessions at one to two week intervals. The cost is £320 for four and £480 for six sessions.

How to book shockwave therapy

Please discuss with your physiotherapist whether shockwave therapy is a suitable treatment for you or call us to arrange an assessment.



Introducing online booking

We have recently introduced an online booking system which means you can now book the following appointments from the comfort of your home:

- Physiotherapy assessment
- Follow-up appointment
- Hydrotherapy assessment
- Post-operative physio assessment
- Running assessment
- Mummy MOT
- Women's health assessment
- Women's health follow-up appointment

You can choose which therapist you would like to see and view their availability.

To book, visit our website, click on [Make an Appointment](#) and select [Book online](#). If you prefer to speak to a member of the team, please call reception or email us.

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- Women's health
- Vestibular rehabilitation
- Shockwave therapy
- Diagnostic ultrasound
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- Treatment for tendon injuries
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- Running assessments
- Fracture rehabilitation.

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Tree planted in memory of Sister Mary Agnes



Sisters, patients, staff and friends of Holy Cross Hospital gathered at the end of March for a tree planting ceremony in memory of Sister Mary Agnes, a former matron and Sister Superior at the hospital.

Sister Mary Agnes came to Holy Cross in 1981 when the hospital had 100 beds which were mainly occupied by NHS patients attending for maxillo-facial surgery, end-of-life care, neurological and elderly care.

Within a short time of arriving as matron, it became clear to Sister Mary Agnes that the hospital would either have to make major adaptations to continue to serve the changing needs of the NHS or find an entirely new role. Determined to continue the hospital's work in caring for people with very severe neurological conditions, Sister Mary Agnes worked tirelessly to oversee the building of a new 40-bed hospital which opened in 1992.

After retiring in 2002, Sister Mary Agnes continued to play a leading role both in the community and at the hospital. It was her inspiration that led to the construction of The Physiotherapy Centre which includes our modern hydrotherapy pool and gym.

The memorial tree is an *Acer griseum* and was planted in view of the hospital by the Lord Lieutenant of Surrey, Mr Michael More-Molyneux.

The lovely slow-growing tree, which is commonly known as paperbark maple, was chosen for its decorative bark which is the colour of cinnamon and its leaves which turn brilliant shades of orange and scarlet in the autumn.

Sister Mary Agnes died on 13 December 2023 after a long illness.