

The Physiotherapy Centre's

News & Updates

Special edition – August 2021



NEW shockwave therapy

A non-surgical way to treat persistent tendon pain

We have recently invested in top of the range shockwave therapy equipment which allows us to offer a medically proven, non-surgical solution for long-standing persistent tendon pain in the hips, knees, shoulders, elbows, Achilles, forearms, shins, back and feet.

Shockwave therapy, or extracorporeal shockwave therapy (ESWT), produces acoustic sound waves which result in the sending of mechanical impulses (not electric) through the tissues of the affected area. These low-energy sound waves create micro trauma and increase blood flow to the injured area, stimulating an inflammation type reaction which speeds up the body's healing process.

Many patients report immediate pain relief following ESWT treatment. This is brought about by the application of ESWT which desensitises the nervous system around the affected area and causes chemical changes at cellular level within the tissues.

Evidence shows that shockwave therapy is most effective when combined with a progressive exercise programme to gradually strengthen the local and supporting muscle groups. This is something which our physios will design specifically for you and is vital for a successful outcome.

In this special edition newsletter, we aim to answer some of the questions you might have about whether this treatment is for you. If you have a question which isn't answered, then please do get in touch.

Your questions answered about shockwave therapy

What can be treated?

The best available evidence is related to the use of shockwave therapy for:

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



What happens during shockwave therapy treatment

Your physiotherapist will place a hand-held device on the skin with some water-based gel in between the probe and the area to be treated.

You will be able to hear the acoustic sound waves, and you will also feel a little discomfort as it targets the injured zone.

Your therapist is able to control the intensity of the treatment at all times

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and will modify the settings to ensure you are comfortable.

As your tolerance increases, the intensity of the impulses can be increased.

Is shockwave therapy safe

Yes, when performed by qualified therapists it is largely risk free. Its use is supported by the National Institute for clinical excellence (NICE) and has very few contraindications. It is non-invasive, does not involve any medication or require anaesthesia and clinical benefits are often seen 6-8 weeks after the first treatment.

Is shockwave therapy clinically proven

Absolutely. Shockwave therapy is clinically proven and well approved of by the top orthopaedic hospitals and is used by well-established professional bodies including:

- **National Institute of Clinical Excellence (NICE)**
- **English Institute of Sport**
- **UK Athletics**
- **Welsh Rugby Union**
- **Premier League Football Clubs**

There is a large body of evidence, which is continually growing, that supports shockwave therapy as a safe, non-invasive treatment modality, with studies reporting success rates of 70% for tendinopathies.

Shockwave therapy has been found to significantly reduce the pain that accompanies tendon injuries and improves functionality and quality of life.



Next steps

If you have longstanding tendon pain and previous treatment has failed to resolve it then contact our team to book an appointment and find out how shockwave can help you.

Call **01428 647647**

Email therapy@holycross.org.uk



Cost of shockwave therapy

Sessions are best conducted at one to two week intervals - your therapist will advise you how many sessions you will need. Some conditions may only need three sessions, but most will require five.

Course of 5 sessions **£375**

Course of 3 sessions **£230**

Often a patient will start to feel the benefit after the initial session but the real strength in shockwave therapy is in its medium to long term results.

It is important to note that ESWT is not ideally used in isolation. For optimum results and to maintain the fantastic effects of treatment in the longer term, a specific rehabilitation plan for your problem will be put together by our physiotherapy team to help get you back to full fitness and address the issues that may have contributed to the problem in the first instance.

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