



Extracorporeal Shockwave Therapy (ESWT)

This leaflet provides information about ESWT to assist you with your recovery.

What is Extracorporeal Shockwave Therapy?

Extracorporeal Shockwave Therapy, or Shockwave Therapy (SWT) as it is more commonly known, is a series of high-pressure, high-frequency sound waves that are applied to specific parts of the body.

How does it work?

Shockwave Therapy is based on Lithotripsy, which has been used for many years in the treatment of kidney stones. It has now been adapted to treat various problems within soft tissues, which have proved resistant to more conventional methods of treatment by delivering high-energy shockwaves through the tissues that are capable of breaking down calcific (calcium) deposits.

During Shockwave therapy, a high-intensity sound wave interacts with the tissues of the body. This leads to a cascade of beneficial effects such as neovascularisation ingrowth, reversal of chronic inflammation, stimulation of collagen and dissolution of calcium build-up.

Stimulation of these biological mechanisms creates an optimal healing environment. As the injured area is returned to normal, functionality is restored and pain is relieved.

What are the benefits of Shockwave Therapy?

Shockwave Therapy is non-invasive and also stimulates the body's natural healing process.

There is immediate reduction in pain and improved ease of movement. It can also be considered as a therapeutic option for patients who have not resolved with conservative treatment, such as anti-inflammatory medications, steroid injections, stretching exercises, orthotic or shoe inserts and physiotherapy.

Shockwave Therapy can also eliminate the need for surgical intervention and aid a faster return to normal activities.

What musculo-skeletal conditions would benefit from Shockwave Therapy?

Shockwave Therapy treats many problems within soft tissue areas which have proved resistant to more conventional treatments, these include:

- Achilles or patella tendonitis
- Calcification of tendons
- Chronic tendonitis
- Golfer's elbow
- Heel spurs
- Lateral epicondylitis (Tennis elbow)
- Plantar fasciitis (Jogger's heal)

It is also a useful option when all else has failed such as physiotherapy, injections or even surgery.

What is the success rate for this kind of therapy?

Our research has shown an approximately 80% success rate with chronic conditions that have failed to respond to conventional treatment.

How many treatments will I need?

Normally 3-4 treatments are necessary at weekly intervals. There is a possibility that two further treatments may be required if the condition is very chronic.

What are the side effects of Shockwave Therapy?

Shockwave Therapy is very safe and effective. Patients may experience some pain for up to 24 hours following treatment. Bruising or swelling can sometimes develop over the area following Shockwave Therapy treatment.

What are the contraindications to Shockwave Therapy?

- Anticoagulants
- Blood thinning medication
- Blood or nerve supplied close to the treatment area
- Cancer
- Circulatory problems
- Diabetes
- Pregnancy
- Recent cortisone injections

What is the treatment does not work?

Though the short term effects are exceptional, the long term benefits of this treatment may take up to three months. If, over this time there is no improvement in your condition, then you will need to consult your doctor.

When you need expert, professional physiotherapy care, Cheshire Physiotherapy Centre can help you.

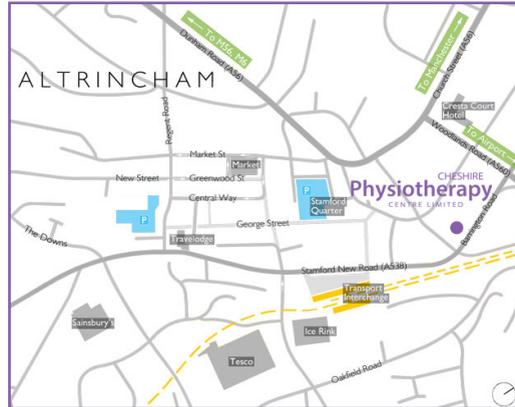
“The results far exceeded my expectations. This proven technology is fast and easy to perform and brings patients a unique option to avoid surgery”
Mrs K Parry

“After weeks of pain I have had four treatments and now am pain free and feeling wonderful”
Mrs L Wyers

“For years I had been enduring strong back pain, but thanks to Cheshire Physiotherapy Centre, I am now pain free and feeling 20 years younger”
Mr R Parker



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