

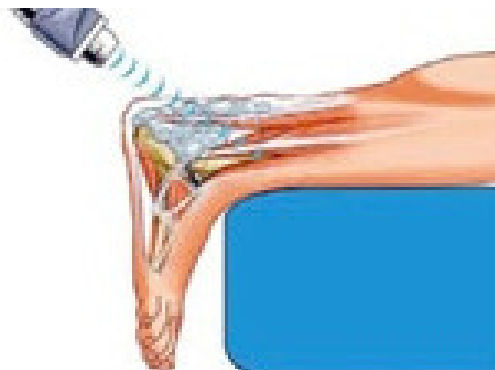
# EXTRACORPOREAL SHOCK WAVE THERAPY



FOOT SMART FOCUS  
PATIENT INFORMATION SHEET

## What is Extracorporeal Shockwave Therapy?

Well, for starters, it's quite a mouthful! It's usually abbreviated as ESWT, and in clinic, we call it Shockwave Therapy, or just Shockwave. The treatment involves delivering focused acoustic shockwaves into the body, using a specially designed machine.



## What can Shockwave Therapy be used for?

Lots of things, including muscle, joint and tendon injuries, cardiac conditions, kidney stones and erectile dysfunction. At Pioneer Podiatry, we mostly use it to treat the common foot pain conditions we see, such as plantar fasciitis, heel pain, achilles tendinopathy, and other less common tendon and muscle injuries.



## How does it work?

For a technical explanation, have a sneak peek at the doctors section on the back! But in plain language, it's like a tiny little jackhammer that gently breaks up the injured tissues, so it can heal again properly, to stimulate the growth of new blood vessels, and to break the pain cycle that can get "stuck" with injuries that have been around for more than a few months. We usually need four to six sessions to get the best results, on a weekly basis.

A small amount of discomfort is sometimes experienced, particularly on the first session. Following the procedure, we ask patients to take it easy the remainder of the day.

## Is Shockwave Therapy the right treatment for me?

The best way to see if this treatment will work for you is to book an appointment with one of our specialist podiatrists. If suitable, treatment can begin straight away at this appointment. We are proud to offer this treatment usually only available in large metropolitan clinics.

*More questions? call us or check out our website.*

07 4942 5016

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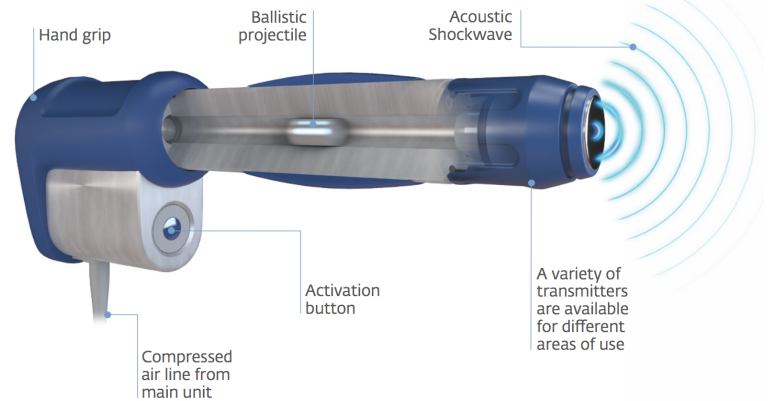


Pioneer Podiatry

FOR THE DOCTOR  
CLINICAL PRACTICE GUIDELINE

## What conditions can you refer to us for Extracorporeal shockwave therapy (ESWT)?

- Plantar fasciitis/ fasciopathy
- Plantar heel pain syndrome
- Heel spurs
- Achilles tendinopathy
- Insertional achilles enthesopathy
- Posterior tibial tendinopathy



## What is the physiological mechanism of action?

The shockwaves are abrupt, high amplitude pulses of mechanical energy, similar to sound waves, generated by an electromagnetic coil. Similar technology using focused higher energies is used to break up kidney and gallstones, and is termed lithotripsy. “Extracorporeal” means that the shockwaves are generated externally to the body and transmitted from a pad through the skin.

Shockwave therapy is thought to work by inducing microtrauma to the tissue that is injured. This microtrauma initiates a healing response by the body. This healing response causes blood vessel formation and increases delivery of nutrients to the affected areas. It stimulates the body’s own repair process and can relieve the symptoms of common conditions such as plantar fasciitis and numerous tendon pathologies.

## Is it effective?

Our clinical results are excellent, at about 90% complete or partial improvement of pain in the affected area. Recent studies and systematic reviews also show good clinical outcomes, even up to 12 months later.

## Who is it effective for?

We recommend the use of ESWT for patients with substantial heel pain despite a minimum of 3 months of nonoperative treatment. We offer it as a highly effective, and much lower risk, alternative to corticosteroid injections.



1. Locating pain by palpation



2. Marking the treatment area



3. Applying the contact gel



4. Delivering the shockwaves

We have comprehensive Clinical Practice Guidelines on our website for this condition, including videos, more details, and literature references.