

## **Shockwave Therapy**

### What is Shock Wave Therapy?

Shockwave Therapy is a new technology used to treat chronic, painful conditions of the musculoskeletal system. A shockwave is an intense, but very short energy wave traveling faster than the speed of sound.

### What is the origin of Shockwave Therapy?

The first medical treatment with shockwaves was lithotripsy. This allowed focused shockwaves to essentially dissolve kidney stones without surgical intervention. Today, over 98% of all kidney stones are treated with this technology. In the process of treating thousands and thousands of patients, it was found that many people undergoing the procedure had other unrelated aches and pains disappear. It was at this point that scientists began to consider that shockwaves may have an effect to heal other sorts of tissues.

The type of shockwave therapy we use is specialized to specifically help treat musculoskeletal conditions.

### What happens during shockwave therapy treatment?

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.

### What conditions can be treated with Shockwave therapy?

The effects of Shockwave therapy are manifest in many areas particularly those dealing with tissue density such as where tendon attaches to bone and where bone attaches to ligaments. For this reason, Shockwave therapy is very effective for various musculoskeletal conditions in such areas as the foot, knee, hip, elbow, back and shoulder:

- Plantar fasciitis
- Trigger finger
- Achilles Tendinopathy
- Tennis Elbow
- Jumpers Knee

- Calcific Rotator Cuff Tendinitis
- Iliotibial band syndrome
- Shin splint syndrome
- Chronic muscular pain

What makes Shockwave therapy unique is that it seems to work best when an injury reaches the chronic, non-healing state. Shockwave therapy may jump start the healing process in chronic, non-healing injuries and move them back into the acute phase of healing.

#### Are there any possible side effects or contraindications?

Shockwave therapy should not be used for acute conditions. It should also not be used if there is a circulation or nerve disorder, bone tumor, infection, or metabolic bone condition.

Shockwave therapy should also not be used on any open wounds or tumors or if the patient is pregnant. Patients who are on blood-thinning medications or who have severe circulatory disorders may also not be eligible for treatment.

After the treatment, patients may experience temporary soreness or swelling for a few days afterwards. You can return to most regular activities almost immediately. Occasionally, pain or discomfort may persist for a few days following treatment but no serious complications or side-effects have been reported.

#### How much does Shockwave treatment cost?

Typically, a higher fee is necessary since Shockwave technology can cost several hundreds of thousands of dollars to purchase with high-maintenance costs also associated with this technology. In Hong Kong, patients pay as much as \$600 to \$1000 per treatment session.

At PhysioOne Centre, we are pleased to offer Shockwave therapy at an introductory fee of only MOP 500 per session (until June 30, 2013). In most cases, patients will require 3 to 6 sessions to obtain the full benefits of Shockwave therapy.