

Extracorporeal shock wave therapy for pain management

What are shock waves?

Shock waves are audible high-energy sound waves. In the medical world, shock waves have been used since 1980 to disintegrate kidney stones, for instance. In modern pain therapy, low-energy shock waves are applied to the painful body regions where they can exert their curative action. Shock waves can accelerate the healing process in the body, they stimulate metabolism and improve blood circulation; damaged tissue can regenerate and fully heal.

Many years of experience have confirmed that certain pathological alterations of tendons, ligaments, capsules, muscles and bones – in other words the root causes of your pain – can be eliminated systematically with this therapy approach.

If performed by qualified therapists, extra-corporeal shock wave therapy of musculoskeletal pain has minimal risks and side effects.

The practice near you:



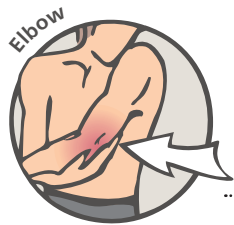
For more information please visit www.eswt.info

Pain therapy with shock waves

Extracorporeal shock wave therapy (ESWT)
www.eswt.info



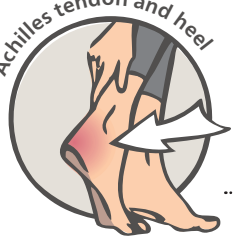
Conditions and symptoms we can treat with shock wave therapy:



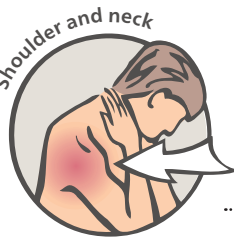
■ Tennis or golfer’s elbow



■ Patellar tendinitis (»jumper’s knee«)
■ Shin pain/tibial stress syndrome



■ Achilles tendon pain
■ Heel pain



■ Chronic neck and shoulder pain
■ Trigger points



■ Back pain
■ Fascial pain

How is shock wave treatment performed?

The therapist takes your history in an in-depth consultation, localizes the pain region by palpation and discusses the findings with you.

A skin gel is then applied to the treatment area to allow the shock waves to be introduced into the body without any loss of energy.

After these preparations, shock waves are applied as the therapy head is moved over the pain region in a circular motion.



Please feel free to approach our practice team with any questions you may have.

How many treatments are necessary and how long does each treatment take?

Each therapy session takes between 10 and 30 minutes depending on the disorder to be treated. In general, an average of 3 to 6 treatments are necessary at weekly intervals.

How successful is the therapy?

After only 1 to 2 sessions, many patients report complete pain relief or significant pain reduction. The therapy eliminates pain or restores full mobility, thus improving your quality of life.

To learn more about extracorporeal shock wave therapy, please visit www.eswt.info

