

## **Radial Shockwave Therapy- Frequently Asked Questions**

### **1- "What is Radial Shockwave Therapy?"**

Radial Shockwave Therapy is a series of high-energy percussions to the affected area. The shockwave is a physical shock, not an electric one.

### **2- "How does it work?"**

Various theories exist but the following 2 seem most probable:

- 1) Treatment produces an inflammatory response. The body responds by increasing metabolic activity around the site of pain. This stimulates and accelerates the healing process.
- 2) Shockwave breaks down scar tissue and possibly calcification.

### **3- "What areas of the body can be treated?"**

We have treated chronic tendonitis of the following sites: shoulder, elbow, hip, heel, knee, shin and ankle. Calcified tendons can also be broken down.

### **4- "What are the benefits of shockwave?"**

This therapy works without the use of drugs; it stimulates the body's natural self-healing process. There is usually an immediate reduction of pain and improved ease of movement. There are also secondary, long-term benefits with respect to decreased pain and increased range of motion. Shockwave may also eliminate your need for surgery.

### **5- "How long does each treatment last?"**

2000 shocks are administered per session. One session lasts approximately 5-10 minutes.

### **6- "How many treatments will I need?"**

Normally 3 treatments are necessary, once per week for three weeks. There is a small possibility that an additional treatment may be necessary if your condition is very chronic.

### **7- "Does the treatment itself, hurt?"**

Yes. For some patients more, and for others less. It is an intense 5 minutes that most people are able to tolerate, without anaesthesia. In this case, NO Pain, NO Gain really applies!

### **8- "Will it hurt after the treatment?"**

As you leave the clinic, you most likely will be feeling no pain, but you may experience throbbing pain 2-4 hours following the treatment. This throbbing pain may last for up to 24 hours. In some cases, it can last up to 48 hours, and in very rare cases, 5 days was noted.

### **9- "What should I do if I am in pain following the treatment?"**

The shockwave has triggered an inflammatory response that we want the body's natural processes to fight against. Therefore, please do not use any anti-inflammatory medications. Please do not use ice. The pain should subside within 24 hours. If needed, control it with pain-medication such as Advil or Tylenol.

**10- "What if it feels good following the treatment?"**

We recommend decreased activity for 48 hrs following the treatment. If it feels good, do not take advantage of it for a period of 2 weeks. Assume it is re-injured!

**11- "How much does it cost?"**

The cost per treatment is \$300 per body part (\$900 for the recommended 3 treatments).

**12- "Why so much?"**

The units are extremely expensive due to ongoing research in this revolutionary modality. Most patients have found the investment well worthwhile when they consider the results obtained in only 3 sessions, without the need for surgery!

**13- "Is Shockwave Therapy covered by my insurance?"**

Some insurance companies and WSIB pay for some or all of the fees for shockwave therapy. You will have to check with your insurance company. It is strongly recommended that you get a physician's referral for the treatment.

**14- "What is the success rate for this kind of treatment?"**

We have obtained approximately an 80 % success rate with chronic conditions that have failed to respond to all other types of treatment. Our results are consistent with those obtained in Europe.

**15- "What if it doesn't work for me?"**

The ability to discern the degree of success and whether or not this treatment has been beneficial to your condition may take 3-4 months. Although the short-term effects are often exceptional, the real and more important long-term benefits of this treatment may take up to 3 to 4 months. If after this time, there has not been any marked improvement, the last resort may be surgery.

**16- "Are there contraindications and/or precautions I should be aware of?"**

**YES:**

- Cortisone injections - None within the last month
- Blood thinning medications such as Heparin or Coumadin
- Heart or circulatory problems
- Cancer
- Diabetes
- Pregnancy
- Blood or nerve supplies too close to affected area

It is recommended that a patient have an x-ray of the area being treated prior to treatment. It is strongly recommended that an x-ray is included in the treatment of a shoulder.

**17- "Why am I asked to sign a consent form?"**

This type of treatment is non conventional. Pain can increase temporarily. Bruising and or swelling are also possible. Therefore, patients need to be informed of all aspects related before initiating the treatment.

*Should you have any other questions, feel free to speak with your health care practitioner.*

