

What is it?

Extracorporeal shockwave therapy, commonly known as “shockwave” or “ESWT”, is a form of rehabilitative medicine that uses high-energy sound waves to travel deeply into the soft tissues of your body to stimulate the natural healing ability of your own cells. Shock waves penetrate about one to three inches into the tissue, depending on the desired effect.

What does it do?

Shock wave therapy works in a few different ways. The high-energy sound waves used in ESWT cause a local inflammatory reaction in the tissues treated. This type of inflammation is good, and triggers a healing reaction in the body part treated by increasing blood flow to the area. Pain is also temporarily dampened through deep massaging to the nerve endings in the treated tissues. Between sessions, the injured area further heals when local hormones released during treatment kickstart the regenerative ability of your own cells.

What does it feel like?

Shock wave treatments may cause a deep warming sensation, tingling or prickling. You may feel burning, pinching or poking sensations, especially in areas of injury where ESWT will be most effective. Very little discomfort should be noted in areas with healthy tissue. Muscle and joint tenderness should be expected during and after treatments, gradually improving in the following few days after a treatment. We expect treatments to become less uncomfortable with each treatment.



What should I expect during treatments?

During treatments, we expose the area of the body we intend to treat. A hypoallergenic gel is used to help transfer energy from the ESWT tool into your tissues. Typical treatments last between three to five minutes. The ESWT tool will make a ticking noise as sound waves are created. Please wear loose fitting clothing to all treatment sessions.

How often do I need treatments?

Shock wave therapy is a dose-dependent therapy, which means several sessions are needed to give you lasting pain relief. In most cases, you should start to feel improvement within about 4 to 5 treatments; we expect more permanent relief after about 6 to 8 treatments. Treatments are performed once every 5 to 7 days. You should try to commit to a full dose of eight treatment sessions, or approximately two months.

What should I expect after treatments?

We expect treatments will cause discomfort in the injured area. The soreness you feel after treatments should gradually improve over within two to three days afterwards. Generally, soreness following treatments should be less severe with each therapy session. Redness, swelling and itching may develop around the treated areas. Rarely, bruising may develop in these areas. If you experience increased soreness after treatments, use bagged ice or topical analgesics such as *Biofreeze™* or *IcyHot™*. Use ice or over-the-counter anti-inflammatories only sparingly; we are trying to stimulate good, natural inflammation.

We Can Treat Your

Upper Extremity

- Shoulder pain
- Rotator cuff tendinopathy
- Tennis elbow and golfer's elbow
- Muscle spasms
- Carpal tunnel syndrome
- Sprains of the wrist, elbow and shoulder
- Hand pain/injury

Lower Extremity

- Shoulder pain and tendinopathy
- Hamstring tendinopathy
- Patellar tendinopathy
- Plantar Fasciitis
- Morton's neuroma
- Ankle pain
- IT Band Syndrome
- Hip bursitis
- Achilles tendonitis
- Osteoarthritis of the knee, hip and ankle
- Chronic fracture pain

Body

- Sprains and strains of the back
- Pelvic pain
- Pubic symphysis pain

Head and Neck

- Chronic neck pain
- Tension headaches
- Whiplash

Contraindications

- Pregnancy
- Blood clotting disorders and use of anticoagulants
- Active tumors or infection
- Ongoing chemotherapy
- Immediately following corticosteroid treatments (under 6 weeks)
- Treatment over tendon ruptures
- Children under 18 years old
- Diabetic neuropathy

Insurance Coverage

Shock wave therapies are FDA approved in the United States, and has been used early in Canada and Europe since the 1980's. However, since it is newer to the US, insurance coverage for ESWD has been slow, and is considered a non-covered service by most US medical insurance companies. We strive to be competitive in our pricing. All financial obligations will be discussed with you before treatment is provided.

Have questions?

If you would like to know more about shockwave therapy and if it might be right for you, please reach out to us. We would love to discuss this remarkable therapy with you to see if it would be a good fit for your recovery. Contact us at (231) 629-8833.



EXTRACORPOREAL SHOCK WAVE THERAPY



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