

# EXTRACORPOREAL SHOCKWAVE THERAPY

## FOR HEEL PAIN & CHRONIC TENDON INJURIES



Foot Ankle & Rehabilitation Clinics (FARC) are proud to be one of the few clinics to utilise Extracorporeal Shockwave Therapy (ECST) to treat heel pain and other chronic tendon and soft tissue injuries.

### WHAT IS ECSW THERAPY?

ECSWT is high intensity ultrasound waves delivered in a non-invasive way through the skin.

ECSWT can be used to help treat:

- Plantar fasciitis/heel spur syndrome
- Achilles tendon injuries
- Posterior Tibial Tendinopathy
- Gluteal Tendinopathy
- Patella tendinopathy
- Iliotibial Band Syndrome

### HOW DOES IT WORK?

ECST may help treat injuries by:

- Increase blood flow to promote healing
- Increase tendon regeneration
- Immediate reduction in pain by numbing the area
- Break up tissue calcification

### WHAT DOES IT FEEL LIKE?

The shockwave applicator head is placed over the injured area, which may cause some mild discomfort during treatment. Shockwave therapy only takes up 3 to 8 minutes of treatment time depending on the area and severity of the injury.

### HOW MANY TREATMENTS WILL I NEED?

Usually patients require only 3-5 treatments and show immediate improvement (60 to 80%) from their first ECSW therapy session. ECSW works best when patients are given specific strengthening and rehabilitation exercises to assist in the treatment of their condition.

### ARE THERE ANY QUALITY EVIDENCE AND RESEARCH ARTICLES FOR SHOCKWAVE? Yes.

Clin Orthop Relat Res. 2013 Jun 28., Extracorporeal Shock Wave Therapy Is Effective In Treating Chronic Plantar Fasciitis: A Meta-analysis of RCTs. Aqil A, Siddiqui MR, et al, [www.ncbi.nlm.nih.gov/pubmed/23813184](http://www.ncbi.nlm.nih.gov/pubmed/23813184)

Foot Ankle Int. 2013 Jan;34(1):33-41. The effectiveness of extracorporeal shock wave therapy on chronic achilles tendinopathy: a systematic review. Al-Abbad H, Simon JVN, [www.ncbi.nlm.nih.gov/pubmed/23386759](http://www.ncbi.nlm.nih.gov/pubmed/23386759)

For more information we invite you to visit our website and facebook pages: [www.farc.com.au](http://www.farc.com.au) or contact your nearest clinic.