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 blow flow to promote healing
- · I ncrease 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.

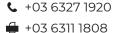
ARE THERE ANY QUALITY EVIDENCE AND RESEARCH ARTICLES FOR SHOCKWAVE? Yes.

Clin Orthop Relat Res. 2013 Jun 28., Extracorporeal Shock Wave Therapy Is Effective In Treating Chronic Plantar Fasciitis: A Metaanalysis of RCTs. Aqil A, Siddiqui MR, et al, 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

For more information we invite you to visit our website and facebook pages: **www.farc.com.au** or contact your nearest clinic.





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