

# Shockwave Therapy



CRYSTAL PALACE  
PHYSIO GROUP

Private Clinics

**Shockwave Therapy (SWT) is a non-invasive treatment** in which a device is used to pass acoustic shockwaves at a set frequency, through the skin to the area under treatment (National Institute for Care Excellence (NICE) guidelines, 2018). Shockwave Therapy treatment initiates a pro-inflammatory response in the tissue, which helps to accelerate the body's own healing response. The NICE guidelines support the use of shockwave therapy as an intervention for pain relief for a variety of chronic tendon pathologies i.e. plantar fasciitis, achilles tendinopathy and tennis elbow.

## How is Shockwave Therapy administered?

Treatment is delivered via a hand held device attached to the shockwave machine. The shockwaves are transmitted from the device to the tissue being treated. Gel is applied to the treatment area to maximise the treatment effect.

## Why choose Shockwave Therapy?

Shockwave Therapy is a clinically effective treatment alternative for chronic tendon pathologies. There are no significant safety concerns associated with shockwave treatment and no medications are involved in the application of the treatment. Research studies have shown positive outcomes in chronic tendon pathologies, when treatment is combined with physiotherapy exercise programmes.

## FAQ's

### Common Conditions treated with Shockwave

- Plantar Fasciitis
- Achilles Tendinopathy
- Tennis Elbow
- Greater Trochanteric pain in the hip
- Patella Tendinopathy



Image from EMS website with permission

## How long does the treatment session last?

Shockwave Therapy is applied during a 15 minute appointment. 2000 impulses of shockwave energy are applied to the treatment area at varying pressures. Treatment sessions must be over 3 consecutive weeks to get best clinical outcomes.

## Is the Shockwave treatment painful?

The treatment itself can be painful during its application. Continuous patient feedback is sought during treatment. If a patient is unable to tolerate the pain levels, then the settings will be adjusted to reduce the discomfort. A mild ache may occur later that day, but should pass after 24 hours. A patient may take analgesic pain relief afterwards if required, or before attending their next session.

## How do I start treatment?

Patients must have been assessed by a CPPG Physiotherapist, diagnosed with a tendon pathology and complete a consent form before treatment can be started. Patients are advised to continue rehabilitation exercises in conjunction with shockwave treatment, as evidence based research suggests this gets the best clinical outcomes.

## What do I do following treatment?

There are no restrictions after the treatment session. You may continue with your normal activities. You may use simple painkillers if still in pain. Do not use anti-inflammatory medication such as Ibuprofen, or use ICE on the treated area, as both will have a negative effect on the body's inflammatory and healing process stimulated by the shockwave treatment.

Pain relief may be felt immediately but long term effects are normally seen after 3 months. All patients should be reviewed after 6 weeks of treatment by their referring clinician, having completed the course of 3 weekly shockwave treatments.

## Further information

If you require any further information regarding our Shockwave Therapy Service, please contact us at [Enquiries@cppg.co.uk](mailto:Enquiries@cppg.co.uk) or 020 8778 9050

## Contact us now

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