



Shockwave Therapy

Frequently Asked Questions

Q: What is Shockwave Technology?

A: Shockwave therapy is a non-invasive modern and highly effective treatment method: high-energy sound waves are introduced into the painful areas of the body. Shockwave technology accelerates the healing process in the body by stimulating the metabolism and enhancing blood circulation to regenerate damaged tissue. Strong energy pulses are applied to the affected area. These pulses occur for short periods of time, creating micro-cavitation bubbles that expand and burst. The force created by these bubbles penetrates tissue and stimulates cells in the body that are responsible for bone and connective tissue healing.

Q: What type of conditions can be treated with Shockwave Technology?

Shockwave treatment can successfully address acute and chronic pain such as: Knee Pain, Heel Pain, Foot Pain, Ankle Pain, Hamstring Pain, Back Pain, Neck Pain, Shoulder Pain, Elbow Pain, Wrist Pain and Hand Pain. It is used to provide trigger point therapy, address sports injuries, scar tissue, stress fractures, and enhance bone healing.

Q: Why consider getting Shockwave Treatment?

A: Shockwave has a proven success rate that can be as effective or more effective than other methods such as surgery or pharmaceuticals without the risks, complications or long recovery times. Shockwave treatments are non-invasive and promote accelerated recovery.

- Non-surgical
- Performed in an office/clinic
- Does not require anesthesia
- No side effects
- Effective and Affordable

Q: Who is a candidate for Shockwave?

A: Most people are good candidates for Shockwave treatment however patients who are pregnant, have a pacemaker or current cancer, have had a cortisone injection in the same area in the past 6 weeks, or are taking blood thinning medication are not suitable for treatment with Shockwave Technology. Your doctor will provide you with information about conditions you may have that would affect your ability to undergo treatment.

Q: What are the possible side effects?

A: Treatment with Shockwave technology has virtually no side effects. In some cases, patients may experience minor discomfort for a few days. Patients can return to work after treatments and in most all cases there is no down time

Q: What type of results are expected?

A: Beneficial effects are often experienced after only 1 or 2 treatments and there is no downtime. Many patients report immediate pain relief after treatment. The technology has a 91% success rate as per clinical studies, patients treated report being pain free and /or have a significant reduction in pain. The non-surgical therapy eliminates pain and restores mobility, thus improving patient's quality of life

Q: How many treatments are generally needed?

A: It is recommended that patients have 4-6 weekly treatment sessions. The number of sessions needed depends on the condition that is being treated. Each treatment session takes between 10-15 minutes and can vary depending on the condition that is being treated.

Q: How is the treatment performed?

A: Shockwave treatment is noninvasive. Gel is applied to the treatment area; shockwaves are then released through the applicator as it is moved over the treatment area.

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