

IS SHOCKWAVE THERAPY PAINFUL?

You may experience some discomfort during treatment but the pain should be tolerable. Energy levels can be adjusted accordingly. Due to the analgesic effect of Shockwave Therapy many patients report immediate pain relief following treatment.

IS SHOCKWAVE THERAPY SAFE?

Shockwave therapy is very safe, it has NICE guidance for many indications and is used within the NHS. Shockwave Therapy performed by qualified therapists is largely risk-free.

**MYO-
FASCIAL
PAIN**

**TENDON
PAIN**

**SPORTS
INJURIES**

Dear patient,

If you suffer from a disorder of the musculoskeletal system, you are by no means alone. The good news is that, depending on your symptoms, there are effective therapeutic methods available to you today. In this brochure, you will find information on Radial Extracorporeal Shockwave Therapy (r-ESWT) and how it can help you. We are happy to help if you have any questions!

Your Practice Team:

LOOKING FOR MORE INFORMATION? visit www.vennhealthcare.com

A patient guide to:

Radial Extracorporeal Shockwave Therapy (r-ESWT)

Pain Therapy with Pressure Waves





Radial Extracorporeal Shockwave Therapy (r-ESWT)

is an evidence-based treatment that involves passing low energy pressure waves into damaged tissues to increase blood flow and stimulate repair whilst reducing pain and allowing your body to restart its own natural healing process.

WHAT ARE RADIAL SHOCKWAVES?

Shockwave therapy has been used since the 1980's for the non-surgical treatment of kidney stones, fast forward 40 years and its now used to treat many areas of the body. Radial shockwaves are low energy pressure waves that are delivered into damaged tissues such as tendons and muscle, this increases blood flow, has an analgesic effect and stimulates the body's natural repair and regeneration processes.

WHO USES SHOCKWAVE THERAPY?

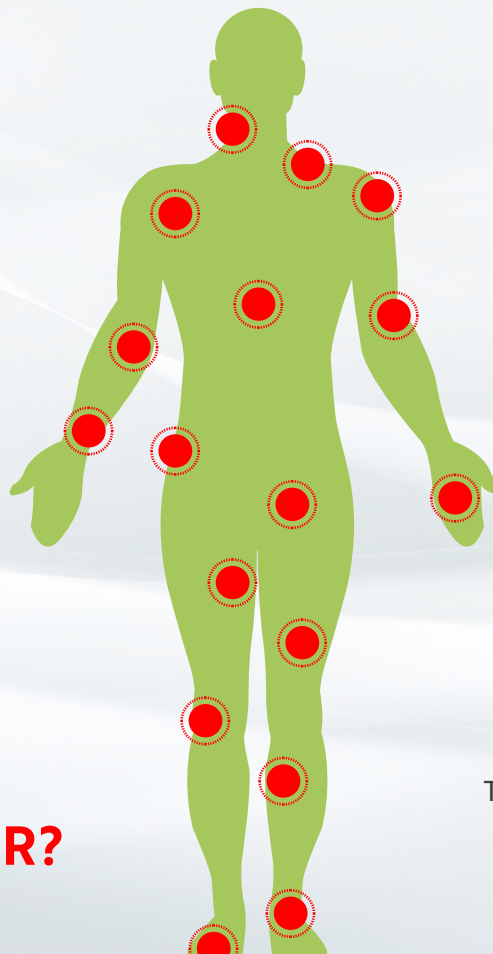
This treatment is widely used in physiotherapy, podiatry, osteopathy, sports medicine and orthopaedics to provide fast pain relief and increased mobility. Shockwave Therapy is clinically proven, recognised by the top orthopaedic hospitals and used by high-profile professional sports bodies.

**SUFFERING FROM PAIN OR INJURIES?
WANT TO GET BETTER FASTER?**



OFFERING YOU A
NEW QUALITY OF LIFE

CONTACT
US with any
questions



HOW CAN SHOCKWAVE HELP ME?

Plantar Fasciitis, Myofascial Pain and
Chronic **Tendinopathies** such as:
Achilles, Patellar (Knee), Gluteal, Adductors,
Proximal Hamstring, Tennis/Golfers Elbow,
Distal Biceps, Calcific Tendinopathy.

HOW SUCCESSFUL IS THE TREATMENT?

After only 2-3 sessions, many patients report complete pain relief or significant pain reduction. The therapy eliminates pain or restores mobility, thus improving your quality of life. **In chronic conditions alone, an overall success rate ranges from 60-80% when other therapeutic treatments have been unsuccessful.**

HOW MANY SESSIONS ARE NEEDED?

The amount of treatment sessions will vary dependant on the type of conditions being treated. As a rule, 3 - 6 treatment sessions are advised. Sessions last about 20 - 30 minutes.