

sitting or lying down depending on the area to be treated.

What are the side effects of ESWT?

As far as is known today, there are no significant side effects of ESWT, however some bruising may be encountered or some people may have an increase in pain shortly following the treatment. This pain normally subsides within 24 hours. Subsequent management is determined by the podiatrist depending on the patient's level of response.

Advantages of ESWT

ESWT is non invasive, non surgical, has fast recovery time and patients can go home immediately after treatment. No anaesthesia is usually required and treatment is brief with no known side effects.

If you have this or any other foot related issue, see us at Shepparton Foot Clinic for a caring professional podiatry opinion.

**Shepparton Foot Clinic,
where we help your 'Feet for Life'**

Shepparton Foot Clinic has been providing top quality, friendly and reasonably priced podiatry to Shepparton and the Goulburn Valley since 1983.

Conveniently located in central Shepparton, we have parking on site and easy wheelchair access to our clinic.

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Extra Corporeal Shock Wave Therapy (ESWT)





1. Locating pain by palpation



2. Marking the treatment area



3. Applying the contact gel



4. Delivering the shockwave

Shockwave Therapy (ESWT) has previously been used for the treatment of kidney stones, however more than twenty years of research has shown that ESWT can be applied to treat certain orthopaedic conditions particularly in the area of chronic tendon insertional problems. It has been customary to treat these conditions with rest, anti-inflammatories, injections and physical therapy. The advantage of ESWT is that it is non-invasive and does not require surgery.

Which conditions can be treated by ESWT?

The main areas recommended for treatment with ESWT are at the insertion of tendon on bone. This can involve chronic inflammation of the tendon or calcification deposits in these regions. Another pathology which responds to ESWT are chronic non-unions of bone fractures.

Heel

Plantar Fasciitis with or without heel spur and Achilles' tendon injuries are the main region of treatment in the foot and ankle. ESWT has been shown to have about a 70% success rate in successfully reducing symptoms in these conditions. Your podiatrist is the best professional to assess, recommend and institute this treatment in these conditions.

Other areas treated by ESWT

ESWT can be used on knee, elbow, hip and shoulder regions for chronic tendon insertional injuries. It is also used for the repair of chronic non-union of fractures (pseudoarthrosis).

Contraindications for ESWT

ESWT is not indicated for every patient. It is necessary for your podiatrist to assess whether your condition is suitable for ESWT. A number of contraindications are:

- Treatment of the lungs or ribs, the spinal column, skull and major arteries, veins and nerves
- Treatment over the vicinity of Cardiac Pacemakers should be avoided
- Avoidance of infected or tumour areas
- Treatment of people with disorders of coagulation (eg. Haemophilia)
- ESWT should be avoided during Pregnancy in the vicinity of the womb
- ESWT should avoid growing cartilage areas in children

What is a Shockwave?

A Shockwave is a sound wave generated by a blast of compressed air causing the firing of a metal bolt against a shock probe head. The pressure intensity can be altered depending on the levels needed during treatment. The active Shockwave focus is 'ellipse' shaped with a length of about 25mm and a width of about 4mm.

How do Shockwaves Work?

In cases of chronic tendon injuries, shockwaves cause a painful stimuli in the area treated, through over stimulation of the nerves. In most cases this causes the

body to set up a 'nerve block' to that area resulting in a decrease in sensitivity and thus a reduction in pain that may last for some time. Simultaneously the shockwaves cause reactions in the tendon fibres to trigger chemical 'messengers' of repair to help stimulate a metabolic healing response.

In cases of bone non-unions (pseudoarthrosis) ESWT is delivered at a high intensity causing a micro fracture of the bone ends. This leads to the formation of a haematoma which stimulates the bone to commence repairing at the area of damage.

Treatment course

Treatment is non-invasive and ambulatory. This means that it does not require surgery or a hospital stay and patients can leave the clinic when treatment is completed. However, in some cases local anaesthesia may be necessary if the condition is very painful.

Prior to treatment an expert evaluation, including a diagnosis is required. This may involve a physical examination and X-Rays or ultrasound scans if necessary.

The treatment is normally over 3 separate visits, one week apart and usually takes under 20 minutes to complete.

The site for treatment is localised using clinical examination and then ESWT is delivered directly to the area of pain. ESWT is normally commenced at a lower level and gradually increased in intensity depending on the discomfort experienced by the patient. During treatment the patient will either be