

Extracorporeal Shockwave Therapy



Scan the QR code to watch a video that provides a detailed explanation of how shockwave therapy works and its potential benefits.

What is Extracorporeal Shockwave Therapy (ESWT)?

ESWT is an FDA approved device that uses high-energy acoustic waves (shockwaves) to treat various musculoskeletal conditions, promote healing, and reduce pain. The shockwaves help improve blood flow, decrease inflammation, and promote tissue regeneration in targeted areas.

Conditions Treated with ESWT:

- Tendon disorders - Achilles tendinopathy, patellar tendinopathy, tennis elbow, golfer's elbow, rotator cuff tendinopathy, wrist tendinopathy, gluteal tendinopathy, etc.
- Soft tissue disorders - Plantar fasciitis, calcific tendonitis, hip bursitis, ligament sprains, etc.
- Joint pain - Osteoarthritis and degenerative joint disease.
- Muscle and myofascial pain - Trigger points and subacute or chronic muscle strains.

What to expect during treatment?

Treatment is performed in the clinic. A healthcare provider will assess and identify the areas to be treated. A gel is applied, and a shockwave probe is moved in a circular motion over the targeted area. The intensity of the shockwaves varies per patient, starting low and increasing to a tolerable level. Higher energy levels often lead to quicker improvements and better results. You may feel mild to moderate discomfort, but the intensity can be adjusted for comfort.

Aftercare instructions:

There is minimal to no downtime. You can resume light activities immediately. Wait 48-72 hours prior to resuming moderate to high intensity activity. Mild soreness, swelling, or redness may occur but usually resolve within 48 hours. You may take acetaminophen if needed, but avoid NSAIDs (ibuprofen, naproxen, aspirin, etc.) and icing as they interfere with the healing process.

When can you expect improvement?

ESWT typically requires 3 to 5 treatment sessions, depending on your condition. Sessions are scheduled once or twice a week. Many patients notice improvement after the first 1 to 2 sessions, with optimal results often achieved a few weeks after completing the full course of treatment. Outcomes are better when ESWT is combined with other treatments such as exercise programs or platelet-rich plasma (PRP).

Are there any side effects?

ESWT is generally very safe with almost no side effects and does not require anesthesia. It is safe to use in pediatrics, adolescents, and growth plates. Unlike more invasive treatments, there is virtually no risk of infection. However, its safety has not been established for individuals with blood clotting disorders, those who are pregnant, or those with active tumors or cancer.

Shockwave therapy is a SELF-PAY treatment.

It is not billed to insurance by our clinic. If you wish, you may attempt to submit a receipt to your insurance provider for potential reimbursement.