



Saúde Centre for Physical Rehab and Therapy

*Active Release
Technique
(ART®)*

Chiroprody

Chiropractic

Chronic Pain

*Custom
Orthotics and
Bracing*

*Electrical
Modalities
(IFC, TENS)*

*Massage
Therapy*

*Medical
Acupuncture*

MVA Rehab

Physiotherapy

*Post-surgical
Rehab*

***Radial
Shockwave
Therapy***

Sports Injuries

Ultrasound

WSIB Claims

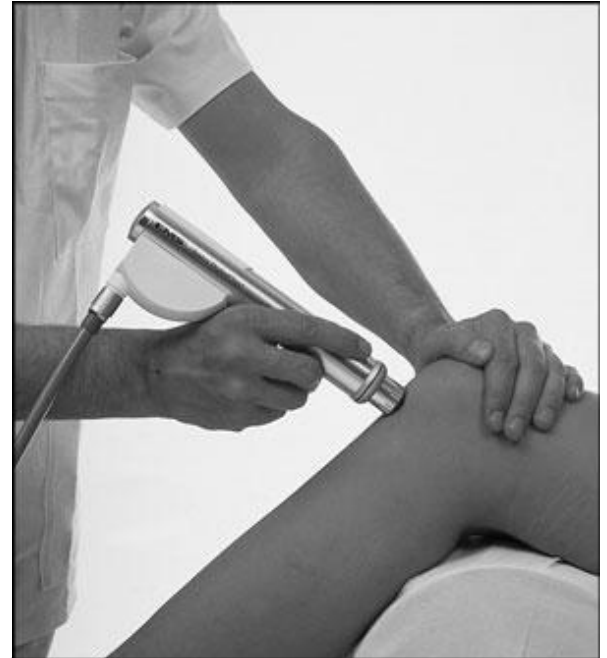
Radial Shockwave Therapy (RSWT) is the application of a high-energy acoustic pulse transmitted into the tissue of the affected area of the body. Each Radial Shockwave treatment works to increase the metabolic activity around the site of pain or discomfort, stimulating the body's healing process, thus reducing pain.

Radial Shockwave Therapy typically requires three treatments one week apart for optimal results. Treatment is carried out by passing the shockwave applicator over the injured area. Guided by the patient's feedback, the exact positioning of the shockwave applicator is determined for optimum results. The treatments last approximately five minutes and may be slightly uncomfortable, but are well tolerated by everyone. Most patients feel significant results/changes after only the first treatment.

RSWT is an excellent alternative for people with chronic pain who have exhausted all other treatment avenues (e.g. physiotherapy, chiropractic, massage therapy, etc.), and is often used as a pre-surgery option. RSWT works without the use of X-ray equipment or prescription drugs. It stimulates the body's natural healing process and therefore is well tolerated.

For more information on RSWT, please see our Frequently Asked Questions on the reverse of this page.

The therapy is partially or fully covered by most extended health care plans. The WSIB also covers the cost of the therapy. If you have more questions, please contact our clinic for more information.



Radial shockwave therapy has been scientifically proven to help relieve chronic pain associated with plantar fasciitis, tennis/golfer's elbow, achilles tendonitis, rotator cuff tendonitis and other common tendon problems.



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Radial Shock Wave Therapy Fact Sheet

What does it treat?

Proven to be effective for chronic heel spurs, tennis elbow, achilles tendonitis, calcific shoulder tendonitis, frozen shoulder, patellar tendonitis.

How many treatments? How long for each treatment?

It takes 3-4 treatments, one week apart (maximum 10 days). Treatments last for approximately 15 minutes.

Does it hurt?

The treatments are uncomfortable but tolerated by everyone.

Are there any side effects?

There may be irritation or swelling but it usually disappears within one week of treatment.

How does it work?

- It is a radial shock wave that is pneumatically generated and transmitted into the tissue.
- A shockwave is an acoustic pulse.
 - The physics: short rise time, shock, high peak pressure, exponential decompression, and tension).
- The body responds with increased metabolic activity around the site of pain.
- Re-absorption of irritative calcium deposits in tendons
- Shock waves locally alter the chemical environment
- This stimulates the healing process, and reduces pain

How fast does it work?

Most patients feel significant results after the first treatment. Some patients will not feel a difference until finishing their third or fourth treatment. The healing process is *cumulative* and therefore patients continue to have results weeks after ending their treatment. Because the cells are broken down, and are rebuilding (the tissue is actually are put back into the acute phase) the maximum relief is usually felt at the 12th week after their last treatment.

What is the cost?

The treatment is very effective, quick, and reasonably priced. Three treatments are \$450, paid at the first visit. The treatments are provided by a chiropractor and will be covered by extended health care plans that pay for chiropractic treatment. Some employers may pay directly for the RSWT treatments for an employee. WSIB may cover chronic cases; patients should consult with their case worker. Occasionally, one additional treatment may be requested, or required. The cost for this service is \$132.00.

Why use Radial Shock Wave Therapy?

- Fast and effective
- A great option instead of surgery, that has a long recovery time, more rehab, and lost work time, lost income, and reduced quality of life/lifestyle while they recover
- Surgical success rates are much lower than the RSWT proven results
- Eliminate the use of medication
- Eliminate the use of cortisone, or repeated injections
- Used when all other methods have failed
- Athletes who want to return to their sport and suffer from chronic pain

Has Radial Shock Wave been clinically proven?

Yes. Several studies have been performed and are available at <http://emsmedicalamerica.com/pubs/dolorclastarticles.htm> web site. A multicentric, prospective, simple-blind, placebo-controlled study into the efficacy of ballistically generated shock waves in the therapy of tennis elbow and calcaneal heel spur concluded 88 percent of patients assessed their therapy as “very good” or “good after treatment. In a follow up survey 12 months after their last treatment, 95% of the tennis elbow, and 94% of the heel spur responded that they were still very satisfied with their results.

What other facilities offer Radial Shockwave Therapy?

- Carlton University Sport Injury Clinic, Ottawa, ON
- Action Sport Physiotherapy, Montreal, QC
- Sport Medicine Specialists, Toronto, ON
- Kennedy Fowler Sport Medicine Clinic, London, ON
- University of Calgary Sport Medicine Centre, Calgary, AB
- Edmonton Sport Institute, Edmonton, AB