



## Extracorporeal Shock Wave Therapy (ESWT)

Patients, like you, who suffer from acute and chronic musculoskeletal pain now have access to an innovative, non-invasive treatment that will get you feeling better faster.

At Active Spine and Joint Center we utilize the most advanced non-invasive technology which uses energy based on unique sets of acoustic pressure waves, Extracorporeal Shock Wave Therapy (ESWT).

ESWT helps to improve the regenerative potential, rather than further damage an area that has degenerated because of poor blood flow, tissue injury, overuse or weakness.

In just a few five to ten minute sessions, you'll be able to return to your favorite sport or activity. And there's no downtime.

### Benefits + Results

The objective of this treatment is to reduce pain and stimulate healing of the affected area more quickly than conservative care alone. ESWT may also lessen or eliminate the need for steroid injections in acute cases that need relief quickly to return to normal daily activities.

Other benefits include:

- Evidence-based
- Non-invasive
- No anesthesia required
- No risk of infection
- No scarring
- No downtime
- Over 80% patient satisfaction
- Cost effective
- Faster, easier healing

Some patients report immediate pain relief after the treatment, although it can take up to four weeks for pain relief to begin. The procedure eliminates pain and restores full mobility, thus improving your quality of life. Over 80% of patients treated report to be pain free and/or have significant pain reduction.

### Risks

The non-invasive ESWT treatment has virtually no risks or side effects. In some cases, patients may experience some minor discomfort which may continue for a few days. It is normal to have some residual pain after intense exercise or a full day of work. The FDA has labeled this a "Non-Significant Risk" therapy

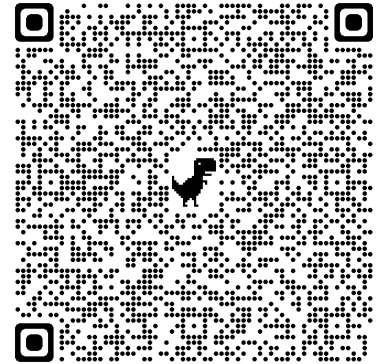
## What is it?

Extracorporeal Shock Wave Therapy, sometimes referred to as ESWT or shock wave therapy, is the most advanced and highly effective non-invasive treatment method cleared by the FDA. This proprietary technology is based on a unique set of pressure waves that stimulate the metabolism, enhance blood circulation and accelerate the healing process.

This technique, known as extracorporeal shockwave lithotripsy, first appeared in the 1980s when it revolutionized the treatment of kidney stones and has since been studied for its application in orthopedics and traumatology.

ESWT has become a proposed treatment option for specific musculoskeletal conditions. These conditions include, but are not limited to:

- acute or chronic musculoskeletal pain and/or pain that significantly impairs mobility or quality of life including:
  - plantar fasciitis with or without heel spur
  - achilles tendon pain
  - rotator cuff tendon pain
  - tennis elbow
  - golfers elbow
  - patellar tendon (jumper's knee)
  - hip bursitis (glute medius tendon pain)
  - adductor syndrome (athletic pubalgia sports hernia)
  - delayed bone healing
  - bone stress injuries
  - osteochondritis dissecans
  - neuropathy



## How does it work?

Shockwaves stimulate the injured area by producing microtrauma in the chronically injured tissue which turns on new blood flow pathways and recruits stem cells. This process can result in a variety of beneficial effects such as pain relief, better blood flow to the area, cell proliferation, and chondroprotection (slowing down of degenerative joint space narrowing), and treat calcific tendon pain. The combination of these effects can result in tissue regeneration as well as significant pain relief, improving functional outcomes in injured tissue. Given these facts, ESWT has seen a recent boom in regenerative medicine techniques for treating a variety of musculoskeletal injuries.

During treatment, coupling gel is applied to the treatment area of interest to enhance effectiveness. ESWT pressure waves are released via the applicator moved over the area of interest in a circular motion.

## Effective Dosage

Treatment sessions take approximately 10 minutes depending on the disorder to be treated. Our physicians carefully consider your condition, social and history and goals from care to determine the proper course of care. While some patients may experience a positive response with just one treatment, in general we expect to notice results in at least 3 treatment sessions weekly intervals.

## Alternatives

ESWT Treatment is prescribed in consideration of patient safety and optimal results. There may be other alternatives, however as we eliminate optimal treatment, there may be a reduced result or increase to length of treatment to obtain desired result. Our team can help custom tailor the right plan for you.

Alternatives for consideration may be, but not limited to:

- Steroid injections for acute pain relief
- Other conservative therapies (manual therapy, therapeutic procedures, therapeutic exercise, etc)
- Dry needling
- Cold laser therapy
- Professional referral to other specialty
- Non-treatment

## Candidates

In accordance with the most scientific evidence, a patient may qualify as a candidate for ESWT barring any contraindications (see contraindications). Additionally, a patient may complete an initial diagnostic session to test the patient's response to the acoustic waves in the area.

A diagnostic session is an exploratory session to determine a more specific treatment area and gauge the patient's response or sensitivity to the acoustic waves.

## Contraindications

- Pacemaker
- Pregnancy (over the fetus)
- Blood clotting disorder (including thrombosis)
- Taking oral anticoagulants (must get cardiologist approval)
- Steroid injection within 21 days
- Tumors are present at the treatment site
- Infection or skin abrasion at the treatment site
- Under 16 (except in the treatment of Osgood-Schlatter disease)
- Any treatment over an air-filled area such as the lungs or guts is also not possible.

This list is of course not exhaustive, and an assessment by a practitioner is always necessary. We know from experience there are certain treatments, conditions and individual histories that are likely to respond better or worse to Shockwave, however in every assessment we look at the safety first.

## Cost

### Initial Diagnostic Session

\$49

### Treatment Session

\$139 per session; 10% discount available when purchased in packages of 6, 8, 10 sessions.

### Does insurance cover ESWT?

Currently insurers consider ESWT (high energy) not reasonable and necessary for the treatment of musculoskeletal conditions and therefore not covered.

## Post treatment patient instructions

- Pain and soreness is normal, should resolve in 2-3 days
- If and increase in pain occurs, patient should return for second session asap with a modified treatment dosage
- For the next 24 hours
  - No ice
  - No NSAIDs
- Continue normal daily activities after 24-48 hours



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