

Free Shockwave Report

A collection of Zimmer shockwave therapy equipment, including a control unit with two large knobs and a handpiece, all set against a light orange background. The control unit is labeled 'enPuls Version 2.0 Zimmer MedizinSysteme' and 'Zimmer Shockwave Systeme'. The handpiece is labeled 'Zimmer' and 'Lotion'.

“Recover STRONGER
and FASTER with
Shockwave Therapy”



Recover Stronger and Faster with Shockwave Therapy

Introduction

There's a growing interest in Shockwave Therapy (SWT), from people like yourself, who are experiencing persistent pain from injuries or conditions that haven't responded to other treatments. Such injuries are having a negative impact on your ability to return to an active, healthy lifestyle, doing the sports and activities you love!

Awareness of SWT has grown from developments in a few areas.

Firstly, there is an increasing number of conditions recognised by the UK's governing body "NICE" as suitable for SWT. These conditions include:

- Plantar Fasciitis
- Achilles Tendinopathies
- Greater Trochanteric Pain Syndrome
- Shoulder Tendinopathies (Rotator cuff)
- Tennis and Golfer's Elbow

As the benefits of SWT are researched and documented, other conditions, including:

- Trigger point pain syndromes
- Hamstring injuries
- Knee pain

are also being successfully treated with SWT.

In addition to the the growing medical research, the technology is being used by more and more professional sports teams and the Physiotherapists who take care of them, where pressure to return to their sport quickly is very high; and the results are very encouraging.

At goPhysio, we're finding that with this increased awareness of SWT, people with injuries are investigating the benefits of SWT and how it may help their injury. Unfortunately, with the financial constraints of the NHS, it is rarely offered as a treatment, so it isn't always at the forefront of your GP's mind if that's who you're seeking help or advice from.

We understand that, like many of the injured people we see.....

You're frustrated and concerned that you're still experiencing pain from your injury, despite already wasting time and money on a variety of 'cures', which may have included:

- A course of expensive treatment, that in the long term.....*"hasn't helped much"*
- Cortisone injections that *"relieve the pain and stiffness temporarily for a few weeks at best."*
- Repeated visit's to the GP only being told to *"Rest and take painkillers"* or *"It's an age thing, give up the hobbies and activities you enjoy."*
- Surgery may have been presented as the only option.



Does that sound familiar?

We're aware that you may be;

- Unsure of how to get better?
- Unsure of who to see?
- Fed up not doing the activities you enjoy and worried about losing fitness you've worked so hard to achieve or participate in sporting events you've been looking forward to.

Well the good news is, that the people we work with in the goPhysio clinic are often in the same situation. Stuck between a rock and a hard place, getting conflicting advice from health professionals, the internet, from colleagues and friends! Unsurprisingly, they're confused, overwhelmed and unable to make the right decision, not knowing who to trust. They continue to deal with worsening, long standing injuries, that are simply not getting better and are potentially facing a trip to the operating table.

SWT is a successful treatment option for long term, stubborn musculoskeletal (muscle / tendon) injuries, especially in cases where other more traditional treatments have failed. SWT provides an evidence-based, successful alternative to surgery.

In this report, we'll be discussing SWT for the treatment of long term, stubborn muscle and tendon injuries, as an alternative option to consider from cortisone steroid injections or surgery.

What is Shockwave Therapy?

SWT has been shown to be beneficial in treating a wide range of soft tissue injuries, which have been resistant to more traditional forms of treatment.

The shockwave machine, produces 'energy waves' which are targeted to the injured tissues, bringing about it's beneficial effects. It is a mechanical wave, not an electric one. The mechanical waves kick off inflammation in the area. In turn, the body responds by increasing blood flow to that area, which accelerates the body's own natural healing process. The shock waves can also break down injured tissue and calcifications.

"SWT stimulates the body's natural healing process in 'delayed, slow to heal' conditions, kick starting the healing process, getting you better quicker."

Shockwave technology has improved greatly in the last 10 years, with newer versions being more comfortable and more efficient, meaning you get better quicker, in fewer sessions.

At goPhysio, we've invested in the most up-to-date Zimmer 2.0, so we can help you return to the activities you enjoy, as quickly as possible.

Every day, we see the frustrations that our patients face and how much injuries limit their lives, so investing in SWT to help tackle these injuries was a top priority for us.

Shockwave Therapy (SWT) is also known as Radial Shockwave Therapy or Extracorporeal Shockwave Therapy (ECSWT or ESWT).



What injuries can Shockwave Therapy help?

SWT is a well known treatment for injuries to the soft tissues, muscles and tendons. It is particularly effective in the treatment of longer term injuries, that have failed to respond to other treatments, and is a viable alternative to cortisone steroid injections and surgery.

Depending on your condition, your activity levels and personal circumstances, the symptoms of your injury can begin in a number of different ways. They all usually follow a common theme, which you will no doubt recognise!

1. You've had a niggling pain for a while, but it's not too bad and doesn't prevent you from doing anything, just a bit of discomfort. Over time, it gradually worsens, becoming more frequent and severe. You rest, it doesn't improve so, you visit the GP and he recommends further "rest and painkillers", a 'wait & see' approach!
2. With rest and painkillers, symptoms settle a little until you try and to do something more demanding. Essentially, this means that your injury hasn't improved at all and you're abruptly back to square one, having wasted a lot of time, worry and expense, losing fitness, independence and quality of life.
3. You find yourself in a long term, negative, downward spiral of "yo-yoing" between rest, painkiller's and trying to return to the activities you enjoy.
4. Without correct, expert, intervention and treatment, this spiral can last years. Some people never fully recover and instead change their lifestyle immeasurably to compensate for the pain and injury, putting on weight and becoming unhealthy and in-active, stopping doing the sports or activities they once loved. Sometimes they try surgery, which comes with inherent risks and no guarantee of success.

Sound familiar?

The good news is, there is an alternative to avoid this negative scenario. It begins with becoming proactive and seeking a solution, an accurate diagnosis and effective treatment plan.

Shockwave - Conditions Treated With Most Success

According to The National Institute for Health & Clinical Excellence (NICE), there are specific conditions that may respond best to SWT. NICE's remit is to make recommendation on various treatments that have been evidenced and backed by substantial research. For SWT, we have six conditions with such guidelines in place.

If you have been suffering with any of these conditions for some time and if they've failed to improve with other treatments, then read on, as SWT could certainly help you.

1. Plantar Fasciitis
2. Achilles Tendinopathies
3. Greater Trochanteric Pain Syndrome
4. Shoulder Tendinopathies
5. Tennis Elbow
6. Golfer's Elbow



Plantar Fasciitis (Heel Pain)

Plantar fasciitis is a common, painful foot condition, that can affect up to 1 in 8 people at any time. Plantar Fasciitis can be known by a number of names. Plantar Fasciopathy (PF) or Chronic Plantar Heel Pain (CPHP) is the most up-to-date, accurate name for this painful foot condition.

The plantar fascia is a strong and thick piece of 'connective tissue', in the sole of the foot. It's elastic and stretchy, which is essential to help the foot work correctly. This means, if it isn't working as it should - maybe you have flattened arches, you've been wearing the wrong shoes for an activity or have overdone it, your plantar fascia can become a problem.

Normally, when you walk, as the arch on the inside of your foot lowers (pronates), the plantar fascia becomes longer and taut. In cases where the foot lowers too much or too hard, too much pressure is placed on the plantar fascia, and this often results in an injury such as PF.

This often occurs when you walk too far in inappropriate, unsupportive footwear. A classic scenario we see in the clinic is when people have been on holidays, maybe a summer city break, and wear their sandals. They do lot's of standing, queueing, walking and sight-seeing - long busy days on their feet!

It starts with sore, achy feet that become painful in the heel or along the arch when walking or standing. The pain eases with rest but gets worse when they get up again, often worst first thing in the morning, when they first get out of bed.

Before you know it, you're waking every morning in worse pain, it's taking longer to ease and you suffer more frequently throughout the day. You can't walk properly and you're in pain. You avoid walking so far and doing hobbies or sports, really altering your lifestyle, just to avoid the pain. Eventually, it can often lead to the deterioration of other health conditions such as being overweight, diabetes and other foot issues.

There are so many different treatments that can help with PF. People try injections, night splints, podiatry, physiotherapy, acupuncture, heel supports.....but sometimes nothing helps.

Long standing PF is known to respond very well to SWT, regardless of sporting or activity level. The largest study into the effectiveness of SWT was conducted by Gerdesmeyer in 2008. It concluded that SWT is a safe and effective treatment for stubborn, unresponsive, long term PF. The NICE Guidelines followed this study in 2009. The results for PF are among the most successful of any SWT treatment.

At goPhysio, we take a holistic approach to helping you recover from your PF. We combine tackling the pain and healing using SWT treatment, with addressing the underlying cause of your PF, looking at your foot biomechanics and making sure your feet are working well for your lifestyle. This combined approach is the most effective way to get rid of your PF forever and get you back to living an active, positive life, doing all the sports, hobbies and activities you love!



Achilles Tendinopathies

Achilles tendon injuries or Tendinopathies are typically not related to a specific incident or injury, but instead are a result of overloading or overusing the tendon over a period of time. Your achilles tendon basically is complaining because it can't cope with the physical demands that are being placed upon it!

Many people suffer from Achilles Tendinopathies. Symptoms can include waking up with stiffness in your achilles tendon accompanied by difficulty walking downstairs. It often eases with light activity or movement, but gets worse again after high level activity, such as a long walk, running or climbing lots of stairs. Often after sitting or resting it stiffens up again and the pain returns.

Like with Plantar Fasciitis above, people who suffer with Achilles Tendinopathies experience the 'yo-yoing' of pain, rest, pain, rest! Before you know it, you've limited your activities and sports to avoid the pain. And just like Plantar Fasciitis, identifying the underlying cause is crucial. It could be flattened arches, poor training habits in running, footwear, lack of flexibility in other muscles, weak areas - many issues (or a combination of issues) can lead to Achilles Tendinopathy.

Mild cases can resolve with rest, but this is rare. Because most people take the 'wait and see' approach, Achilles Tendinopathy can be a long standing (chronic) condition, before you seek expert help. If this is the case or if you've tried other treatments with no success, SWT can be a very effective treatment to stop your pain and start your recovery.

At goPhysio, we'd always take an approach where alongside tackling the pain, we'd also analyse and address what's caused your Achilles Tendinopathy in the first place. Without doing this, you risk getting it again. So, with our expert guidance and holistic care, we give you the best possible chance of long term, recovery.

Greater Trochanteric Pain Syndrome (Hip Pain)

Greater Trochanteric Pain Syndrome (GTPS) is an umbrella term used to describe a number of conditions felt as pain into the outer hip area. They include:

- Mofascial trigger points - areas of pain, spasm and overactivity in the gluteal (buttock) muscles.
- Trochanteric bursitis - long term inflammation of hip bursa (a fluid filled sac in your hip that help's muscles move over bony areas well).

GTPS often starts with a pain or ache on outer side of the hip. Whatever the underlying cause, these conditions normally develop when we demand too much of our body too quickly. We call this 'overloading'. If you have any weakness or tightness in the area or if you have poor movement habits or muscle imbalances, these areas in your hip can start to complain.

We often see these conditions in middle aged people who develop these symptoms when they take up new hobbies or suddenly become more active, too quickly. NICE guidelines, published in 2011, propose that SWT is a safe and effective treatment for GTPS.



Shoulder Pain

Long term shoulder pain is often caused by a specific incident or injury, inflammation or deterioration. This longer term deterioration is often caused by repeated compression or pinching (impingement) of the soft tissues (rotator cuff) within the shoulder joint.

This repetitive trauma results in scar tissue laid down with the rotator cuff tendons, which can develop or calcify into a calcific tendinopathy i.e. a build up of calcium in the tendon, which is never a good thing.

As with the Achilles Tendinopathy, in the early stages of Calcific Tendinopathy, symptoms may start with mild pain and stiffness in the shoulder. However, as time goes by it can develop into a severely painful, stiff and weak shoulder, the problems become compounded. This can significantly restrict your day-to-day activities at home and at work.

For many, leaving the condition untreated for too long means that shoulder surgery or 'decompression' is the only viable option.

Treated early though, SWT is a great solution. We've successfully treated many people at goPhysio, using SWT to break down the calcification, with many patients starting to feel some relief after just a few sessions. However, the longer it's left untreated, the larger the calcification, the more power is needed for shockwave to have an effect and this can simply be too painful. So, if it's left too long, surgery can be the only option.

So, should you suspect or already been diagnosed with Calcific Tendinopathy, our advice is to take action as soon as possible, make sure you get an accurate diagnosis, and put in place a pro-active action plan.

Lateral and Medial Epicondylitis (Tennis and Golfer's Elbow)

Tennis and Golfer's Elbow are both common conditions which tend to affect people that do a lot of heavy, manual, gripping activities in their work or hobbies. The conditions tend to be caused by repeated overuse or overload rather than a single, memorable injury or event. If left undiagnosed and untreated, these painful elbow conditions can become long-standing and difficult to recover from.

With both of these conditions, you'll experience pain in the elbow area which may travel down into the forearm. Pain on the outside of the elbow is Tennis Elbow, pain on the inside of the elbow is Golfer's Elbow. Pain often gets worse the more you use your arm. If you've tried rest, anti-inflammatories and/or sometimes steroid injections, with no improvement, SWT can be a very effective treatment for both of these conditions. SWT will kick start the healing process and stimulate rapid healing. It is particularly helpful if you've suffered with either of these conditions for more than 4-6 months or in cases where other more traditional therapies have failed.

Unfortunately, and all too often, the first treatment suggested for these elbow problems is a steroid injection. This treatment seems to help immediately, but the benefits often subside within a few weeks and it's then repeated with little benefit. Having repeated



injections have been found to cause longer term issues with the tendons, whereas, NICE have stated that there are no adverse effects of SWT.

So, before agreeing to a steroid injection, it's worth considering the benefits that SWT as a treatment.

Other Conditions

Research is continually being carried out to find the most effective treatments for musculoskeletal conditions and the benefits of SWT treatment.

There are encouraging results for the use of SWT in the effective treatment and relief of the following conditions:

- Hamstring tendinopathies
- Knee pain
- Myofascial trigger point pain

What are the benefits of having Shockwave Therapy?

For the best outcomes with SWT treatment, it is important that your injury or condition is correctly diagnosed. Following this, the most effective, suitable and individualised treatment plan for you should be started, ensuring you receive the right treatment at the right time, to speed your recovery.

Shockwave Therapy can be a realistic alternative to steroid injections or surgery.

There are many benefits to having Shockwave Therapy, including:

- It's non-invasive (not like surgery)
- No anaesthetic is required
- No medication is required
- It's a safer alternative to steroid injections or surgery
- It's a quick treatment, just 30 minute appointments per session.
- On average 3-6 sessions are normally required.
- There are fewer complications than injections or surgery
- You can be virtually painless after treatment

What should I expect if I have SWT?

At goPhysio, we follow a strict protocol and guidelines to assess the suitability of SWT for your injury. If SWT will help you, treatment will start on your first session with us. Unlike many other local clinics, we don't charge any extra for SWT - treatment is included in your appointment fee.

Each session will be tailored to your individual needs and goals, but as a guide your first session will be 45 minutes including a full injury assessment, diagnosis and your first SWT treatment.



What will happen during a SWT treatment?

- The SWT machine has a hand held device, which delivers kinetic energy. This is converted into a mechanical shock wave delivered to the target tissue through the skin. Some gel may be used on your skin.
- During the treatment, we will deliver a set number of shock wave energy pulses to your injured area. The treatment is surprisingly a little noisy as it is delivered, so don't be alarmed by the sound.
- You may find the initial few minutes a little sore, until your body starts to release endorphins (your body's natural pain killer) and then you should experience a dull, soothing, numbing effect in the painful area.
- The overall treatment will last between 15 - 20 minutes, during which we'll also give you injury advice and exercises to further help your recovery.
- It is recommended that you have one SWT session a week. A total of 3-4 sessions is normally needed for mild cases, 6 or more may be needed for longer term, more severe injuries.
- Feedback from other patients who've had SWT is that the treatment feels very specific to the problem area i.e. "it's right on it", "it's getting right to it", "I can feel it doing it's job".
- Following the SWT treatment session, there can be an ongoing sensation of healing between treatments. This is perfectly normal.

Beyond Shockwave Therapy

You've learnt so far that SWT does a great job of stimulating and kickstarting your natural healing process, especially in longer term, stubborn injuries where your tissue healing has been inadequate, delayed or down right failed!

Shockwave as a standalone therapy, can be enough to help get people better and back to the activities they enjoy. However, in certain cases, depending on the severity, length of time of the injury and individual goals (high level sporting activity), it's also critically important to address the underlying cause of your problem, in order to get better permanently.

Because SWT stimulates recovery of the injury, quickly improving the pain, this means you can also benefit from additional treatments that will address the cause of your injury and prevent recurrences. As most of the injuries that SWT can help are a result of overuse and the body's inability to cope with the physical demands being placed upon it, this aspect can not be ignored.

At goPhysio, our unique, combined approach means we can address all these factors. So alongside SWT we will also use a range of physiotherapy approaches and exercise based rehabilitation to optimise your recovery and prevent it coming back. We find this is much more effective longer term than using SWT in isolation.

Does Shockwave Hurt?

SWT is best described as uncomfortable, and of course it varies person to person. Effective treatment is a balance between the level of energy used in the SWT treatment and the discomfort the individual can tolerate.



The good news for you is that there are many options to tailor the treatment to your individual condition and comfort level, based on your personal pain tolerance, circumstance and wishes.

The latest technology in the design of the machine, ensures that treatment is delivered in an efficient way designed to minimise the length each session. Combined with the ability to vary the power and pattern of treatment, the modern up-to-date machine we have at goPhysio is far more comfortable than those of the past.

The immediate discomfort of the treatment will subside as soon as the treatment is complete. You may experience some residual numbness, tenderness or awareness afterwards. However, these are all positive signs that the SWT is having the desired effect of stimulating your body's natural healing process. Any post treatment sensation should subside within 24-48 hours.

For the majority of people, the benefits of SWT far outweigh the short term discomfort and soon as they start to feel improvement, they are keen to finish the course of treatment and get back to enjoying an active pain free lifestyle.

Why might Shockwave not be for me?

Whilst SWT is suitable for a large number of injuries with minimal side effects, unfortunately there are some medical conditions, known as contra-indications, that will affect your suitability for SWT treatment.

If you answer "Yes" to any of these questions below, shockwave may not be a suitable treatment for you at this point in time. We suggest you contact us to have a chat first to find out.

- Are you under 18?
- Do you currently have any infections, or signs of inflammation (redness or swelling) in the injured area?
- Do you have an open wound in the area to be treated?
- Do you have a bleeding disorder, such as haemophilia?
- Do you have a blood clotting disorder, such as thrombosis?
- Are you taking anti-coagulants?
- Do you currently or have you previously had a diagnosis of cancer?
- Do you have any joint replacements near the treatment site?
- Have you had steroid injection in the injured area in the last 6 weeks?
- Do you have any heart or circulatory disorders?
- Do you have a pacemaker or any other electrical implants fitted?
- Are you or could you be pregnant?

This list of contra-indications is not exhaustive and assessment by an injury expert and experienced SWT practitioner is the crucial first step in devising the right treatment for you.



The Next Steps.....

Many people think that the only option when living with long standing pain or injury is:

- Stronger painkillers
- Repeated Injections
- Wasted trips to the GP
- Stopping or changing the hobbies, sports and activities you enjoy
- Surgery
- Changing your lifestyle to compensate for the pain

The good news is, you don't have to accept your injury as part of your life. There are many treatment alternatives at goPhysio and SWT may be the start of you becoming pain free.

Want to get started?

Just call our team on 023 8025 3317 or visit our website to book an appointment to get started with SWT for your injury.

