



## WHAT IS

### SHOCKWAVE THERAPY

Shockwave therapy accelerates the healing process in the body by stimulating the metabolism and enhancing blood circulation to regenerate damaged tissue.

Strong energy pulses are applied to the affected area for short periods of time, creating micro-cavitation bubbles that expand and burst. The force created by these bubbles stimulates cells in the body that are responsible for bone and connective tissue healing.

In many instances, shockwave therapy is most effective in cases where the human body has not been able to heal itself on its own.

## HOW IT WORKS

Shockwave therapy was initially introduced as a way to break down kidney stones without direct contact. It then evolved to treat non-healing bones by activating osteoblasts.

Today it treats a wide range of medical conditions, including:

- Plantar fasciitis
- Achilles tendinopathy
- Jumper's knee (Patellar Tendonitis)
- Treatment of tendinopathy
- Hamstring muscle injuries
- Myofascial trigger points
- Bursitis
- Stiff big toe (Hallux Rigidus)
- Non-healing ulcers
- Tendonitis
- Scar tissue
- Calcific rotator cuff tendonitis
- Frozen shoulder (adhesive capsulitis)
- Broken bones that have failed to heal (non-unions)
- Shoulder pain
- Tennis elbow
- Heel spurs
- Shin splints
- Stress fractures
- Enhancing bone healing
- Muscle and connective tissue injuries