

AFTER TREATMENT CARE:

There may be no immediate pain but some patients experience a little discomfort, reddening or bruising 2 to 4 hours after the treatment. In some cases it can last up to 48 hours and in very rare cases it may last up to 5 days.

The treatment will trigger an inflammatory response, which is the body's natural process of healing. For this reason do not use anti-inflammatory medication or ice. Even if you feel good we recommend decreased activity for 48 hours following your treatments.

WHEN TO CONSIDER SWT:

- If diagnosed with a condition demonstrated to be effectively treated by Shock Wave Therapy.
- When surgery is the only other viable alternative.
- An excellent alternative for people with chronic pain who have exhausted all other treatment avenues. (e.g. Chiropractic, Massage Therapy, Physiotherapy etc.)
- Athletes wanting to resume physical activity quickly.

DOES IT HURT?

If your treatment is on a “fleshy” area you are not likely to feel any discomfort at all. Treatments on “bony” regions tend to be more sensitive. Your first treatment may be uncomfortable at first but most patients find it tolerable. As your body heals, you will find each successive treatment easier.

WHAT IS THE COST?

SWT treatments are intensive and require only a few sessions.

Initial consultation and first SWT treatment (approx. 45 minutes) \$130
Each additional treatment \$90

The treatments are provided by a registered Physiotherapist and are covered by your extended health plan, WSIB or motor vehicle accident insurance as applicable.

IS IT CLINICALLY PROVEN TO BE EFFECTIVE?

Yes. The following website lists the world's leading research documents showing overwhelming evidence supporting SWT as a breakthrough technology in orthopaedic medicine:

<http://www.shockwavecanadainc.com/scientific-evidence>

For further information please contact:

Physiotherapy Centre of Bancroft

34 Forest Hill Road
Bancroft, Ontario, K0L 1C0
Phone (613) 332-0708

physio.bancroft.sylvie@gmail.com

www.physio Bancroft.com

Accelerate Healing with Shock Wave Therapy



PHYSIOTHERAPY CENTRE OF BANCROFT

YOUR LOCAL PHYSIO AT WORK

There are virtually no side effects with this non-invasive, non-surgical treatment and it is now available in Bancroft at a reasonable cost. Shock Wave Therapy (SWT) promotes accelerated recovery of injured soft tissue, bone, and heel pain. It has become a gold standard in orthopaedic medicine especially in resolving chronic injury/pain.

SHOCK WAVE THERAPY

RADIAL SHOCK WAVE

A radial shock wave is pneumatically generated and transmitted into the body tissue through the skin. It is an intense but very short acoustic energy wave traveling faster than the speed of sound, perhaps most analogous to a tiny jackhammer which spreads spherically in the body. The body responds with

- Increased metabolic activity and blood flow around the site of injury/pain, locally altering the chemical environment.
- Stimulates the body's natural self-healing process and reduces pain.
- Causes absorption of irritative calcium deposits in tendons.

SWT has been shown in the short term to have a 56%-91% success rate in the treatment of many musculoskeletal conditions and may eliminate the need for surgery.

LIMITATIONS

SWT should not be used on patients with a coagulation disorder, locally over areas of carcinoma or tumours, on children in growth, pregnancy.

Conditions treated with Shock Wave Therapy: (% Success Rate)

Those suffering chronic musculoskeletal conditions such as:

Shoulder Tendinitis, Bursitis & especially Calcific Tendinitis (85-91%)
Frozen Shoulder

Tennis & Golfer Elbow (77%)

Patella Tendinitis/Jumpers' Knee

Shin Splint (76%)

Achilles Tendonitis (70%)

Plantar Fasciitis & Heel Spurs (84%)

Myofascial Pain, Trigger Points &

Muscle Hardening (Knots) (98%)

Stress Fracture/Delayed, Non-union of Bone (91%)

Chronic Neck & Back Pain & many other conditions/injuries.

HISTORY:

The effects of shock wave were first documented during World War II as related to the damaged lungs of sailors on ships without evidence of any superficial trauma. This started research on the biological effects of shock wave on living tissue. The first medical treatment developed from this research was lithotripsy, which dissolves kidney stones without surgical intervention. Today over 98% of all kidney stones are treated with this technology.

The use of a radial version of shock wave to treat tendon related problems began in the early 1990s and has grown exponentially ever since.

TYPICAL TREATMENT:

During your initial assessment the Physiotherapist will evaluate your specific condition taking in account your occupation and activities to determine if you are a candidate for SWT and ensure that it is the best option for you. How many treatments you will require to respond favourably will be discussed with you as well as any other questions you may have.

The shock wave application lasts five minutes per area treated. Gel is applied and the applicator head is positioned to gently and extensively transmit about 2000 pulse waves to the injured area. The feedback you provide helps fine-tune the position and intensity used. Most conditions require three treatments spread one week apart (maximum ten days) allowing your body to do its natural healing in between sessions.

HOW FAST DOES IT WORK?

Most patients feel significant results after the first treatment. The healing process is accumulative and therefore patients continue to have results weeks after ending their treatment. Because the cells are broken down and are rebuilding (they actually are put back into the acute phase) the maximum relief is usually felt at the 12th week after the last treatment. Occasionally it can take up to 4 weeks for pain relief to begin and between 9 to 12 weeks to see complete results. Studies have shown that the most significant healing occurs between weeks 6 to 9.