

How rESWT Promotes Healing

The treatment relieves pain by producing an analgesic effect in the treatment area. Healing occurs over several treatments by initiating an inflammatory response and ultimately vascularization to bony insertions in the area. The high-energy acoustic waves are transmitted into the body and the body responds with increased metabolic activity around the area of the pain. This stimulates and accelerates the healing process.



Contraindications for rESWT

rESWT should not be used if there is:

- a circulation or nerve disorder,
- bone tumor,
- infection,
- metabolic bone condition,
- any open wounds,
- tumors,
- or if the patient is pregnant

Patients who are on blood-thinning medications or who have severe circulatory disorders may not be eligible for treatment

For a complete list of contraindications please visit our website.

rESWT Price List

Initial Consultation.....\$80

Involves an orthopedic assessment, description of injury, patient education on structures involved, optimal recovery practices & recommendations for a treatment plan for optimal healing.

First Treatment.....\$80/part (up to 6000 impacts)

Follow up Treatment....\$50/part (up to 6000 impacts)

**Prices subject to change*

*** Prices do not include gst*

References

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Radial Extracorporeal Shockwave Therapy (rESWT)

Radial Extracorporeal Shockwave Therapy (rESWT) is a fast and effective non-surgical method of eliminating or reducing many painful conditions of the musculoskeletal system. It uses a pneumatic generator to physically deliver the shockwave through the skin, into the body. It is perhaps most analogous to a tiny jackhammer striking the skin to create the shockwave.

The high-energy acoustic waves that are transmitted through the surface of the skin are spread radially (spherically) into the body and the body responds with increased metabolic activity around the area of the pain stimulating healing.

rESWT has been shown, in the short term, to have a 56 to 90% success rate in the treatment of many soft tissue disorders.⁵

Conditions Treated with rESWT

- Plantar Fasciitis & Heel Spurs
- Elbow Pain (Tennis or Golfer's elbow)
- Shoulder Tendinitis
- Calcific Tendinitis
- Achilles Tendinitis
- Patellar Tendinitis (Jumper's Knee)
- Carpal Tunnel Syndrome
- Trigger Points/Muscle Tension
- Chronic Neck & Back Pain
- Delayed Non-unions (bone healing)

Benefits of rESWT

1. Does not require anesthesia
2. No need to refrain from current activities
3. Fast, safe and effective
4. Decrease pain and increase function
5. No incision; no scarring
6. Future treatment options are not limited
7. No side effects

When to Consider rESWT

- When you have been diagnosed with a condition that rESWT has been demonstrated effective in treating
- When there are no significant or serious side effects or contraindications
- When surgery is the only other viable alternative
- When other conservative treatments did not work



Typical rESWT Treatment

To begin, a Certified Athletic Therapist or Licensed Physiotherapist guides the patient through an extensive evaluation to ensure rESWT is the best option. This includes a complete investigation and documentation of medical history, symptoms and previous injuries. Also taken into consideration are occupation and activities. The therapist will then do a hands-on evaluation of the area including observing structure, alignment, strength, range of motion, soft-tissue damage as well as identifying any abnormalities. With this thorough assessment, the therapist determines specific needs. If it appears you are a candidate and will respond favourably to rESWT, fees for the treatment will be discussed as well as any other questions you may have.

Each treatment lasts approximately 5-15 minutes where the Therapist or assistant will apply ultrasonic transmission gel to the target area. The rESWT hand piece is then positioned to gently and extensively transmit shockwaves into the injured area. The feedback you provide helps our Therapist fine tune the position of the applicator and the intensity of the treatment.

Number of Treatments

Assuming you are a candidate, chronic tendinitis may require 3-5 visits, other conditions may be treated with 1-8 treatments. Patient's treatment sessions will be scheduled accordingly and be approximately 5-14 days apart.