Southwest Foot and Ankle Centre

For more information or to make an appointment please contact us.

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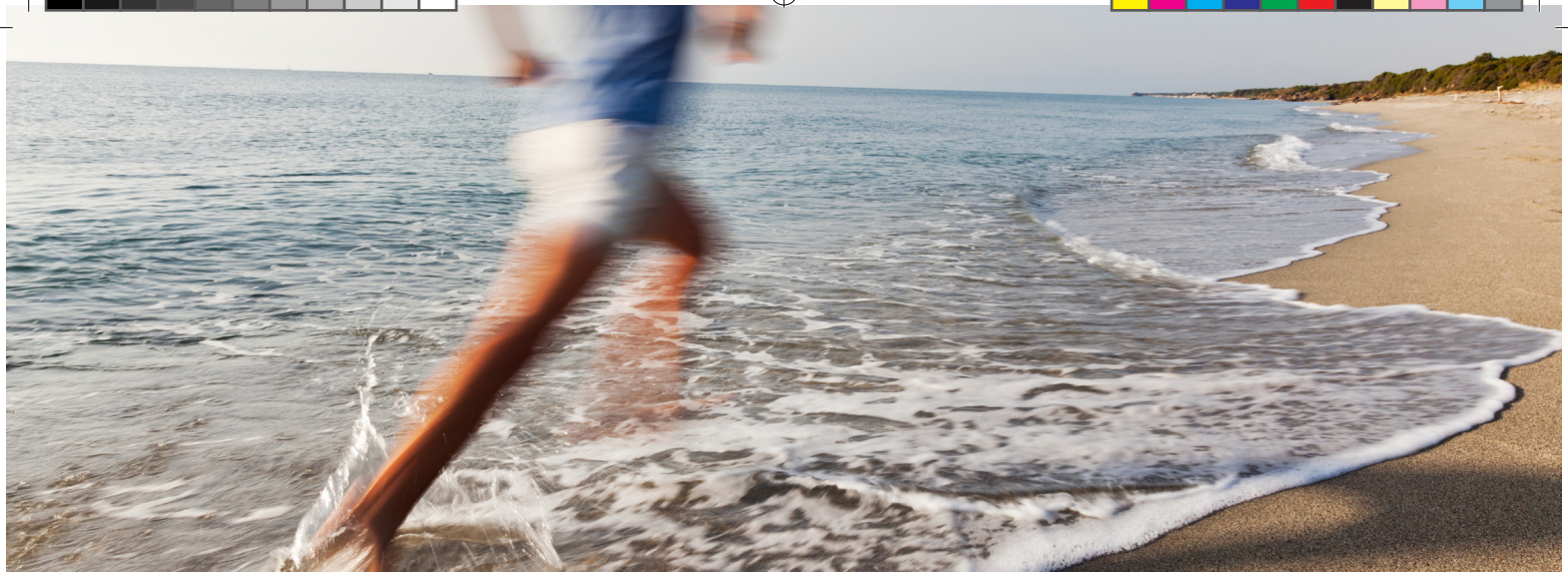
RPW (Radial Pressure Wave) Shockwave

Helping improve chronic musculoskeletal conditions



WHAT ARE RPW SHOCKWAVES AND HOW DO THEY WORK?

Radial shockwaves are introduced into the body by means of a freely moved applicator and cover the entire pain region. Radial shockwaves are often referred to as radial pressure waves, which is the correct definition in physical terms. The pathological association between pain and muscle tone and vascular tone is broken as a result of shock wave therapy and the strong stimuli it produces, thus enabling natural movement patterns to be remembered and recalled as well as facilitating a healing reaction. There are now many scientific trials showing good clinical evidence to support this therapy.

WHAT CONDITIONS IS IT USED FOR?

Radial pressure wave therapy is indicated for the following applications in the lower limbs:

- Heel pain - plantar fasciitis (fasciosis), Achilles tendinopathy, other tendinopathies
- Myofascial trigger points – localised tender or painful area
- Activation of muscle and connective tissue, eg. Increased circulation

CONTRAINDICATIONS INCLUDE

- Pregnancy
- Haemophilia or other coagulation disorders
- Acute inflammation
- Disturbed sensory function, eg. Diabetics with neuropathy
- Corticosteroid injections – wait minimum of 6 weeks after local injections
- Malignancy
- Prostheses / implants in the area of treatment

WHAT ARE THE SIDE EFFECTS OF SHOCKWAVE THERAPY?

Side effects could occur after a treatment with Radial Pressure wave therapy. The majority will appear after 1-2 days.
Common side effects include:

- Reddening
- Swelling
- Pain
- Heamatoma (bruising)
- Petechia (red spots)

NB. These side effects usually abate after 5 to 10 days.

More information: http://www.shockwavetherapy.eu