

SHOCKWAVE **THERAPY**

What is it?

Shockwave Therapy is a non-surgical technique developed for the treatment of localized musculoskeletal pain.

How does it work?

Shockwave Therapy involves the application of a series of high-energy percussions to the affected area. The shockwave is a soundwave shock, not an electric one.

The shockwave causes interstitial and extracellular responses that accelerate tissue regeneration, particularly in cases where the body has been unable to do so on its own. It stimulates metabolism and improves blood circulation to facilitate the healing and regeneration of damaged tissue. Shockwave Therapy can also relieve pain by producing an analgesic effect on the treatment area.

How many treatments will I need?

Typically 3 treatments sessions are necessary at weekly intervals. There is a possibility that 2 additional treatments may be necessary if your condition is very chronic.



Some common conditions that can be treated successfully by Shockwave Therapy:

- Plantar Fasciitis
- Heel spurs
- Patellar Tendonitis/tendonosis (Jumper's knee)
- Achilles Tendonitis/tendonosis
- Tennis and Golfer's elbow
- Rotator Cuff tendonitis including calcifying tendonitis
- Muscular trigger points



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What are the benefits of Shockwave Therapy?

This therapy stimulates the body's natural self-healing process. It does not require the assistance of drugs/medication. There is usually an immediate decrease of pain and increased range of motion. Shockwave therapy may also eliminate your need for surgery. It is also especially effective for chronic conditions.

Shockwave Therapy helps promote circulation to the area of two key cells involved in healing. They are osteoblasts and fibroblasts. Osteoblasts are cells responsible for bone healing and new bone production. Fibroblasts are cells responsible for the healing of connective tissue such as tendon, ligaments, and fascia.

How long does each treatment last?

The Shockwave Therapy is approximately 5-10 minutes per point, or approximately 2000 percussions per session. Shockwave is used in conjunction with our chiropractic treatments and our kinesiologist for strengthening and rehabilitations exercises.

Does the treatment itself, hurt?

Treatment can be uncomfortable, but it is usually well tolerated. It is an intense 5 minutes that most people are able to tolerate.

Will it hurt after the treatment?

As you leave the clinic, you will most likely be feeling no pain but you may experience throbbing pain 2-4 hours following the treatment. This throbbing pain may occur for up to 24 to 48 hours.

What should I do if I am in pain following the treatment?

The shockwave will trigger an inflammatory response, which is the body's natural process of healing.

To book an appointment or for more information please contact us at:

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