



THOMASTOWN PHYSIOTHERAPY

Shockwave Therapy



Thomastown Physiotherapy is proud to introduce the latest technology in evidence based practice on chronic pain management internationally. Extracorporeal Shock Wave Therapy, or ESWT, has a proven 80% clinical efficiency in the treatment of painful and chronic soft tissue conditions such as plantar fasciitis.

Based on high energy radial soundwaves generated through the specifically designed probe, the unit delivers high energy shockwaves into the underlying tissues. This has shown through clinical research, free to examine on web databases, to increase vascular flow and improve healing. The resultant acute trauma caused also regulates neurotransmitter overactivity that is often believed to be a key component to chronic ligament and tendon pathologies.

Developed from technology used in the treatment of kidney stones, ESWT has been widely used in Europe and North America for the past 10 years. The application to soft tissue pathologies has been indicated in the assistance of pain management and to accelerate healing. The most common conditions treated with great success are:

- Plantar Fasciitis/Heel Pain Syndrome
- Shin Splints
- Iliotibial Band Friction Syndrome
- Lateral Elbow Pain
- Achilles Tendonopathies
- Patella-Femoral Syndrome (Runner's Knee)
- Rotator Cuff Tendonitis
- Bursitis /Tear Gluteal Region

Incorporated into our structured program ESWT provides a safe and effective pain management technique. Our goal at Thomastown Physiotherapy is to provide a structured and reliable pathway of treatment that services both short term pain management goals and long term relief from these chronic and difficult to treat conditions.

Patients presenting for ESWT therapy often require 3 individual sessions no more than 7 days apart. They can be referred under EPC based referrals for this therapy, and also may be rebateable through the patient's private health fund. Many patients feel pain relief immediately following the first treatment.

All Physiotherapists at Thomastown Physiotherapy have extensive training and accreditation for the use of ESWT; are highly skilled in the assessment and application for a range of pathologies. At Thomastown Physiotherapy we welcome any referrals for chronic pain management, and if any further information is required, please do not hesitate to contact us.

References

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Ph. 03 94650282

www.thomastownphysio.com

