

## Your personal shock wave therapy schedule:



1<sup>st</sup> session

2<sup>nd</sup> session

3<sup>rd</sup> session

4<sup>th</sup> session

5<sup>th</sup> session

Surgery stamp

## Patient information Motion Pain

Contact your doctor's office now for information on the innovative healing method called »Extracorporeal shock wave therapy«.

## Painless mobility

Dear Patient,

You are suffering from acute or chronic muscular pain, tendon insertion pain or shoulder or heel pain, and this pain significantly impairs your natural mobility and your quality of life?

Extracorporeal shock wave therapy (ESWT) is a modern and highly effective treatment method: high-energy sound waves are introduced into the painful areas of the body. With this innovative treatment, pathological alterations of tendons, ligaments, capsules, muscles and bones can be eliminated systematically.

The beneficial effects of shock wave therapy are often experienced after only 1 or 2 sessions. The therapy eliminates pain and restores full mobility, thus improving your quality of life.

For some time now we have been treating our patients with one of the most innovative shock wave therapy systems – with great success.

Please contact us for further details. We would be pleased to give you any information you may need!

Your surgery team



SM XX XXX E 0306/SHOK

ESWT  
unlimited

## The ABC of shock waves

### Shock waves – facts and features

Shock waves are audible high-energy sound waves. They occur in the atmosphere, for example during lightning strikes, or when aeroplanes break through the sound barrier.

In the medical world, shock waves have been employed since around 1980 to disintegrate kidney stones, for instance. In modern pain therapy, shock wave energy is conducted from the place of its generation – the shock wave generator – to the painful body regions, where it unfolds its healing capacities.

### How do shock waves work?

Shock waves accelerate the healing process by activating the body's self-healing powers. They stimulate the metabolism and enhance the blood circulation. Damaged tissue gradually regenerates and eventually heals.

## Indications

### Which disorders can be treated?

- ▶ Shoulder pain, e.g. shoulder calcifications
- ▶ Tennis or golfer's elbow
- ▶ Patellar tendonitis («jumper's knee»)
- ▶ Shin pain / tibial stress syndrome
- ▶ Achilles tendon pain
- ▶ Heel pain
- ▶ Chronic neck, shoulder and back pain
- ▶ Muscle tension caused by painful muscular nodules (trigger points)
- ▶ Knee osteoarthritis

If performed by qualified therapists, extracorporeal shock wave therapy has virtually no risks or side effects.

## Therapy details

### How successful is the therapy?

After only 2 or 3 sessions, over 80 % of patients report painlessness or significant pain reduction.

### How is the therapy performed?

The therapist localizes the pain region by palpation or shock wave localization and discusses the findings with you. A skin gel is then applied to the treatment area to allow the shock waves to be introduced into the body almost painlessly and without any loss of energy. After these preparations, shock waves are released as the shock wave applicator is moved over the pain region in a circular motion.

### Duration and frequency of the therapy

The therapy session takes between 5 and 10 minutes depending on the disorder to be treated. In general, an average of 2 to 3 therapy sessions are necessary at weekly intervals.

Extracorporeal shock wave therapy is offered on a private basis and is only provided by highly patient-oriented surgeries.

## Understanding body signals – Self-testing questionnaire

Chronic pain seriously affects our private and working life and our physical fitness.

Do you experience limited mobility in your shoulders or arms? Yes  No

Do you have problems lifting objects from a shelf? Yes  No

Does your back ache when sitting down, walking or lying down? Yes  No

Do your elbows hurt when you grasp or hold objects? Yes  No

Do you suffer from severe muscle tension in your shoulders or neck? Yes  No

Do you experience pain in the Achilles tendon, heel or knee when having a walk or mounting stairs? Yes  No

If you answered «Yes» to only one of these questions, you should talk to us! **We can help!**



### Treatment examples

- ▶ Shoulder pain (e.g. shoulder calcifications)
- ▶ Heel pain
- ▶ Tennis or golfer's elbow