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*Together in Motion™*



## RPW SHOCKWAVE THERAPY PATIENT GUIDE



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## RPW SHOCKWAVE

Helping improve chronic musculoskeletal conditions

### PATIENT INFORMATION

You have been given this leaflet because your practitioner believes that RPW Shockwave Therapy will aid your rehabilitation.

### 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.

### WILL IT WORK FOR ME?

Radial pressure wave therapy is indicated for the following applications:

- Myofascial trigger points – localised tender or painful area
- Tendinopathies eg, plantar fasciitis, tennis/golfer's elbow, Achilles tendinopathy
- Activation of muscle and connective tissue, eg. Increased circulation

### CONTRAINDICATIONS INCLUDE?

- Pregnancy
- Haemophilia or other coagulation disorders
- Acute inflammation
- Disturbed sensory and nervous function, eg. Diabetes
- Corticosteroid injections – wait minimum of 6 weeks after local injections
- Malignancy
- Prostheses and implants

Your physical therapist will be able to advise you further.

### 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. Speak to your therapist before taking any pain relief.

These side effects usually abate after 5 to 10 days.

