

## 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 shockwave localization and discusses the findings with you. A skin gel is then applied to the treatment area to allow the shockwaves to be introduced into the body almost painlessly and without any loss of energy. After these preparations, shockwaves are released as the shockwave applicator is moved over the pain region in a circular motion.

### Duration and frequency of the therapy

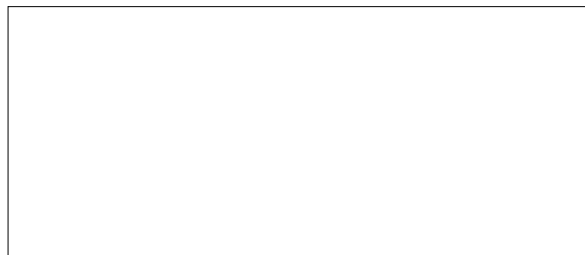
The therapy session takes between 5 and 10 minutes depending on the disorder to be treated. In general, an average of 2 to 3 therapy sessions are necessary at weekly intervals. Extracorporeal shockwave therapy is offered on a private basis and is only provided by highly patient-oriented surgeries.

## Self-testing questionnaire

- 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



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## Eliminating painful motion Shockwave 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 shockwave 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 shockwave therapy systems – with great success.

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



## The ABC of shockwaves

### Shockwaves - facts and features

Shockwaves 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, shockwaves have been employed since around 1980 to disintegrate kidney stones, for instance. In modern pain therapy, shockwave 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 shockwaves work?

Shockwaves 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 shockwave therapy has virtually no risks or side effects.



Treatment of the knee



Treatment of the elbow