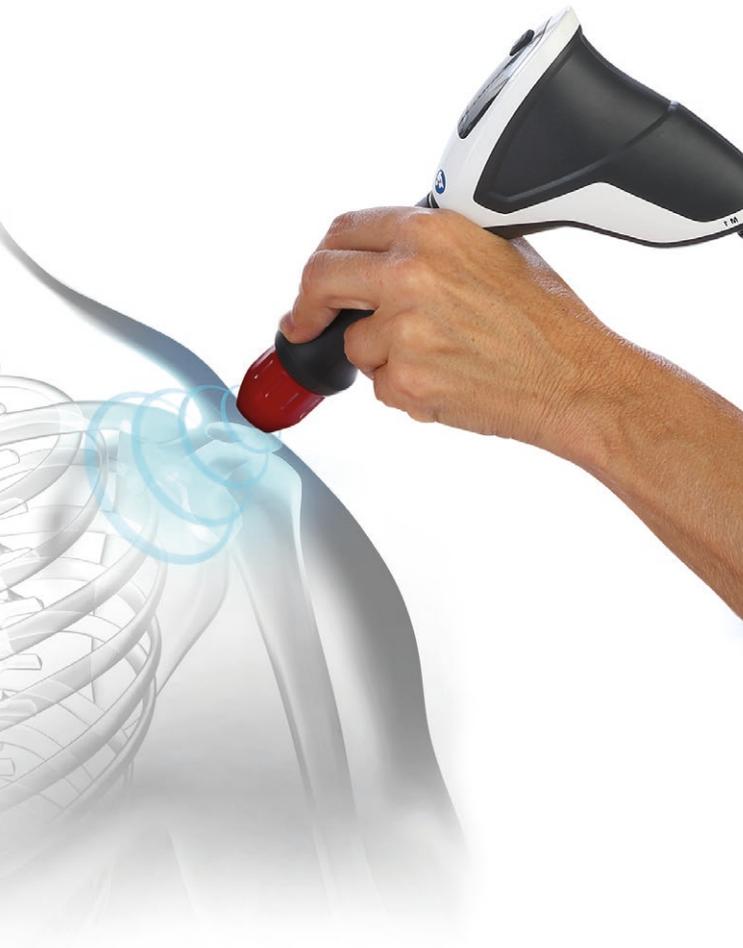


*Some patients report that with the help of radial pressure wave therapy they are able to walk and run with reduced pain or even pain-free.<sup>11</sup>*



To schedule a consultation, please contact

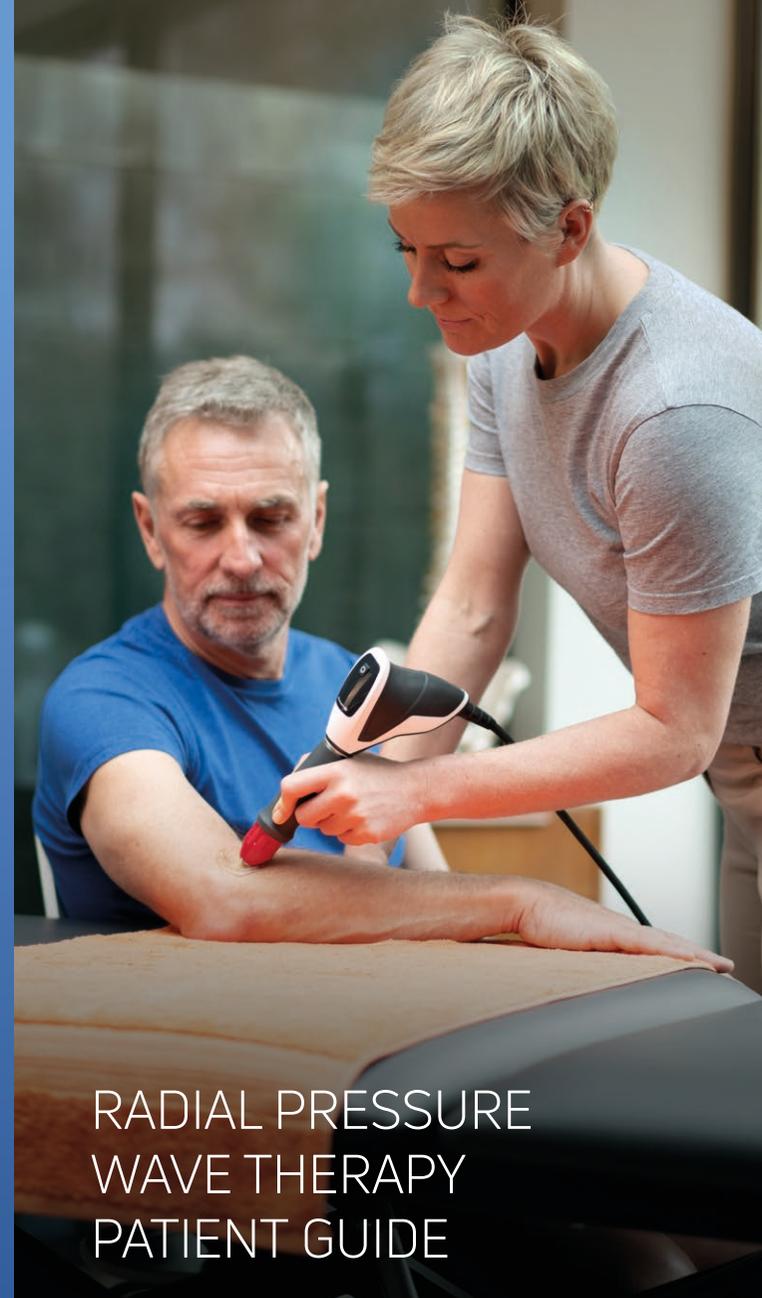


© 07/2020 DJO - MKT-000-00009206-EN - Rev A



DJO | 1a Guildford Business Park | Guildford | Surrey | GU2 8XG  
UNITED KINGDOM | [www.DJOglobal.com](http://www.DJOglobal.com)

Individual results may vary. Neither DJO, LLC, Inc. nor any of its subsidiaries dispense medical advice. The contents of this catalog do not constitute medical, legal, or any other type of professional advice. Rather, please consult your healthcare professional for information on the courses of treatment, if any, which may be appropriate for you.



RADIAL PRESSURE  
WAVE THERAPY  
PATIENT GUIDE

## RADIAL PRESSURE WAVE

### HELPING IMPROVE CHRONIC MUSCULOSKELETAL CONDITIONS <sup>1</sup>

#### PATIENT INFORMATION

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

#### WHAT ARE RPW SHOCK WAVES AND HOW DO THEY WORK?

Radial shock waves are acoustic waves introduced into the body by means of a transmitter and handpiece. These waves move through the body in outward motion from the point of contact. The point of contact will be moved throughout your treatment to cover the entire pain region. Radial shockwaves are often referred to as radial pressure waves, which is the correct definition in physical terms because it best describes how the waveform moves through the body.

When introduced into the tissue, shock waves and pressure waves have effects on a cellular level that are beneficial for healing. Increased blood flow<sup>2</sup> and formation of new blood vessels<sup>3,4</sup> create an improved environment for tissue repair. It has further been shown that application of shock waves influences the body's pain regulating mechanisms resulting in local pain relief<sup>5</sup>.

#### WILL IT WORK FOR ME?

Clinical studies have shown improvement of symptoms in the following conditions:

- Myofascial trigger points<sup>1,6</sup> – localised tender or painful area
- Plantar Fasciitis<sup>7</sup> - inflamed ligament across the bottom of the foot
- Chronic Tendinopathies - swollen, painful tendons. E.g:
  - Tennis/golfer's elbow<sup>8</sup>
  - Achilles tendinopathy<sup>9</sup>
  - Shoulder tendinopathy & rotator cuff<sup>10</sup>

#### 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. These side effects usually abate after 5 to 10 days.

Potential side effects include:

- Reddening
- Swelling
- Pain
- Heamatoma (bruising)
- Petechia (red spots)

Speak to your therapist before taking any pain relief, medications or tablets



#### CLINICAL STUDIES

1. Ioppolo F et al. Clinical application of shock wave therapy (SWT) in musculoskeletal disorders. Eur J Phys Rehabil Med. 2014 Apr;50(2):217-30.
2. Raza A et al. Extracorporeal Shockwave Therapy for Peripheral Arterial Disease: A Review of the Potential Mechanisms of Action. Ann Vasc Surg. 2017 Nov;45:294-298.
3. Cristina d'Agostino M et al. Shock wave as biological therapeutic tool: From mechanical stimulation to recovery and healing, through mechanotransduction. Int J Surg. 2015 Dec;24(Pt B):147-53.
4. Facchin F et al. Physical energies to the rescue of damaged tissues. World J Stem Cells. 2019 Jun 26;11(6):297-321.
5. Schmitz C et al. Pain relief by extracorporeal shockwave therapy: an update on the current understanding. Urol Res. 2009 Aug;37(4):231-4.
6. Gleitz M et al. Orthopedic trigger point shock wave therapy with focused and radial shock waves: a review of the current situation. Orthopädische Praxis 42, 5 (2006), 303-12.
7. Lou J et al. Effectiveness of Extracorporeal Shock Wave Therapy Without Local Anesthesia in Patients With Recalcitrant Plantar Fasciitis: A Meta-Analysis of Randomized Controlled Trials. Am J Phys Med Rehabil. 2017 Aug;96(8):529-534.
8. Begazal MS et al. Comparison of the effectiveness of local corticosteroid injection and extracorporeal shock wave therapy in patients with lateral epicondylitis. J Phys Ther Sci. 2015 Dec;27(12):3755-8.
9. Gerdesmeyer L et al. Current evidence of extracorporeal shock wave therapy in chronic Achilles tendinopathy. Int J Surg. 2015 Dec;24(Pt B):154-9.
10. Cacchio A et al. Effectiveness of Radial Shock-Wave Therapy for Calcific Tendinitis of the Shoulder: Single-Blind, Randomized Clinical Study. Phys Ther. 2006 May;86(5):672-82.
11. Leung R et al. What are patients' knowledge, expectation and experience of radial extracorporeal shockwave therapy for the treatment of their tendinopathies? A qualitative study. J Foot Ankle Res. 2018 Apr 5;11:11.