



Shockwave Therapy

How you should be involved in decisions about your healthcare and treatment.



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MVC 220345 Podiatry Service - Shockwave Therapy Leaflet (Version 01) [Artwork MVC 220345]

Who is this leaflet for?

This leaflet is for patients considering Shockwave Therapy as part of their advised treatment plan.

What is this leaflet about?

This leaflet will provide you with the required information to help you decide whether you want to proceed with Shockwave Therapy.

What is Shockwave Therapy?

Radial Shockwave Therapy is a non-invasive therapy for the treatment of a variety of chronic foot and leg conditions. The shockwave machine uses compressed air which is converted into shockwaves by the hand piece of the machine. The hand piece is placed on the skin and delivers the shockwaves to the target area. Shockwave Therapy has been proven to reduce pain and stimulate healing for a number of musculoskeletal conditions.

Why has Shockwave Therapy been recommended for my treatment?

If you have completed a course of treatment recommended by your podiatrist and this has failed to significantly reduce your symptoms, Shockwave Therapy may be indicated. Research has indicated the use of Shockwave Therapy for chronic Tendinopathies or Fasciopathies affecting the foot or leg.

Common conditions include Achilles Tendinopathy and Plantar Fasciopathy. If you are suitable for this treatment, you will typically be offered a course of 3 treatments, approximately 1 week apart which is followed by a 6 week period of rehab exercises.

Following this, a further 2 - 3 treatments of Shockwave Therapy may be offered if required. It is important you are aware that Shockwave Therapy works best in conjunction with stretching and strengthening rehab exercises.



Shockwave Therapy is not suitable for;

- **Treatment of pre-ruptured tendons.**
- **Treatment of pregnant women.**
- **Treatment of children (with the exception of the treatment of Osgood-Schlatters disease).**
- **Treatment of patients with blood clotting disorders (including local thrombosis).**
- **Treatment of patients currently on oral anticoagulants.**
- **Treatment of tissues with local tumours or local bacterial or viral infections.**
- **Treatment of patients who have been treated with cortisone/ corticosteroids within the last 12 weeks.**

Shockwave Therapy may not be as effective if you are taking high doses of non-steroidal anti-inflammatories (NSAIDS). Please consider reducing your use of this medication or using alternative pain medication (e.g. paracetamol) for 2 weeks before you receive Shockwave Therapy. You should discuss this with a pharmacist or GP.

What will happen at my appointment?

When you attend for your appointment the podiatrist will take time to discuss the procedure with you and answer any questions you may have. Screening questions and consent will be completed. Please bring a list of your current medication.

During the session, the podiatrist will locate the appropriate area for the Shockwave Therapy to be applied. The podiatrist will apply gel to the skin at this area and then press the hand piece of the machine through the gel and onto your skin. The machine will make a loud noise when it is delivering the Shockwaves. The Shockwave Therapy is typically a quick treatment, often only 2 - 3 minutes at each site.

Most individuals feel discomfort however due to the numbing effect of the treatment, patients often feel less discomfort as the treatment progresses. There may be minor bruising at the site of the treatment. You will be advised to sit and rest for a short period after the treatment.

Are there any risks?

Shockwave Therapy is a safe procedure. Side effects are typically short lasting and may include;

- **Pain and discomfort during treatment.**
- **Reddening of the skin at the treatment site.**
- **Bruising of the skin at the treatment site.**
- **Swelling and numbness at the treatment site.**

What should I expect after my appointment?

It is recommended that you rest for 24 - 48 hours following your treatment. Normal daily activities can be performed but strenuous exercises, e.g. sport, running, jumping are not recommended within 48 hours of the treatment as this may reduce the effect of the treatment. Stretching exercises are recommended and should be performed alongside your Shockwave Therapy treatments. Stretching exercises have been shown to improve patient outcomes.

Following 3 weekly treatments of Shockwave Therapy, your podiatrist will provide you with rehab exercises (strengthening). It is extremely important for the long term management of your condition that you follow this advice and do your exercises. Your podiatrist will contact you in approximately 6 weeks to follow up. A further 2 - 3 treatments of Shockwave Therapy may be offered if indicated.

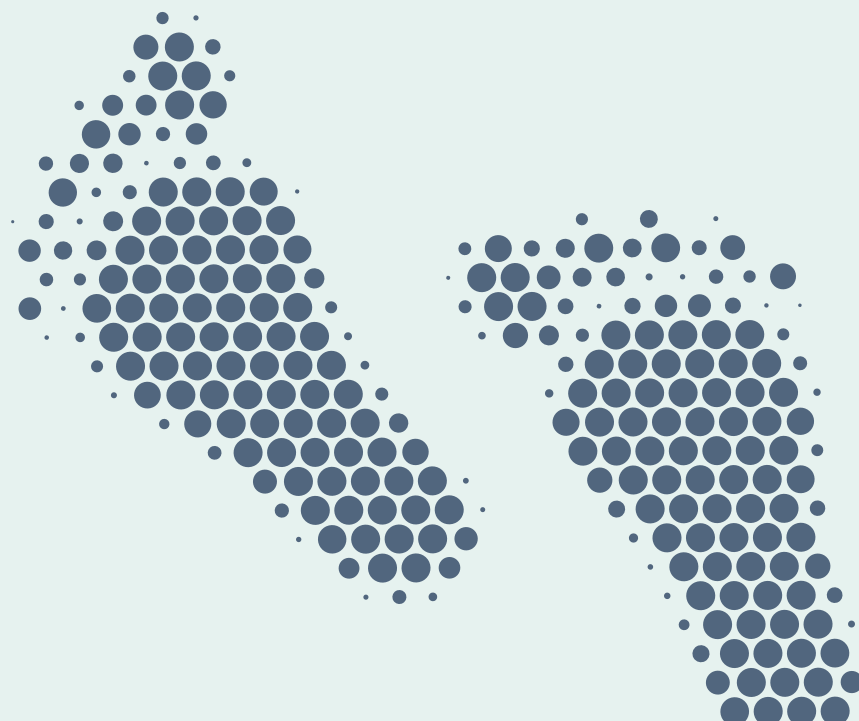
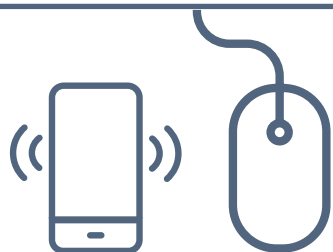


Further information:

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Useful Information for patients:

- NHS 24 - Phone: 111
- rcpod.org.uk
- www.nhsinform.scot
- www.nhs.uk





For further information and advice please contact:

For Aberdeen City:

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