

IS FOCUSED SHOCKWAVE PAINFUL?

Focused shockwave tends to be better tolerated than radial shockwave as the energy is delivered deep inside the tissue. Due to the analgesic effect of Shockwave Therapy many patients report immediate pain relief following treatment.

HOW SUCCESSFUL IS THE TREATMENT?

After only 1 to 2 sessions, many patients report complete pain relief or significant pain reduction. The therapy eliminates pain or restores mobility, thus improving your quality of life.

IS SHOCKWAVE THERAPY SAFE?

Shockwave therapy is very safe, it has NICE guidance for many indications and is used within the NHS. Shockwave Therapy performed by qualified therapists is largely risk-free.

**MSK &
ACUTE
PAIN**

**BONE
STRESS
INJURIES**

**WOUND
HEALING**

Dear patient,

If you suffer from a disorder of the musculoskeletal system, you are by no means alone. The good news is that, depending on your symptoms, there are effective therapeutic methods available to you today. In this brochure, you will find information on Focused Extracorporeal Shockwave Therapy (f-ESWT) and how it can help you. We are happy to help if you have any questions!

Your Practice Team:

LOOKING FOR MORE INFORMATION? visit www.vennhealthcare.com

A patient guide to:

Focused Extracorporeal Shockwave Therapy (f-ESWT)

Accelerated Healing with Focused
Shockwaves





CONTACT
US with any
questions

Focused Extracorporeal Shockwave Therapy (f-ESWT)

is an evidence-based treatment that involves passing high energy sound waves into damaged tissues to increase blood flow and stimulate repair whilst reducing pain and allowing your body to restart its own natural healing process.

WHAT ARE FOCUSED SHOCKWAVES?

Shockwave therapy has been used since the 1980's for the non-surgical treatment of kidney stones, fast forward 40 years and its now used to treat many areas of the body. Focused shockwaves are high energy sound waves that are delivered deep into damaged tissue with high precision. These high energy waves increase blood flow, improve overall cell structure, stimulate stem cells, release growth factors and have an analgesic effect whilst stimulating the body's natural repair and regeneration processes.

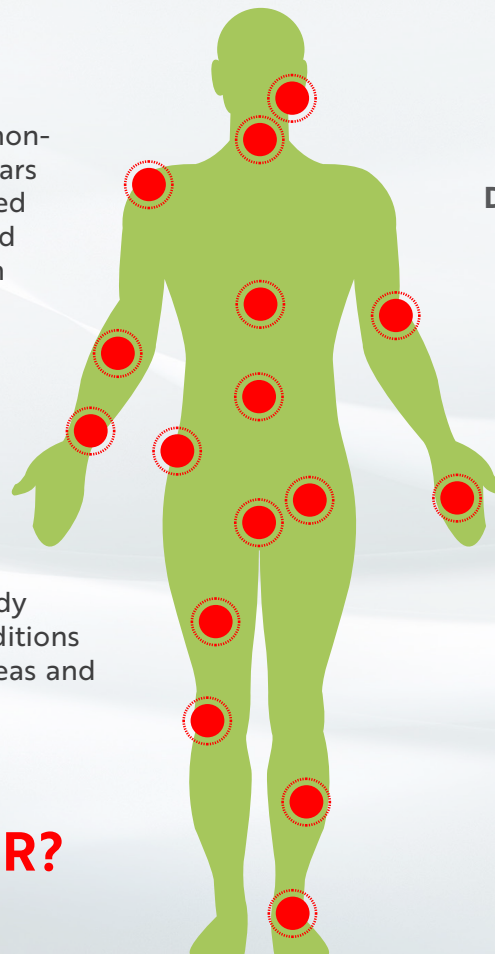
SHOCKWAVES CAN BE EITHER FOCUSED OR RADIAL

Did you know shockwaves can either be radial or focused? Focused devices deliver higher energy deeper into the body (up to 12.5cm) offering treatments for a wider range of conditions to that of radial shockwaves. Radial devices treat larger areas and conditions closer to the surface of the skin, up to 3cm.

**SUFFERING FROM PAIN OR INJURIES?
WANT TO GET BETTER FASTER?**



OFFERING YOU A
NEW QUALITY OF LIFE



HOW CAN SHOCKWAVE HELP ME?

Tendinopathies, Insertional Tendinopathies,
Carpal Tunnel, Deep-Seated **Tendons**
Medial Tibial Stress Syndrome
Bones - Stress **Injuries**, Stress Fractures - Non-unions
Degenerative Pathologies, Osteitis Pubis, **Osteoarthritis**
Spinal Facet Joint Pain, Coccydynia
Acute pain & Flare Ups, Wound Healing
Men's Health issues including Erectile Dysfunction
and Chronic Pelvic Pain Syndrome

WHO USES FOCUSED SHOCKWAVE THERAPY?

This treatment is widely used in physiotherapy, podiatry, osteopathy, sports medicine, urology and orthopaedics to provide fast pain relief and increased mobility. Shockwave Therapy is clinically proven, recognised by the top orthopaedic hospitals and used by high-profile professional sports bodies.

HOW MANY SESSIONS ARE NEEDED?

The amount of treatment sessions will vary dependant on the type of conditions being treated. As a rule 2 - 3 treatment sessions are advised. Sessions last about 20 minutes.