# WHAT IS SHOCKWAYE THERAPY?

Radial shockwave therapy is the application of a high-energy acoustic pulse. The shockwave is generated by a pneumatic compressor and delivered into the injured tissue.

#### **HOW DOES IS WORK?**

The shockwave increases circulation to the injured tissue. Many chronic tendon problems don't heal properly because of a build up of scar tissue and lack of circulation. Shockwave therapy increases blood flow to the injured tissue and stimulates the healing process.

# RADIAL SHOCKWAVE THERAPY HAS BEEN SCIENTIFICALLY PROVEN TO BE EFFECTIVE FOR:

heel pain/plantar fasciitis, tennis/golfers elbow, achilles tendonitis, rotator cuff tendonitis, frozen shoulder, and other common tendon problems.

#### IS IT EFFECTIVE?

Radial shockwave therapy is very effective. It has been proven to be 90% effective for plantar fasciitis, 77% effective for tennis/golfers elbow, and 91% effective for calcific tendonitis. Recent research also shows shockwave therapy to be effective for chronic trigger points.

### WHAT DOES SHOCKWAVE TREAT?

Radial Shockwave therapy has been proven to be effective in the treatment of most tendon problems including plantar fasciitis/heel pain, tennis/golfers elbow, achilles tendonitis, jumpers knee, rotator cuff tendonitis, and frozen shoulder.





# HOW MANY TREATMENTS DOES IT TAKE?

Shockwave usually requires 3-6 treatment sessions spaced 1 week apart. The treatments usually last 10-15 minutes.

#### **DOES IT HURT?**

Treatments may be uncomfortable however are well tolerated by everyone.



No, other than temporary irritation or mild swelling of the injured area.

# HOW MUCH DOES IT COST?

Shockwave is very affordable at \$75/session.

#### IS SHOCKWAVE COVERED?

Yes, it can be billed under your physiotherapy, chiropractic, or chiropody health coverage, and may be approved by WSIB for workplace injuries.

# NEW PATIENTS WELCOME

Services Covered by Health Benefit Plans

#### **Extended Hours:**

 Monday
 8:00am - 7:30pm

 Tuesday
 9:00am - 7:30pm

 Wednesday
 8:00am - 7:30pm

 Thursday
 9:00am - 7:30pm

 Friday
 8:00am - 7:30pm

 Saturday
 9:00am - 3:00pm

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SHOCKWAVE

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