

## What is Extracorporeal Focused Shock Wave Therapy?

In the body, these high energy acoustic waves stimulate the cells and the body's intrinsic healing mechanism.<sup>1</sup> In Extracorporeal Focused Shock Wave Therapy, the wave is focused through a lens and transmitted into the body, up to a depth of about 4.7".







You may have heard of high energy Focused Shock Wave (F-SW) devices that can destroy tissues like kidney stones. The F-SW used in physical therapy offer low and medium energy F-SW that are not capable of destroying any tissue but are helpful in pain therapy treatments.

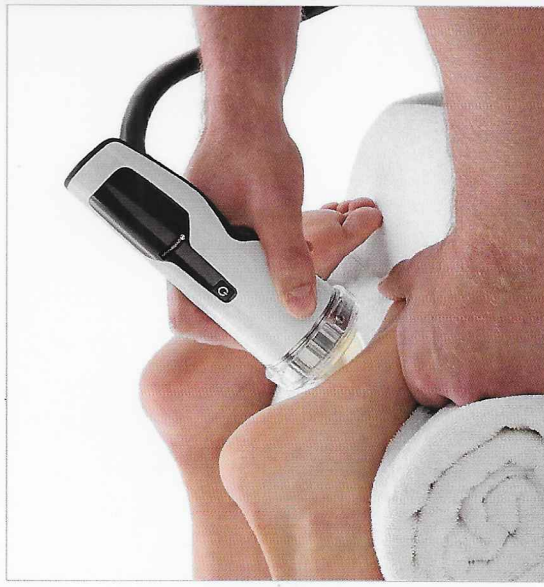
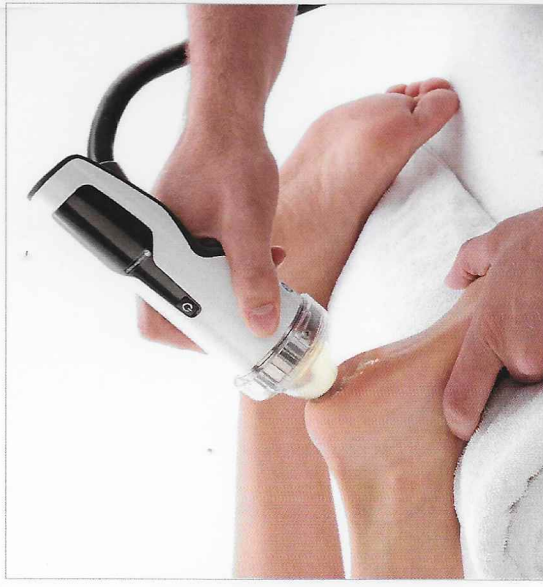
The number of treatments depends on two factors:

The indication and how the tissue responds. Typically, 3-6 treatments are necessary with resolution of some symptoms being achieved by the third treatment.

An improvement in function and pain relief is expected after the first treatment. Bear in mind that the treatment can have an analgesic effect for several hours after treatment\*\*\*.

## Benefits of Extracorporeal Focused Shock Wave Therapy

-  Short treatment time (minutes)
-  Precise & targeted application
-  Deep tissues can be reached
-  Results in few treatments
-  Non-invasive and no known significant adverse effects
-  Alternative to medication



<sup>1</sup> Gollwitzer H, et al. Clinically relevant effectiveness of focused extracorporeal shock wave therapy in the treatment of chronic plantar fasciitis: a randomized, controlled multicenter study. *J Bone Joint Surg Am.* 2015 May 6;97(9):701-8.

<sup>2</sup> Lou J, Wang S, Liu S, Xing G. 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.

<sup>3</sup> Schmitz C, DePace R. Pain relief by extracorporeal shockwave therapy: an update on the current understanding. *Urol Res.* 2009 Aug;37(4):231-4.

<sup>4</sup> Tammaro R, dell'Ercole S, Naramitola A, Moretti L, Patella S, Patella S, Zallone A, Moretti B. Extracorporeal shock waves stimulate osteoblast activities. *Ultrasound Med Biol.* 2009 Dec;35(12):2093-100.