

Myofascial Acoustic Compression Therapy (Shockwave) is widely used in the treatment of acute and chronic pain in muscles, tendons and joints. Shockwave therapy uses acoustic waves to target tissue at varying depths to compress and manipulate tissue resulting in a focused and precise deep tissue massage. The results of the mechanical stimulus delivered by Shockwave can lead to increased circulation and pain relief – key components in the healing process.

FOCUSING IN ON YOUR PAIN

The acoustic waves generated by Shockwave therapy painlessly pass through the body and converge at a point deep within the soft tissue to produce an intense, extremely short duration compression event. The focused acoustic compression is translated to tissue to provide a massage with pinpoint accuracy to the affected area.

PATIENT-GUIDED PAIN RELIEF

The sources of pain are not always found in the area where the pain seems to be radiating from. This is clinically called referred pain. The distancing of the pain sensation from its source can make treatment more difficult. Diagnosis of referred pain and the recognition of the originating pain triggering points can be accomplished using Shockwave therapy. Abnormal musculoskeletal tissue can be “flared” in order to define the areas that require treatment. This process of defining the origins of pain is guided by the patient through verbal feedback to the staff member providing the treatment.

HOW LONG DOES TREATMENT TAKE?

- A typical Shockwave treatment session takes between 10 and 20 minutes
- Normally, 1-2 treatments per week are performed
- A total of 6-12 treatments may be necessary before lasting improvement is achieved (6 visits for acute cases, 12 visits for chronic conditions)

WHAT IS THE COST? ARE THERE KNOWN SIDE EFFECTS?

The cost is \$50 per session for one area and an additional \$25 per each additional area per session. This therapy is NOT covered by any insurance and will not be sent into insurance. Treatment side effects are limited to reddened skin and/or minor soreness at the treatment site.

WHAT TO EXPECT DURING YOUR SHOCKWAVE TREATMENT

- Dr. Pankonin will identify the treatment sites and mark them. Staff will apply a thin coat of coupling gel to the site. This gel helps to translate the acoustic sound waves generated by the therapy head to the body.
- Staff will start the treatment at a very low output setting and increase the power to a level that you help define and is best suited for your condition. The output level and acoustic wave frequency rate may vary from location to location based on the depth and type of tissue being treated.
- As staff moves the therapy source around the treatment area, you may feel a deep, dull ache that is familiar to you as being like the feeling your condition produces. Staff will ask you to report when you feel the ache and will adjust the output of the device to the appropriate level for your treatment. They may also ask you to confirm that the therapy source is still creating the ache and may adjust the location of the treatment based on your feedback. If at anytime the treatment becomes uncomfortable, mention this to staff and they will adjust the output level.
- After the treatment is completed, the coupling gel will be removed and you can return to your normal activities. You may experience some minor aches or discomfort after treatment. It is not unusual for patients to notice flushed or reddened skin around the treatment site.



Advantages of Shockwave Therapy

- Locates and alleviates musculoskeletal pain
- Improves mobility
- Non-invasive
- Reduced pain medications
- Outpatient treatment
- Short therapy time of approximately 10-20 minutes