Gidea Park Physiotherapy

Shockwave information leaflet.

Shockwave therapy is a non-invasive treatment that uses high-energy acoustic waves to stimulate healing in musculoskeletal conditions.
These waves increase local blood flow, trigger cellular repair processes, and stimulate the release of growth factors that support tissue regeneration.

At a biological level, shockwaves promote mechanotransduction—the conversion of mechanical energy into cellular signals—helping reduce pain, break down abnormal tissue, and encourage the body's natural healing response over time.

By promoting circulation and cellular regeneration, shockwave therapy can speed up recovery and decrease inflammation. This cutting-edge technique has increasingly become utilised in the healthcare field due to its effectiveness and low risk of side effects.

Conditions treated

It is frequently employed to relieve pain and enhance mobility in areas impacted by persistent problems such as tendinopathy, plantar fasciitis, and various soft tissue injuries.

MSK conditions treated with radial shockwave therapy include:

- Tendinopathies (Achilles, patellar, rotator cuff)
- Plantar fasciitis
- Lateral & medial epicondylitis (tennis/golfer's elbow)
- Calcific tendinitis (shoulder)
- Myofascial pain & trigger points
- Chronic muscle strains
- Greater trochanteric pain syndrome
- Shin splints (MTSS)

Contraindications

- Vascular diseases present in or near the treatment area.
- Local infections in the treatment area.
- Around malignant or benign tumours.
- Directly on cartilage surfaces or near the small facet joints of the spinal column.
- Directly over implanted electronic devices such as pacemakers, analgesic pumps etc.
- In areas, in which mechanical energy in the form of vibrations may lead to tissue damage such as metal implants after a fracture.
- Open wounds in or near the treatment area.
- After fractures, torn muscle fibres or muscle tears.

In general we advise against treatment

- If blood clotting disorders are present or you are receiving treatment that results in a change in the blood clotting behaviour.
- During pregnancy.
- On patients with neurological diseases resulting in impairment of the vasomotor function in the treatment area.
- Over air-filled cavities such as treatment on the thoracic spine, etc.
- On children, particularly around the epiphyseal plates.

Care is required for patients

- With impaired sensibility.
- With severe autonomic disorders.

Under the influence of drugs and/or alcohol as circulatory stresses and inadequate treatment responses cannot be excluded.

Risks and Side Effects

Side effects could occur after treatment with Radial Pressure Wave therapy. The majority will appear after 1-2 days. Common side effects include:

- Erythema, reddening and discomfort.
- Swelling.
- Pain.
- Hematoma.
- Petechiae, red spots.
- Irritation.

Skin lesions after previous cortisone therapy.
These side effects generally abate after 5 to 10 days.

What to expect from shockwave treatment.

Treatment is applied using a water-based, non-medicated, and hypoallergenic conducting gel.

During treatment, you'll feel rapid tapping or pulsing sensations on the skin. This can feel uncomfortable but is usually tolerable, and intensity is adjusted to your comfort level. Some areas may feel more sensitive, especially over injured tissue.

Each session typically lasts 5–10 minutes.
After treatment, it's normal to have temporary soreness, redness, or mild swelling for 24–48 hours—similar to post-exercise soreness.

Most patients return to normal activities the same day, and improvement is usually gradual over several sessions rather than immediate.

Consent

Please take time to fill in our consent and screening form before commencing treatment.

https://forms.finger-ink.com/gidea-park-physiotherapy/shockwave-screen-and-consent