

Services

Shockwave

Shockwave is an innovative, non-invasive treatment involving high frequency, short duration, bursts of high-energy pulses that are transmitted into injured tissues. These high intensity pulses aggravate the injured tissues (muscles, tendons, ligaments, bone, etc.) at a cellular level, which stimulates a healing response. This force imparted by the shockwave has been shown to be extremely effective in the breakdown of calcium deposits and scar tissue. Decomposition of these can lead to drastically increased function and mobility, and provides an almost immediate relief from pain.

91% improvement for Calcific Tendonitis - Journal of American Medical Association, 2003

90% success rate for Plantar Fasciitis - Foot & Ankle International, 2012

77% improvement for Tennis Elbow - The Journal of Orthopaedics, 2005

76% success rate for Achilles Tendinopathy - The American Journal of Sports Medicine, 2007

8 times more effective for HamstringTendinopathy than regular Physiotherapy and Chiropractic treatment - The American Journal of Sports Medicine, 2010

What to expect

Depending on the sensitivity of the injury, some discomfort may result during treatment. If pain is experienced your physiotherapist can adjust the intensity of the therapy, to promote analgesia at the start of your treatment. Granville Physio has also purchased the V Actor applicator which can be provided before the treatment to release the muscles in a gentle way and after to remove waste products thus reducing your pain during and after your treatment sessions.

Many clients experience a decrease or complete absence of pain immediately after treatment. Bruising, swelling, and on rare occasions, skin breakdown may occur. There may be some soreness 1-2 hours afterwards due to an inflammatory response of the body to the shockwave. This is normal and is your body's way of healing itself and regenerating the targeted tissue.

a' Long-term pain relief and tissue healing can be expected after only a short number of treatments, and in many cases long-standing, chronic conditions are drastically improved.

Conditions that can be treated by Shockwave Therapy

- Stress Fractures
- Tendonitis/tendinopathy
- Muscle shortening/tightness
- Trigger points
- Calcific tendinosis

- Muscle strains
- Ligament sprains
- Scar Tissue
- Heterotopic Ossification (Myositis Ossificans)
- Cellulite
- Wrinkles
- Plantar fasciitis
- Heel spurs
- Metatarsalgia
- Morton's neuroma
- Hallux rigidus
- Achilles tendonitis
- Shin Splints
- and many more!

Who should not use shockwave therapy?

Contraindications include:

- Blood thinning medications such as Coumadin or Heparin
- Cancer in or around the treatment area
- Pregnancy
- Diabetes
- Cortisone injection in last month on injured site