



Mid Coast Integrative Health- Podiatry Services

11 Cross St, Old Bar, Taree, NSW, 2430

Ph- 02 55659037

Fax- 02 91827545

Email- admin@mcih.com.au

Website- www.mcih.com.au

What is Radial Shockwave Therapy?

Radial Shockwave Therapy is a non-invasive treatment that uses acoustic (sound) waves to stimulate healing in injured or painful tissues such as tendons, muscles, and ligaments.

The BTL Shockwave device delivers short bursts of energy into the affected area, which helps to:

- Stimulate blood flow
- Promote tissue regeneration
- Break down scar tissue or calcifications
- Reduce pain and inflammation

It is commonly used to treat chronic musculoskeletal conditions that have not improved with rest or other treatments.



Shockwave is **generated** in the applicator.

It **spreads** through the tissue via ultrasound gel and reaches impaired tissue (muscle, tendon, or bone).

Cells **react** by proliferation, migration, differentiation.

These mechanisms results in **tissue regeneration**.

Conditions Commonly Treated

Shockwave therapy may help with:

- Plantar fasciitis (heel pain)
- Achilles tendinopathy
- Tennis elbow (lateral epicondylitis)
- Golfer's elbow
- Shoulder tendinopathy / calcific tendinitis
- Patellar tendinopathy (jumper's knee)
- Hamstring tendinopathy
- Gluteal tendinopathy
- Chronic muscle trigger points
- Chronic Soft tissue inflammation

What to Expect During Treatment

- Gel is applied to the skin. A handheld device delivers pulses to the painful area. You may feel **tapping sensations or mild discomfort** during treatment.
- Sessions typically last **5–10 minutes**, and most patients require **4–6 treatments**.

After the Treatment

You may experience mild soreness or tenderness. These effects usually settle within **24–48 hours**.

When Shockwave May Not Be Suitable

Please inform your practitioner if you:

- Are **pregnant**
- Have a **bleeding disorder**
- Take **blood thinning medication**
- Have **infection, open wounds, or tumours** in the treatment area
- Have had a **recent steroid injection** in the area

Pricing

MCIH RSWT Package (4 sessions) = \$280 (\$65/ session)