

How is treatment administered?

Focused shockwave therapy (fESWT) is a patient-oriented, non-invasive treatment which can be administered on an outpatient basis in a doctor's surgery.

During treatment you will feel short pulses. Your feedback helps the therapist to direct the shockwaves and specifically target the painful area.

A session takes only a few minutes.

The number of treatments is based on medical findings and the individual healing process. 3 to 5 sessions carried out 1-2 times per week are usually sufficient.

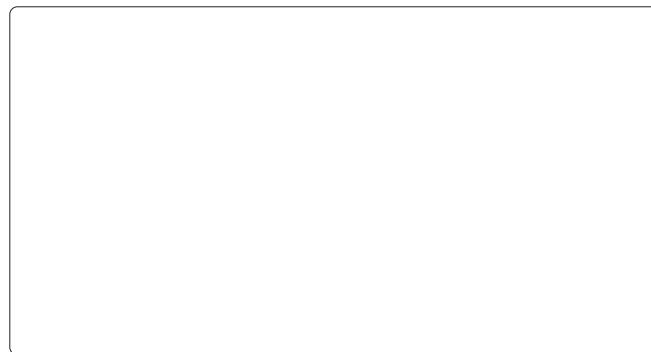


What are the advantages of focused shockwave treatment (ESWT)?

The advantages compared to other conservative treatment methods are:

- Outpatient treatment
- Short duration of treatment
- No anesthesia required
- Course and intensity of treatment can be adjusted in consultation with the operator
- The number of sessions depends on the individual course of treatment – with 3 to 5 sessions usually scheduled
- Medication-free – no medication-related side effects
- The aim is to stimulate the body's own regulatory and healing processes
- Very well tolerated

Do you have any questions? Ask us for an appointment. We are happy to advise you personally about the options, course of treatment, and success of focused shockwave therapy.



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Stay flexible



PiezoWave^{2T}

Focused shockwave therapy (ESWT)
for the treatment of musculoskeletal complaints.

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Note: This information leaflet does not replace medical advice. Always speak to your doctor if you have any health complaints.

What is focused shockwave therapy?

Focused extracorporeal shockwave therapy (fESWT) is a non-invasive procedure which uses focused acoustic waves to target deeper tissue layers.

It is used in orthopedics for the supportive treatment of chronic complaints, principally of the muscles, tendons, and musculo-tendinous junctions.

How does focused shockwave therapy work?

The shockwaves send mechanical pulses into the tissue to trigger biological responses which have a therapeutic effect. The cells convert the mechanical stimuli into biochemical processes, activating the body's own repair mechanisms to improve blood flow and boost healing processes.

How well is it tolerated?

Focused shockwave therapy (ESWT) is generally tolerated very well. Transient skin irritation or pressure sensations may occur after treatment in individual cases – comparable to sore muscles after exercise or briefly increased pain levels. These reactions usually subside very quickly.

We will provide you with detailed individual information beforehand.

Examples of applications



Shoulder

Soft tissue treatment of the rotator cuff with and without calcifications
“calcific tendonitis”
(calcific tendonitis of the shoulder)

Foot

Treatment of plantar heel pain “plantar fasciitis with/without heel spurs” and of the Achilles tendon insertion



Elbow

Tennis and golfer's elbow
“epicondylitis of the radial and the ulnar humerus”

Knee

Treatment of the patellar tendon insertion “patellar tip syndrome”



Which syndromes can be treated?

Treatment is administered according to individual medical indications – typically targeting muscles and tendons:

- Tendonitis and calcifications of the shoulder (e.g., calcific tendonitis of the shoulder)
- Tennis/golfer's elbow
- Myofascial pain syndrome
- Greater trochanteric pain syndrome
- Pain at the apex of the patella (jumper's knee)
- Medial tibial stress syndrome
- Achilles tendon complaints
- Plantar heel pain
- Non-fusion of broken bones (pseudarthrosis)

