

What Is Extracorporeal Shockwave Therapy (ESWT)?

Shockwave therapy is a non-surgical, noninvasive, *FDA-approved* treatment that uses high energy shockwaves to reduce musculoskeletal pain. The term shockwave refers to high energy sound waves. This non-invasive, non surgical technique uses shockwaves to treat various muscular problems of the foot and ankle to stimulate the body's own natural healing process to speed up healing.

Researchers have shown that the success rate of using shockwaves is between 70-85% without the risk of surgery. To help get rid of the pain, the shockwave stimulates and accelerates the healing process by:

- Releasing local growth factors
- Recruiting stem cells
- Tissue regeneration
- New blood vessel formation
- Stimulation of collagen growth
- Stimulation of blood flow to the injured site
- Disruption of scar tissue

What conditions can shockwave therapy treat?

Shockwave therapy is often recommended to those people suffering from chronic cases of:

- **Achilles Tendonitis**
- **Arthritis**
- **Calcifications or spur formation of soft tissue**
- **Chronic Ankle Sprains**
- **Chronic tendon pathology**
- **Diabetic foot ulcers**
- **Muscle and/or Tendon Sprains/Strains**
- **Neuroma**
- **Plantar Fasciitis (Heel Pain, Heel Spurs)**
- **Posterior Tibial Tendinitis**

Which Conditions would not benefit from Shockwave therapy?

We will discuss your full medical history during your evaluation to make sure that this procedure is right for you.

The following are the list of some conditions that do not qualify for Shockwave therapy:

- Bony abnormality of the Foot and/or Ankle, Neurologic abnormalities (Neuropathy/loss of sensation), Rupture or tear of the Plantar Fascia or other tendon/ligament/soft tissue, Pregnancy, Metal Implants, Anti-Coagulant therapy, Fractures/Breaks of any bone of the Foot & Ankle, Heart Conditions, Presence of Tumors.

What happens during the procedure?

A probe is placed on the skin, where an electrical charge will begin creating shockwaves over the areas that are causing pain. Low-energy waves are often more popular because this can be done without anesthesia and patients can easily instruct us as to the exact areas of pain to provide more effective relief.

What should I expect after treatment?

Many patients are able to bear weight on the foot right after their therapy. However, you should avoid any strenuous physical activity for a couple of weeks. We will provide you with detailed information about which activities are safe and which ones you should avoid during the healing process.

Should I expect any side effects from performing Shockwave therapy?

Side effects from Shockwave therapy are limited to mild bruising, swelling, pain, numbness or tingling in the treated area, and the recovery is minimal compared with that of surgical intervention and/or injections such as cortisone or PRP . Most patients take a day or two off **after treatment** but don't require a prolonged recovery period. There are no long-term side effects from this procedure and it does not create any radiation or other harmful effects on healthy tissue.

Is Shockwave therapy covered by Insurance?

At this time, insurance does not cover shockwave therapy, including government insurance plans, such as Medicare and Tricare. The main reason some insurers in the United States do not cover shockwave therapy is that it does not meet coverage criteria. Even if you have coverage from a commercial insurance company or from a public program, shockwave therapy will not be covered, at least it doesn't seem to for now. Please talk to our biller regarding convenient payment plans and other options available.