

# ESWT

## PATIENT INFORMATION SHEET E01



### Your appointment:

Date: .....

Time: .....

Location: Edwardstown .....

#### Duration of examination

A normal treatment lasts 30 minutes. This may vary according to the reason for the treatment.

#### Please bring with you:

- › Your request form
- › All previous relevant imaging
- › Medicare and any Healthcare cards
- › WorkCover claim details if appropriate

#### Payment on the day of the examination is requested.

For more information on this procedure please call our Edwardstown branch on (08) 8351 5400.

For more information regarding Benson Radiology please visit:

[bensonradiology.com.au](http://bensonradiology.com.au)

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### What is ESWT?

Extra-Corporeal Shock Wave Therapy (ESWT) is a non-invasive procedure for treating a number of painful musculoskeletal and orthopaedic conditions. "Extracorporeal" means "outside the body".

ESWT uses shockwaves (an ultrasound soundwave that is focused to a constant focal point as a pressure wave) directed by the sonographer performing your examination, to stimulate healing of the problematic tissue.

ESWT offers advantages over traditional surgical methods as it is non-invasive with fewer potential complications and a faster return to normal activity.

### What conditions can ESWT help?

- › Plantar fasciitis – painful heel with or without a spur.
- › Tennis and Golfer's elbow
- › Calcific tendonitis of the shoulder
- › Patellar tendinosis
- › Achilles tendinosis
- › Pseudoarthrosis and non-united fractures
- › Hip bursitis
- › Hamstring tendonitis

### What preparation is required?

There is no fasting or special preparation. Please bring your most recent ultrasound and/or other diagnostic tests with you. If you have not had a recent ultrasound, one will be required before treatment can commence. This will be discussed when booking your appointment.

### How is the treatment performed?

Three treatments are performed at weekly intervals. Your affected area is positioned against the head of the ESWT machine and a shockwave is delivered to the area. This is felt as a pulse.

Treatment begins at the lowest intensity level. Some discomfort may be felt. The sonographer will work with you to adjust the intensity and level of comfort for you.

To date, there have been no serious harmful side effects reported.

### Contraindications

Some patients should not undergo ESWT. Contraindications are:

- › Patients with bleeding disorders or patients on medications that prolong bleeding or interfere with clotting
- › Patients with cardiac pacemakers
- › Patients with local infections
- › Patients who are pregnant
- › Patients with malignancy.

### After your ESWT treatment

You will be free to leave immediately and should have little or no discomfort. You may experience slight worsening of pain for a short period of time in the days following your treatment. You may choose to take paracetamol for your pain management. On rare occasions following treatment patients may be aware of slight bruising.