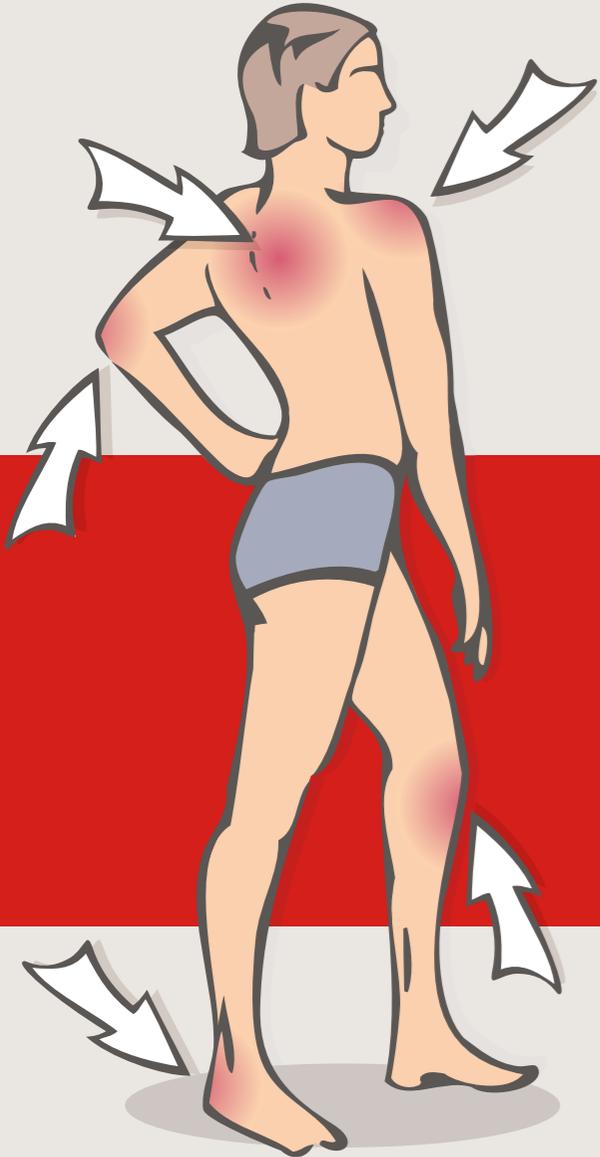


## Extracorporeal shock wave therapy: a modern pain management solution



## An innovative pain management solution

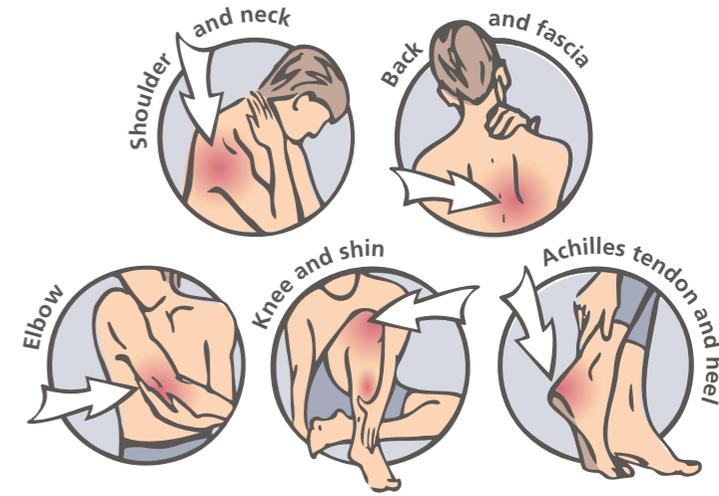
### What are shock waves?

Shock waves are audible high-energy sound waves. In the medical world, shock waves have been used since 1980 to disintegrate kidney stones, for instance. In modern pain therapy, shock wave energy is applied to the painful body regions, where it can exert its curative action. Shock waves can accelerate the healing process in the body, they stimulate metabolism and improve blood circulation; damaged tissue can regenerate and fully heal.

Many years of experience have confirmed that certain pathological alterations of tendons, ligaments, capsules, muscles and bones – in other words the root causes of your pain – can be eliminated systematically with this innovative therapy approach.

If performed by qualified therapists, extracorporeal shock wave therapy is a highly effective procedure to treat pain with minimal risks or side effects.

The practice near you:



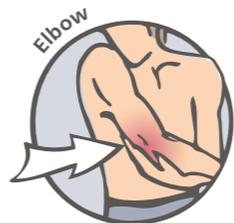
For more information please visit  
[www.eswt.info](http://www.eswt.info)

## Pain therapy with shock waves

Extracorporeal  
shock wave therapy (ESWT)  
[www.eswt.info](http://www.eswt.info)



## Symptoms we can treat with shock wave therapy:



- Tennis or golfer's elbow



- Patellar tendinitis ("jumper's knee")
- Shin pain/tibial stress syndrome



- Achilles tendon pain
- Heel pain



- Chronic neck and shoulder pain
- Trigger points



- Back pain
- Fascial pain

## How is shock wave treatment performed?

The therapist localizes the pain region by palpation and discusses the findings with you.

A skin gel is then applied to the treatment area to allow the shock waves to be introduced into the body without any loss of energy.

After these preparations, shock waves are applied as the therapy head is moved over the pain region in a circular motion.

## How many treatments are necessary and how long does each treatment take?

Each therapy session takes between 5 and 10 minutes depending on the disorder to be treated. In general, an average of 3 to 5 treatments are necessary at weekly intervals.



Schematic picture of shock waves

Please feel free to approach our practice team with any questions you may have.

## How successful is the therapy?

After only 1 to 2 sessions, many patients report complete pain relief or significant pain reduction. The therapy eliminates pain or restores full mobility, thus improving your quality of life.

To learn more about extracorporeal shock wave therapy, please visit [www.eswt.info](http://www.eswt.info)

Schematic picture of shock waves

