

# Shockwave Therapy



## What is Shockwave Therapy?

Shockwave Therapy uses high energy sound waves that are transmitted from a probe held against the skin. This treatment is used widely for a number of soft tissue injuries and conditions:

Plantar Fasciitis  
Achilles Tendinopathy  
Gluteal Tendinopathy

Treatment usually takes 5-10 minutes.

Depending on your condition, you may require anywhere from 2-6 treatments.

The high energy shockwaves are believed to induce blood flow and metabolic activity around the site of pain, increasing the body's natural healing process.



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# About the Treatment

Shockwave therapy is an effective treatment used in combination with other interventions to help stimulate healing in a range of chronic soft tissue conditions.

Scientific evidence has concluded that shockwave therapy is a safe, effective and non invasive modality to reduce pain and stimulate healing.

Shockwaves are high energy sound waves that are transmitted from a probe held against the skin into the underlying tissues.

The treatment induces increased blood flow and metabolic activity around the injury site, accelerating the healing process and in turn reducing pain levels.

## Treatment Process During Treatment

At the beginning, you may feel some discomfort, which indicates the problem area is being targeted.

This can be followed by a numbness or heaviness in the latter part of the treatment, making it less painful.

You shouldn't take anti inflammatories during the course of your treatment, as this negates the inflammation purposefully induced with the shockwave therapy.

## After Treatment

Soreness is expected and may intensify on the night of treatment. You should rest from aggravating activities for 2-3 days after treatment.

Many patients experience relief in the 4-7 days following treatment.

## Side Effects

Possible side effects may include:

- Redness
- Swelling
- Pain
- Haematoma (bruising)
- Petechia (red spots).



## Shockwave Pricing

Initial Appointment	Fee
(004) Initial Podiatry Appointment	\$95
Shockwave Therapy	\$10
<b>TOTAL</b>	<b>\$105</b>

or if you have seen a Podiatrist at Gen Health before

Standard Appointment	Fee
(012) Standard Podiatry Appointment	\$87
Shockwave Therapy	\$10
<b>TOTAL</b>	<b>\$97</b>