

Pricing

A course of 5 sessions is recommended to achieve full benefit from the treatment, and this will cost £400 (upfront). These prices are VERY competitive as I aim to make this treatment more affordable for people like you and me!

First, a full initial assessment will be taken, and treatment plan devised between practitioner and patient to confirm patient suitability.

Treatment will involve 20 minutes of soft tissue / manipulative therapy with 20 minutes (approximately) of shockwave therapy

Treatment sessions must be approximately 7 days apart to allow time for healing so please do not book course if you know you are unable to attend the full set of sessions

Patients should feel a significant benefit from 3-4 sessions, and this should continue to improve for 3 months after treatment. The 5th and possible 6th treatment sessions are to fine tune injury rehabilitation.



For additional information
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Shockwave Therapy

Information Leaflet



What is Shockwave Therapy?

Shockwave therapy is a modern and highly effective treatment option in orthopaedic and rehabilitation medicine. The term shockwave refers to mechanical pressure pulses that expand as a wave in the body. In modern pain therapy, shockwave energy is conducted from the point of origin to the painful body regions, where it applies its healing capacities.

The easiest way to think of the energy created by a Shockwave machine is to imagine a Jacuzzi, as the bubbles are generated outside of the body, the energy of the jets is focused on a certain area and the effect can be felt below the surface of your skin. The stronger the jet, the deeper the effect. Similarly, the more focused the jet, the more targeted the impact.

The Non-Surgical Solution to Becoming Pain Free

In the UK, official clinical guidance for treatments is issued by NICE (National Institute for Health & Clinical Excellence). Their remit is to make recommendation on various treatments that have been evidenced and backed by substantial research.

For Shockwave there are six conditions with NICE guidelines and each year, more conditions are treated leading to further evidence of successful outcomes. There is now a substantial body of global evidence to support Shockwave as an alternative to surgery in the injuries described overleaf:

What disorders can be treated?

NECK PAIN

Myofascial pain syndromes, facet joint pain

SHOULDER PAIN

Impingement, Calcifying Tendonitis, Frozen Shoulder

LUMBAR SPINE PAIN

Idiopathic Pain Syndrome, Pseudoradicular Pain

TENNIS / GOLFERS ELBOW

Epicondylitis (medial and lateral)

OSGOOD SCHLATTER DISEASE

KNEE PAIN

Osteoarthritis, Tendonitis

Patellar Tip Syndrome

HAMSTRING PAIN

Tendinopathy and Insertional

HIP PAIN

Trochanteric Bursitis, Arthritis

HAND PAIN

DeQuervains Syndrome, Dupuytren's Contracture, Trigger Finger

CARPAL TUNNEL SYNDROME

ACHILLES TENDINOPATHY

(insertional and mid-body)

HEEL PAIN

Plantar Fasciitis

Am I a suitable candidate for this type of treatment?

While Shockwave is suitable for a large number of conditions both evidenced and experimental with minimal side effects, there are some conditions, also known as contraindications that means Shockwave is not an option.

Shockwave is unsuitable in the following circumstances:

If you are pregnant

If you have a blood clotting disorder

(including thrombosis)

If you are taking oral anti-coagulants

If you have received a Steroid injection within 6 weeks

If you have a Pacemaker fitted

If tumours are present at the treatment site

If you have an infection or skin abrasion at the treatment site

If you are Under 18

(except in the treatment of Osgood-Schlatter disease)

