

What is ESWT(Extracorporeal Shockwave Therapy) and How Does It Work?

ESWT is a non-invasive option for the treatment of various pains and diseases of the musculoskeletal system.

Shock wave therapy can be used to treat pathological changes in tendons, muscles and bones. This means that your therapy focuses not only on your symptoms, but above all on the cause of your pain.

During the treatment, the therapist moves a handpiece over the pain zone. Through the handpiece, low-energy shock waves are transmitted to the body. When introduced into the tissue, shock waves and pressure waves have effects on a cellular level that are beneficial for healing. Increased blood flow and formation of new blood vessels create an improved environment for tissue repair. It has further been shown that application of shock waves influences the body's pain regulating mechanisms resulting in local pain relief.



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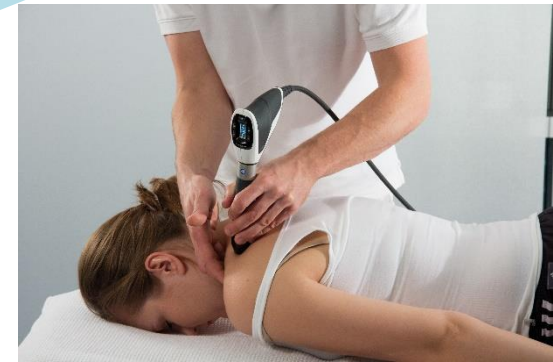


Mon/Tues/Wed/Fri
9AM-5PM

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9AM-3PM



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Shockwave Therapy

Our Trainer

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MS, ATC

Certified Athletic Trainer



Conditions Treated

Everyone with soft tissue injuries can benefit, especially athletes. Shockwave Therapy provides a safe, non-surgical alternative for those suffering from:

- *Plantar fasciitis & heel pain*
- *Tennis elbow*
- *Hip pointers/tendonitis*
- *Calcific tendonitis of the shoulder*
- *Rotator cuff tendinopathy*
- *Knee patellar tendonitis*
- *Achilles tendonitis*
- *Frozen/Stiff Shoulder*
- *Iliotibial Band Syndrome*
- *Shin Splints*
- *Trigger Points / Fibromyalgia*
- *Chronic Muscle Tension*
- *Bursitis anywhere*

Is It Safe? Any Side Effects?

Very Safe! Shockwave therapy has no long-term side effects or damages.

Some short-term discomfort is felt during the treatment and some patients may experience temporary soreness, tenderness or swelling for a few days following the procedure. Others may experience mild bruising, tingling or numbness over the area of treatment.

Upon completion of your treatment, you can return to most regular activities almost immediately, however for certain conditions we may advise you to avoid heavy strenuous activities for a day or two. Occasionally, pain or discomfort may persist for a few days following treatment, but no serious complications or side effects have been reported.

Number of Treatments?

It varies depending on the severity and chronicity (how long you have had the condition). Many patients report that they start to feel relief and a decrease in symptoms after just the first couple of treatments.

Shockwave Therapy is so effective that in many cases only require 4-5 treatments, only once every week, which minimizes your time at therapy, and won't interfere with your busy lifestyle.

Some chronic conditions may require between 8 to 10 treatments once per week, and this usually depends on how long you have had your condition.

After the treatment sessions are finished the injured area continues to heal for 6 to 18 weeks with maximal recovery occurring approximately 3 months after the treatment sessions end.



Will It Work For Me?

We will take a detailed injury and medical history. This will allow us to make sure you are suitable for ESWT and to plan your treatment most effectively. Over the course of treatment, your physiotherapist will discuss important injury management strategies like rehab exercise and activity modification.