

Radial Shockwave Therapy

Radial Shockwave Therapy (also known as Extracorporeal Shockwave Therapy ESWT) is an effective, non-invasive solution to pain associated with musculoskeletal disorders. It involves the application of a series of high-energy pneumatic percussions to the area being treated. These are acoustic pulses that travel through the target tissue, mechanically stimulating it to encourage cellular activity and kick start healing.



There is emerging scientific evidence that Radial Shockwave Therapy is effective in providing pain relief and improving function in patients who have failed other conservative therapy. It has been scientifically proven to help with Plantar Fasciitis, Achilles tendinopathy, Patella tendinopathy, calcific shoulder tendinopathy, frozen shoulder and other musculotendinous conditions that cause chronic pain due to repeated cycles of aggravation and failed healing.

Radial Shockwave Therapy typically requires three to five treatments, one week apart to maximize results. Many patients will feel a significant reduction of symptoms after the initial treatment. Studies have shown that the stimulation of the healing process is cumulative and patients therefore continue to notice improvement weeks after ending their treatment. This is via a process of mechanotransduction where mechanical energy stimulates an increase in collagen synthesis and encourages tissue remodelling, breaking the cycle of repeated failed attempts at healing.

Treatment is carried out using the shockwave applicator over the injured area to deliver between 2000-3000 shockwaves depending on the injury. The Shockwave treatments last between five to ten minutes and may be slightly uncomfortable.

If you would like to enquire about Radial Shockwave Therapy or would like more information please contact us on (02) 9687 1511.