

A Shock to the System

Shock wave therapy : a proven pain killer!

- *chronic tendon and soft tissue injuries*
- *pain management*
- *fast result and highly effective*
- *very economic*
- *several applicators:*
 - **15 mm:** pain management
 - **10 mm:** Trigger point therapy
 - **6 mm:** Acupressure therapy
 - **Focus head** (focus on a small area with high level energy)
 - **D-Actor head:** Myofascial pain therapy (lower back pain, cervicalgia, lumbalgia, sport muscle injuries)



***Convince yourself of the shock-wave therapy.
Ask a demonstration at your local dealer.***

Testimonial



Philip Newton

A Tale of the Tendon

"Long-standing injuries to tendons are amongst the most debilitating of all sports injuries. Shock wave therapy is a relatively new treatment for these notoriously troublesome problems.

Most tendon problems come on **gradually** and in the early stages cause minimum pain and disability, which isn't sufficient to curtail exercise and sport. For most committed sports people, the onset of tendon pain is **merely viewed as a nuisance** and they continue to play sport & just grin & bear the pain. However this exposes the tendon to continued physical abuse and further damage occurs.

Many sports people don't consult their Doctor or Physio until their pain levels are such that their sport is affected. At this stage a **significant amount of tendon damage** has usually occurred and this makes **treatment difficult.**"

Shock to the System

"Shock wave therapy introduces a controlled amount of energy into the damaged tendon and stimulates the **tendon tissue to regenerate**. The new generation of shock wave machines has been developed from the large shock wave machines known as lithotroppers, which have been used for many years to break up kidney stones. The shock wave machines that are now being used produce less energy than their kidney stone bigger brothers. They are physically smaller and have been designed to **treat small areas** such as the tendons and soft tissues that frequently cause pain e.g. at the **shoulder, elbow, knee & ankle**.

Shock wave treatment is probably best used in **parallel with current methods** of treating chronic tendon and soft tissue injuries. This is basically centred on a controlled exercise programme, designed to load the injured tendon with sufficient force to stimulate it to strengthen. This is a long process as it takes around 100 days for the body to produce new tendon cells. In the hands of experienced clinicians, shock wave therapy may well prove to be a **valuable tool in dealing with chronic tendon pain.**"

Philip Newton

Chartered Physiotherapist, Director of the Lilleshall Sports Injury Rehab Centre, and provides Physio cover to England players at major squash events around the world.



treating chronic tendon and soft tissue injuries



The National Squash team of England



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