

Just about anyone with soft tissue injuries or musculoskeletal pain syndromes may benefit from shockwave therapy. This can include upper and lower limb tendon injuries, stress or overuse injuries, joint capsule problems, headaches, whiplash injury, plantar fasciitis, shin splints and iliotibial band syndrome. The benefits of shockwave therapy are not limited to the list of common conditions described below. Speak to your physical therapist about any pain or injury you have to see if shockwave therapy may help you. As with any treatment type (or modality), shockwave therapy will not be used in isolation: exercise therapy and possibly other 'hands-on' treatments will be combined to ensure optimal recovery and preferably prevent a recurrence.

### **PATELLAR TENDONITIS (JUMPER'S KNEE)**

Jumper's knee is a chronic overuse injury of the patellar tendon felt as pain and tenderness felt on the front of the knee below the kneecap. There is often a loss of function as activities that involve jumping or impact are painful. It can interfere with sporting ability in both the young and old. Shockwave therapy offers simple treatment and immediate solution to pain. Patients can feel relief right after the first session, and after several treatments tendon repair progresses thus eliminating the source of the pain.

### **PAINFUL SHOULDER**

Pain in the shoulder can originate from multiple sources be it calcifications, a tear, impingement syndrome or frozen shoulder. Whatever the source, shoulder pain can be dull and aching, persistent and very debilitating, often limiting daily activities and sports ability. Studies have shown an 85% success rate using shockwave therapy on calcific shoulder tendons after 4 weeks of treatments. Results will always vary from person to person depending on the cause and length of time that they have had shoulder pain; however, shockwave therapy could be an alternative to injections and even surgery.

# Who Can Benefit from Shockwave Therapy?

### **LATERAL AND MEDIAL EPICONDYLITIS (TENNIS ELBOW AND GOLFER'S ELBOW)**

Both tennis elbow and golfer's elbow are common conditions that can be frustratingly slow to respond to treatment. It affects not just golfers and tennis players but anyone who repeatedly uses their wrists or clenches their fingers. Shockwave therapy can offer rather prompt pain relief and even possible tendon healing after as little as 5 or 6 treatments.

### **ILIOTIBIAL BAND SYNDROME**

Iliotibial band syndrome is a common knee injury in both long distance runners and cyclists. A common symptom is pain and/or tenderness when you touch the outside aspect of the knee, and it is often associated with weakness of the hip abductor muscles.

### **PLANTAR FASCIITIS AND HEEL SPUR**

Calcium deposits on the underside of the heel bone (heel spur) are closely associated with inflammation and degeneration of the plantar fascia (plantar fasciitis). Either of these conditions alone or when combined can limit your activities because of pain. Shockwave treatment can speed up recovery, allowing people to return to their daily routine with long-lasting effects.

### **INSERTIONAL PAIN**

This is pain in the muscle tendon where it inserts (attaches) to the bone and is often a chronic strain injury caused by overuse or repetitive action. By promoting vascularisation (blood flow) to the area shockwave therapy promotes healing and repair, speeding up recovery times.

### **CHRONIC TENDINOPATHY**

Repetitive overloading of a tendon can cause the accumulation of microtraumas and the degeneration of the tendon. Tendinopathies at different sites of the body are a common diagnosis in people

actively involved in sport as well as the general population. Both acute inflammation of the tendon and chronic overuse of a tendon can be successfully treated with shockwave therapy.

### **MEDIAL TIBIAL STRESS SYNDROME (SHIN SPLINTS)**

Medial tibial stress syndrome, also known as shin splints, typically occurs from activities that place large amounts of stress through the muscle on the front of the shin. Such activities may involve fast walking or running (especially up or downhill or on hard or uneven surfaces), or sport (particularly kicking sports). Patients can be prevented from enjoying such activities for prolonged periods of time because of the pain. When treated with shockwave therapy the recovery time can be significantly reduced.

### **CALCIFICATIONS**

Calcific tendinosis is a chronic painful disorder where calcium deposits (calcifications) form around a tendon – most commonly the rotator cuff tendons in the shoulder. This causes pain and loss of shoulder mobility or movement. Shockwave therapy is one of the most effective treatments for calcifications. Acoustic (sound) waves break up the calcium deposits and so encourage their resorption and elimination by the body. Shockwave therapy significantly decreases treatment length and offers fast relief in chronic stages.

### **HIP PAIN**

With age and wear and tear, the cartilage within a joint can wear down or become damaged. This can lead to muscles, tendons and ligaments around the hip being loaded in the wrong way. The hip bone itself can be damaged over time. Any of these conditions can lead to pain and damage in the hip area. Shockwave therapy enhances the healing process, fights inflammation, eliminates the pain and tenderness and can prevent hip replacement surgery in the long term.

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