

## Fee Structure and Extended Medical Billing:

Shockwave Therapy is used in conjunction with Physiotherapy assessment and treatment in our clinic. You may submit your bills to your extended medical plan as a Physiotherapy treatment.

### Patient fees:

- Initial Shockwave Visit           \$115.00
- Subsequent Shockwave Visit       \$95.00



To book an appointment with Thea Cooney,  
please visit our website at:

[www.expertphysio.ca](http://www.expertphysio.ca)

or call us at:

**Burnaby Heights Clinic**  
**210-3970 E Hastings St.**  
**604-294-3911**

### Our Mission Statement

Our Expert services are  
committed and caring.

We continue to excel in serving  
generations of the Burnaby  
Community.

## Shockwave Therapy



**Physiotherapists**  
**Your Body Specialists**

## What is Shockwave Therapy and How Does It Work?

Shockwave Therapy is a noninvasive treatment that uses the energy of high intensity sound waves to break up calcifications, scarring, and adhesions that form in tendons and muscles that have become chronically painful. During this process, the Shockwave Therapy also stimulates metabolism, enhances circulation and facilitates regeneration of tissue, and thereby creates an analgesic (pain relieving) effect. When performing Shockwave Therapy, gel is applied to the area to be treated in order to introduce the shock waves into the body without energy losses. The pain zone is covered and encircled by the transducer head.

## When is Shockwave Used?

Firstly, a thorough musculoskeletal assessment is performed to determine the diagnosis of the pain. Common conditions treated are:

- Shoulder pain, especially rotator cuff calcification
- Tennis or golfer's elbow (medial/lateral epicondylalgia)
- Jumper's knee (patellar tendinopathy)
- Shin pain (tibial stress syndrome)
- Achilles tendinopathy
- Heel pain (plantar fasciitis)
- Chronic neck, shoulder and back pain
- Painful muscular trigger points

Contraindications:

- Cortisone injection to the target area within the previous 6 weeks
- Cancer (which is currently being treated)
- Pregnancy
- Polyneuropathy related to Diabetes Mellitus
- Over growth plates in children
- Blood thinning medication (ie. Heparin, Coumadin, 81mg Aspirin)
- Blood coagulating disorders such as Hemophilia
- Implanted metal in the area

## How Effective is Shockwave?

This technology is widely respected for its effectiveness:

- 70% elimination of calcification in calcific rotator cuff tendinopathy and significant improvement in pain and function scores (Kim, 2014)
- Significant improvement in 78.3% of proximal and 84.2% of insertional achilles tendinosis cases (Saxena et al., 2011)
- In chronic proximal hamstring tendinopathy, SWT was 8 times more effective than traditional methods (Cacchio et al, 2011)
- 69.2% reduction in heel pain after 3 sessions of SWT ( Gollwitzer et al, 2015)

## How Many Sessions Will I Need?

On average, 3-5 sessions of shockwave are needed, at weekly intervals. Sessions usually consist of Shockwave Therapy in addition to manual therapy techniques and exercise prescription. Many patients experience an immediate reduction in pain.

## What Should I Do After Treatment?

There may be some soreness 1-2 hours after treatment due to an inflammatory response of the body. Intense exercise should be avoided for 24-48 hours. Light/moderate exercise is fine. It is recommended not to use ice or anti-inflammatory medication on the day of treatment to allow for the beneficial inflammatory response to proceed. Mild side effects such as tingling, aching, redness, or bruising are rare, modest and short-lived.

