

**Paul Retschko & Associates  
are now offering Radial  
Shockwave Therapy.**

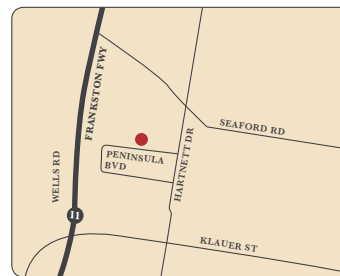
Radial Shockwave Therapy is the latest technique for chronic heel pain and other tendonopathies with high success rates (80%).

Shockwave Therapy (rESWT) has been shown, in the short term, to have a 56 to 90% success rate in the treatment of many soft tissue disorders.\*

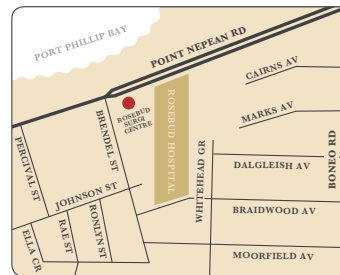
Radial Shockwave Therapy is a conservative approach to chronic foot pain, prior to resorting to surgery. To be used in conjunction with treatment modalities such as stretching, foot orthotics or silicon heel wedges.



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# Radial Extracorporeal Shockwave Therapy



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*\*Ref: Wang, C.J, Chen, H.S. Shock Wave Therapy for Patients with Lateral Epicondylitis of the elbow. The American Journal of Sports Medicine, Vol 30, No 8:422-425, 2002*

## What is Radial Shockwave Therapy?

Radial Extracorporeal Shockwave Therapy (rESWT) or sometimes known as Lithotripsy is a fast and effective non surgical method of reducing pain associated with Chronic Tendinitis, Soft Tissue Inflammatory Disorder in particular Plantar Fasciitis, Achilles Tendon and Tennis/Golfers Elbow.

It uses a pneumatic generator to physically deliver the shockwave through the skin, into the injured tissue. It is perhaps most analogous to a tiny jackhammer striking the skin to create the shockwave.

High energy acoustic waves are transmitted through the surface of the skin spread radially (spherically) into the injured tissue, the tissue responds with increased metabolic activity around the area of the pain, stimulating healing.

## How Radial Shockwave Therapy Promotes Healing?

The treatment relieves pain by producing an analgesic effect in the treatment area.

Healing occurs over several treatments by initiating an inflammatory response and ultimately vascularisation of soft tissues. The high energy acoustic waves are transmitted into the body and the body responds with increased metabolic activity around the area of the pain. This stimulates and accelerates the healing process.

## Why would I need Radial Shockwave Therapy ?

Conditions treated with Shock Wave ; *but not limited to* ;

- Plantar Fasciitis
- Achilles Tendinitis
- Heel Spurs
- Delayed Non-unions (bone healing)
- Calcific Tendinitis.
- Tennis/Golfers Elbow

## Benefits of Shockwave Therapy

- **Non Invasive procedure**
- **Does not require anaesthesia**
- **No down time from day to day activities**
- **Fast, Safe and Effective**
- **It will decrease pain and increase function**

## When to consider Shockwave Therapy

Shockwave Therapy is usually recommended when other conservative treatments have been partially/ incompletely effective.

It is a great option when surgery is possibly the next step.

## Shockwave Therapy should not be considered if you have any of the following conditions:

- Inflammatory circulatory conditions
- Pain disorders
- Tumours
- Pregnancy
- Anticoagulant Medications

## Number of Treatments

Typically this procedure is given over a series of sessions, each session can last from 5 - 15 minutes in duration.

Assuming you are a candidate, chronic tendinitis may require 3 -5 visits, scheduled approximately 5 - 14 days apart. Full benefits realised 6- 8 weeks post final treatment.

## Radial Extracorporeal Shockwave Therapy/ Lithotripsy Price

1st Treatment \$65 plus a standard consultation fee.

*For all appointments and further information on this service, please visit our website or call our central booking line.*

 **03 9521 4515**

[www.paulrorthotics.com.au](http://www.paulrorthotics.com.au)

