Clinic contact details:
WILL IT WORK FOR ME?

Radial pressure wave therapy is indicated for the following applications:

- Myofascial trigger points – localised tender or painful area
- Tendinopathies eg, plantar fasciitis, tennis/golfer’s elbow, Achilles tendinopathy
- Activation of muscle and connective tissue, eg. Increased circulation

CONTRAINDICATIONS INCLUDE?

- Pregnancy
- Haemophilia or other coagulation disorders
- Acute inflammation
- Disturbed sensory and nervous function, eg. Diabetes
- Corticosteroid injections – wait minimum of 6 weeks after local injections
- Malignancy
- Prostheses and implants

Your physical therapist will be able to advise you further.

WHAT ARE THE SIDE EFFECTS OF SHOCKWAVE THERAPY?

Side effects could occur after a treatment with Radial Pressure wave therapy. The majority will appear after 1-2 days.

Common side effects include:

- Reddening
- Swelling
- Pain
- Haematoma (bruising)
- Petechia (red spots)

NB. Speak to your therapist before taking any pain relief.

These side effects usually abate after 5 to 10 days.