

## **Recommended Treatment Regimen**

### **Heel spur, tennis elbow, calcified shoulder, tendonitis**

- Locate the point to treat, this can be achieved by x-ray, but often this is not necessary, by palpating the patient the clinician can confirm where the pain is most severe. This will confirm the point to treat. .
- Use a shock head with 20 mm focal length.
- Fire 1000 shocks at medium power level.
- For heel spur a local anaesthetic of lignocaine is necessary. Most patients will also want lignocaine for other areas.
- 80% of cases will require only one treatment, however if a repeat treatment is required, it is best to treat four weeks later, because the improvement continues for many days after the treatment.
- During treatment, the head membrane should be in contact with skin at all times and the recommended coupling gel should be used.
- We recommend that users of Extra-corporeal Shock Wave Therapy, are members of ISMST International Society for Medical Shockwave Therapy, Where they can share the success of other clinicians who have a great deal of experience and success with shock wave therapy.

## Delayed or Non-Union Fractures

- The treatment should only be used on long bones and can be used to treat upper and lower limbs.
- Full anaesthetic is recommended.
- The infinity shock head should be used on full power.
- We recommend that 1000 shocks on each side are enough. (A/P & Lat)
- Locate the fracture from the X-ray, this will be the central point for your treatment. It is important to move upward and downward from the non-union until vascularized bone is located,
- Each plane should be treated in turn and the head should be moved slowly up and down the bone,
- The purpose is to fragment the ends of the bone and stimulate blood flow to allow proliferation of blood supply down to the bone ends (vascularization).
- Total shocks will be 4000. If it is more are required then it can be increased to 2,000, in each of the four planes depending on the density of the bone and the bulk of soft tissue over laying the treatment site.
- Care should be taken when managing the treatment not to displace bone fragments or to cause misalignment.
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## Wounds

- Difficult wounds such as diabetic ulcers can be treated with extra-corporeal shock wave therapy in cases where the wound has not healed for many years; Shock wave therapy has achieved healing in 6 weeks.
- It is important in the case of healing wounds, that the gel covers the whole wound.
- There should be no cavities under partly grown skin. Cavitations prevent proper penetration of shock waves. If cavities can be filled from the outside, this will allow the waves to function properly.
- Remove flakey skin so that new skin can grow. Cover well with gel,
- If there is infection present, consider using a sterile cling film dressing, to prevent contamination of the head.
- If the wound is deep, consider using the 20mm head, so that penetration reaches the bottom of the wound to stimulate healing
- If most of the healing is superficial, the 5 mm head will concentrate the healing just below the skin. .
- Use low power setting and 1000 shocks on a normal wound is sufficient.
- If the wound is over a larger area, consider 4000 shocks to cover and stimulate healing over the extent of the wound.
- The growth of new skin continues for a year after treatment and we have reports of improvements seen even after one year, which were attributed to the use of Shock Wave Therapy.
- If a repeat treatment is necessary, this can be performed after four weeks. It is recommended that a period of four weeks will give the clinician time to view the ongoing benefits of the initial treatment.
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## Fat and cellulite

- Shockwaves alone do not remove fat or cellulite. It is recommended that shockwaves are used in conjunction with a sensible diet and regular exercise.
- Where regular exercise is performed after shock wave therapy, there is an acceleration of fat mobilization.
- Dieting alone will not remove cellulite, and often exercise and dieting will not in the short term remove fat, Shockwaves will break up the fat cells and then an additional force, such as exercise will allow the treated fat to be removed by the body. Exercise will have the added benefit of strengthening the heart and lungs.
- Exercise alone does not remove cellulite. There are good examples of sports women with cellulite and no general fat. Shockwaves will start the process of cellulite removal.
- It is recommended in each treatment session, to, treat an area no more than that covered by two hands. Symmetry must be achieved, therefore it is necessary for instance to treat both buttocks and both hips; This means that each buttock or hip should be treated to an area of one hand
- Apply 4000 shocks to the total area, which effectively gives 2000 shocks per hand sized area.
- We recommend our gel which allows the soothing effect of aloe vera, to keep the skin in perfect condition.
- We recommend the Infinity focal length, for thick fat, while the 20mm head is ideal for dealing with mid level fat and the 5mm focal length for dealing with the effects of cellulite below the skin.
- We recommend a low power setting for the clients comfort.
- Repeat the treatment no sooner than once a week, to give the body time to remove the released fat.
- The number of sessions required will depend on the amount of fat coverage and the client's co-operation, in exercising to remove the treated fat cells. For clients who find difficulty in exercising, we recommend use of the CellSonic shaker plate to help mobilize treated fat.

## **Radial Shockwaves**

We do not advocate use of radial shock waves for any of the above applications, which are better treated with a focused application. We do supply a Lithotripter and this is for the specific task of breaking up kidney stones in ureters or bladder. We also have within our product range Synchronwave, which is similar to a radial shock wave machine and this has enhanced features which make it ideal for Physiotherapists and for dealing with fat on tummies.

We have a large range of products within the Medical and Beauty fields; we will be pleased to discuss specific needs at any time.