

What is Extracorporeal Focused Shock Wave Therapy?

Shock waves are high energy acoustic waves.

In Extracorporeal Focused Shock Wave Therapy, this wave is focused through a lens and transmitted into the body, up to a depth of about 4.7".

In the body, the acoustic waves stimulate the cells and the body's intrinsic healing mechanism.¹

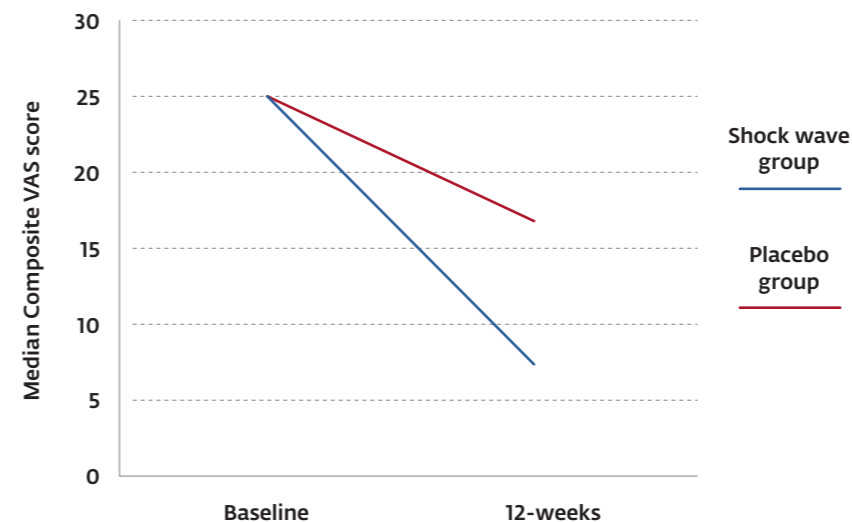


Effects of Extracorporeal Focused Shock Wave Therapy on the Body

- Temporarily increase blood flow
- Relieve pain from trigger points (hard knots in a muscle)
- Decrease pain



Extracorporeal Focused Shock Wave Therapy improves Pain and Function in chronic plantar fasciitis (clinically proven with scientific study)²



250 patients with chronic plantar fasciitis were included in a study that compared extracorporeal focused shock wave with placebo treatment. All subjects were assessed on pain and function at baseline (before start of treatment), then received three weekly treatments, and were assessed again at 12 weeks after treatment. At 12-weeks follow-up, median heel pain score decreased with 69.2% in the shock wave group, versus 34.5% in the placebo group. Patients in the extracorporeal focused shock wave group also showed significantly better function than the placebo group. From this study can be concluded that 3 sessions of extracorporeal focused shock wave produced significant clinical improvement in the treatment of chronic plantar fasciitis. Individual results may vary.

Benefits of Extracorporeal Focused Shock Wave Therapy

- Short treatment time (minutes)
- Precise & targeted application
- Deep tissues can be reached
- Results in a few treatments
- Non-invasive and no known significant adverse effects
- Alternative to medication

¹ Cristina d'Agostino M et al. Shock wave as biological therapeutic tool: From mechanical stimulation to recovery and healing, through mechanotransduction. *Int J Surg.* 2015 Dec;24(Pt B):147-53.
² Gollwitzer H et al. Clinically relevant effectiveness of focused extracorporeal shock wave therapy in the treatment of chronic plantar fasciitis: a randomized, controlled multicenter study. *J Bone Joint Surg Am.* 2015 May 6;97(9):701-8.

Other indications that have been subject of scientific studies:
 High-energy extracorporeal shock-wave therapy for treating chronic calcific tendinitis of the shoulder: a systematic review. Bannuru RR, Flavin NE, Vaysbrot E, Harvey W, McAlindon T. (Tufts Medical Center, Boston, USA). *Ann Intern Med.* 2014 Apr 15;160(8):542-9.
 The effectiveness of extracorporeal shock wave therapy in lower limb tendinopathy: a systematic review. Mani-Babu S, Morrissey D, Waugh C, Screen H, Barton C. (Queen Mary University of London, London, UK). *Am J Sports Med.* 2015 Mar;43(3):752-61.
 Effects of Low-Intensity Extracorporeal Shock wave Therapy on Erectile Dysfunction: A Systematic Review and Meta-Analysis. Clavijo RI, Kohn TP, Kohn JR, Ramasamy R. (University of California, Los Angeles, CA, USA). *J Sex Med.* 2017 Jan;14(1):27-35.
 More references available at clinicalstudies@DJGlobal.com