

# What is Radial Pressure Wave Therapy?

Radial Pressure waves are acoustic waves that generate oscillations in the tissue. The wave hits the body at skin surface and from there travels radially into the body to a depth of around 2". In the body, the pressure waves stimulate metabolic activity and the body's intrinsic healing mechanism.<sup>1</sup>



## Treatment Goals of Radial Pressure Wave Therapy

- Reduce muscle pain and aches
- Temporarily increase blood flow
- Activate connective tissue



## Radial Pressure Wave Therapy

improves pain in various musculoskeletal conditions<sup>2,3,4,5,6,7</sup>



Trapezius muscle



Elbow pain



Shoulder pain



Achilles tendon pain



Knee pain



Plantar & heel pain

## Benefits of Radial Pressure Wave Therapy



Short treatment time (minutes)



Treat large areas



Non-invasive and no known significant adverse effects



Muscle massage with vibrating applicator



Results in few treatments



Alternative to medication

<sup>1</sup> 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.  
<sup>2</sup> Damian M et al. Trigger point treatment with radial shock waves in musicians with nonspecific shoulder-neck pain: data from a special physio outpatient clinic for musicians. *Med Probl Perform Art.* 2011 Dec;26(4):211-7.  
<sup>3</sup> Beyazal MS et al. Comparison of the effectiveness of local corticosteroid injection and extracorporeal shock wave therapy in patients with lateral epicondylitis. *J Phys Ther Sci.* 2015 Dec;27(12):3755-8.  
<sup>4</sup> Cacchio A et al. Effectiveness of Radial Shock-Wave Therapy for Calcific Tendinitis of the Shoulder: Single-Blind, Randomized Clinical Study. *Phys Ther.* 2006 May;86(5):672-82.  
<sup>5</sup> Rompe JD et al. Eccentric Loading Versus Eccentric Loading Plus Shock-Wave Treatment for Midportion Achilles Tendinopathy. A Randomized Controlled Trial. *Am J Sports Med.* 2009 Mar;37(3):463-70.  
<sup>6</sup> Furla JP et al. A single application of low-energy radial extracorporeal shock wave therapy is effective for the management of chronic patellar tendinopathy. *Knee Surg Sports Traumatol Arthrosc.* 2013 Feb;21(2):346-50.  
<sup>7</sup> Gerdesmeyer L et al. Radial Extracorporeal Shock Wave Therapy Is Safe and Effective in the Treatment of Chronic Recalcitrant Plantar Fasciitis. Results of a Confirmatory Randomized Placebo-Controlled Multicenter Study. *Am J Sports Med.* 2008 Nov;36(11):2100-9.  
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