Shockwave Therapy

What is it?

Shockwave Therapy is an evidence-based treatment that involves passing low-energy pressure waves into damaged tissues such as tendons and muscles. This increases blood flow and stimulates repair, whilst reducing pain and allowing your body to restart its own natural healing process.

How can it benefit me?

If you have suffered a chronic injury, you will have experienced how it can affect your quality of life and performance in everyday activities.

Shockwave Therapy can provide relief and healing even in chronic cases where healing has been unsuccessful.

How successful is the treatment?

After only 3 sessions, up to 90% of patients report complete pain relief or significant pain reduction, and an improvement in normal function, thus improving quality of life.

Overall success rate ranges from 60-80% when other therapeutic treatments have been unsuccessful. The evidence shows that the most effective treatment is a combination of the shockwave and loaded exercise therapy.

Shockwave Therapy

How many sessions are needed?

Shock wave therapy is used to treat various pains and diseases of the musculoskeletal system.

For example, if you've had pain for 6 weeks to 3 months, it often takes 3 or more treatments to resolve an issue. For those with over 6 months of pain 6+ sessions may sometimes be required.

Ask us for more details and we can see what treatment might work best for you.

Is the treatment painful?

You may experience some discomfort during treatment. Due to the analgesic effect of Shockwave Therapy, many patients report immediate pain relief following treatment.

Why should I choose Shockwave therapy?

- It restores mobility
- Up to 90% of patients report complete pain relief or significant pain reduction
- Quality of life is restored
- Treatment is non-invasive, non-surgical
- Success rates are high between 60 to 80% in chronic conditions

For more information, contact us at Tel. 0118 304 9389 or book online