



Feet First clinics are now using EMS Swiss Dolorclast®. This is a non-invasive device that generates extracorporeal shock waves, which are therapeutic sound waves used to treat pathology.

There is no pain after the treatment session; you would generally have decreased pain immediately following the session because of the anti-inflammatory effects generated by the waves.

Extracorporeal Shockwave Therapy (ESWT)

REVIEW

Extracorporeal shockwave therapy (ESWT) began with an incidental observation of new cell formation during animal studies in the mid-1980, this prompted an interest in the application of ESWT to musculoskeletal disorders. In the past 10 to 15 years, shockwave therapy had emerged as the leading choice in the treatment of many musculoskeletal disorders including proximal plantar fasciitis of the heel, lateral epicondylitis of the elbow,, calcific tendinitis of the shoulder, and non-union of long bone fracture. More recently, the use of ESWT had expanded to the treatment of patellar tendinopathy and Achilles tendinopathy.

HOW IT WORKS

Radial shock waves used on inflamed areas cause the release of substance P, a pain mediator, thus dilating the blood vessels, stimulating blood circulation, thus stimulating self-regeneration of damaged tissue. Shock waves also produce an anti-inflammatory effect,

thus weakening any inflammatory process.

We use the EMS Swiss Dolorclast® for treatment of conditions that include:

- **Plantar Fasciitis** - Painful, mostly chronic inflammation of the plantar fascia
- **Patella Tendon Syndrome** - Inflammation of the point of attachment of the patellar ligament.
- **Tibialis Anterior Syndrome** - Inflammation of the tibial edge due to excessive strain.
- **Achilles Tendinopathies** - Painful irritation of the Achilles tendon.



EMS Swiss Dolorclast®

• Acupuncture Points and Painful Trigger Points -

Pain therapy via treatment of acupuncture points.

• Medial Tibial Stress Syndrome & Shin Splints

HOW WE TREAT

Our typical treatment protocol consists of 3 treatments, each one week apart.

Approximately 80% of patients report substantial improvement after the second treatment.

There is some pain experienced during the treatment which is important as it indicates the peripheral nervous system is stimulated by the waves.

How do you find out more?

Our podiatrists are ready to discuss our new laser treatment options with you. Call 02 9568 4573 to make an appointment or email us info@feetfirstpodiatry.com.au

See you soon. Esther

