MANY APPLICATIONS

Shockwave Therapy is used to treat:

- Heel pain / heel spur syndrome
- Arch pain / plantar fasciosis
- Iliotibial band friction syndrome
- Patella-femoral syndrome (Runner's knee)
- Shin splints

EXTRACORPOREAL SHOCK WAVE THERAPY (ESWT)

- Affordable walk-in/walk-out in-office procedure
- No anaesthesia
- No injections
- No surgery
- No negative side effects
- No time off work
- Quick relief

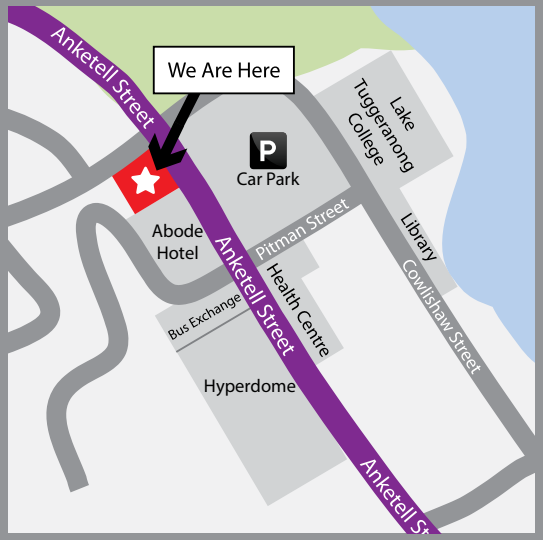
Brindabella Podiatry

HOURS

Monday	8.00am	-	4.00pm
Tuesday	8.00am	-	4.00pm
Wednesday	8.00am	-	6.30pm
Thursday	9.00am	-	5.30pm
Friday	9.30am	-	4.00pm

CLINIC LOCATION

236/140 Anketell Street
Tuggeranong ACT 2900



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Shock Wave Therapy for Heel and Arch Pain

Brindabella Podiatry

CHRONIC HEEL PAIN

Discomfort, aches, pains and not being able to enjoy life to the fullest is a real pain - quite literally.

Millions of people suffer from heel pain. If you are one of them, you know what it means. Chronic pain often becomes unbearable and affects the performance of body and mind, reducing your quality of life.

WHAT IS HEEL PAIN?

- Heel pain is a "catch-all term" for any condition that can occur around the heel. The most common of these conditions is known as PLANTAR FASCIOSIS. The plantar fascia (PF) is a strong ligament that is located along the under surface of the foot, extending from the base of the toes to the heel bone.
- When the PF is strained due to overuse, improper shoes, or abnormal foot structure, it can initially become irritated and painful. As we get older, tissues become less flexible and the PF can become strained from simply walking a full day with non supporting, flat shoes.

- Plantar fasciosis is diagnosed with the classic symptoms of pain localized over the heel area of the bottom of the foot. Often the pain from plantar fasciosis is most severe when you first stand on your feet in the morning. At that time, the arch tissue is tight and simple movements stretch the contracted tissue. As you begin to loosen the foot, the pain usually subsides, but often returns with prolonged standing or walking.
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WHO GETS HEEL PAIN?

- Plantar fasciosis is most often seen in middle-aged men and women, but can be found in all age groups. The condition can be seen in people with all foot arch types.
- Plantar fasciosis is sometimes, but not always, associated with overweight people and seen in recreational athletes, especially runners. In these athletes, it is thought that the repetitive nature of the sport causes damage to the tissue at the attachment of to the PF to the heel.

WHAT IS EXTRACORPOREAL SHOCK WAVE THERAPY (ESWT)?

Radial shockwaves are high-energy acoustic waves. They are transmitted through the surface of the skin and spread radially (spherically) into the body. The body responds with increased metabolic activity around the site of the pain. This stimulates and accelerates the healing process.

- The precision compressed-air impulse accelerates the projectile in the handpiece.
- The impact of the projectile on the applicator generates the shockwave.
- The shockwave is delivered to the tissue

SIMPLE TREATMENT

Your Podiatrist locates the pain through history and palpation. No surgery, no associated risks, no strong medication, no bothersome side effects. Uncomplicated outpatient procedure - fast, gentle and effective.

ACTS FAST

Just three to five applications at short intervals - just a few minutes each. Activates self-healing processes that continue to act even after therapy has been completed. The soothing effect of ESWT becomes noticeable in just a few days.

CLINICAL STUDY RESULTS

- ESWT is used successfully in professional sports medicine and in daily medical practice worldwide.
- Its' effectiveness has been demonstrated in a multitude of clinical studies (up to 70-80% successful outcomes) and has been approved by the TGA.
- The advantage of extracorporeal shockwaves is that they produce an analgesic effect on the treated area. The unfocused propagation of the shockwaves extends to the entire area where pain occurs.