

ESWT INFORMED CONSENT

What is extracorporeal radial shockwave therapy?

Extracorporeal Shockwave Therapy is a series of high-energy percussions to the affected area. The shockwave is a physical sound wave "shock," not an electric one.

How does it work?

- Treatment produces an inflammatory response. The body responds by increasing metabolic activity around the site of pain. This stimulates and accelerates the healing process (promotes the remodelling of dysfunctional collagenous tissues, such as tendinopathies, trigger points, muscle strains, etc.).
- Shockwaves break down scar tissue and/or calcification.
- Transmission of pain is diminished through neurological mechanisms (inhibition of pain receptors).

What are the benefits of Shockwave Treatment?

This therapy stimulates the body's natural self-healing process. There is actually an immediate reduction of pain and improved range of motion.

How long does the treatment last?

Approximately 2000 shocks are administered per treatment area (the duration of which is approximately 4 minutes). Some patients and/or conditions require more shocks and duration, depending on severity and chronicity (how long the condition or injury has existed).

Treatment Costs

Shockwave treatment at Rehab+Fitness is \$20 in addition to your consultation fee, which varies from provider to provider. HICAPS rebates are available for consultation fees with Allied Health and Medicare rebates are available for consultation fees associated with seeing a doctor.

How many treatments will I need?

Normally three to five treatments are necessary at weekly intervals; there is a small possibility that 2 or more additional treatments may be necessary.

Does the treatment hurt?

It is a short treatment (usually less than 5 minutes) that may be uncomfortable. However, most people are able to easily tolerate it. However, if you cannot tolerate it, adjustments on the machine can decrease the pressure you feel.

What should I do if I am in pain after the treatment?

The shockwave will trigger an inflammatory response, which is the body's natural process of healing. For this reason, do not use anti-inflammatory medications. The pain should subside within 24 hours. Use paracetamol if required.

What if I feel fine after the treatment?

Even if you feel fine, we recommend decreased activity for 48 hours following the treatment.

What is the success rate of this kind of treatment?

A successful treatment is considered as a patient having at least 75% reduction in pain within 3 months. Worldwide, success rates are around 80 to 90%.

What if it doesn't work for me?

Although the short-term effects alone are exceptional, the long-term benefits of this treatment may take up to 3-4 months. If after this time there has not been any marked improvement, you should see your doctor for further treatment options.

Are there contraindications and/or precautions?

Contraindications include:

- Tumour diseases, carcinoma, cancer patients – no treatment on the specific area
- Pregnancy – no treatment on specific area
- Acute inflammations / pus focus in the target area
- Children in growth

Side effects include: (These side effects generally abate after 5 to 10 days.)

- Swelling, reddening, haematomas
- Petechiae, bruising
- Pain

Why am I asked to sign a consent form?

Pain can increase temporarily. Bruising and or swelling are also possible. We want you to be informed of all aspects. By signing the below, you acknowledge that you understand and accept the risks, benefits and costs of shockwave therapy, and consent to having this therapy administered.

NAME: _____

SIGNATURE: _____

DATE: _____