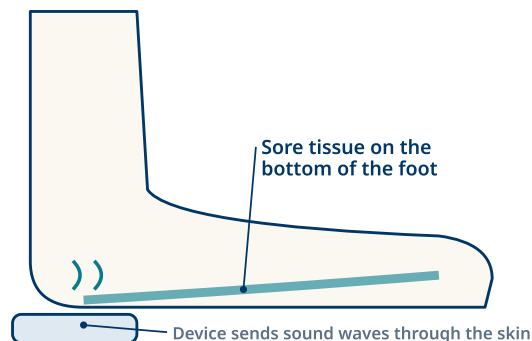


Shockwave Therapy (ESWT)

What it is

Shockwave therapy sends sound waves through the skin into a sore tendon or tissue. It may help healing in some long-term tendon problems. No needles or cuts are needed.



Why it is done

- Plantar fasciitis
- Chronic tendinopathy of the elbow, shoulder, hip or knee
- Symptoms that have not improved with conservative care

Self-care tips

- Keep your usual routine unless we tell you otherwise.
- Keep a symptom diary to share with us.
- Keep up with any home exercises.
- Come to every visit in your series.

What to expect

Before: The doctor examines the area and may use ultrasound.

During: A device is pressed on the skin and sends sound waves for several minutes. Visits are usually weekly for a few weeks.

After: Keep doing your home exercises. The area may be a little sore for a day.

When to call us

- Redness, swelling or warmth that gets worse
- Fever or chills
- Symptoms that get worse

Call 911 for trouble breathing, chest pain, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/extracorporeal-shock-wave-therapy-sonex-therapy/

This handout is general information and is not a substitute for medical advice.



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